

## Youth Lesson Plan

<b>Lesson 1</b> <b>Date:</b>
<b>Curriculum:</b>
<b>Behavioral Objective(s):</b> <ul style="list-style-type: none"><li>▪ Follow federal dietary guidelines by teaching youth to:<ul style="list-style-type: none"><li>○ Eat more healthy food selections from each food group and less of the selections that are high in fat and Calories;</li><li>○ Eat foods from different food groups in proportions shown on MyPlate;</li><li>○ Eat different foods from within each group;</li><li>○ Handle foods safely and practice good hygiene;</li><li>○ When buying foods out, shop wisely; and,</li><li>○ Be active each day.</li></ul></li><li>▪ <b>Lesson: <i>Lesson 1: MyPlate For Kids</i> (standardized lesson)</b></li></ul>
<b>Activities/Handouts:</b>
<input checked="" type="checkbox"/> Nutrition & Diet <input type="checkbox"/> Food Safety/Germs <input type="checkbox"/> Shopping

<b>Lesson 2</b> <b>Date:</b>
<b>Curriculum:</b>
<b>Lesson:</b>
<b>Activities:</b>
<b>Materials/Handouts:</b>
<input type="checkbox"/> Nutrition & Diet <input type="checkbox"/> Food Safety/Germs <input type="checkbox"/> Shopping

<b>Lesson 3</b> <b>Date:</b>
<b>Curriculum:</b>
<b>Lesson:</b>
<b>Activities:</b>
<b>Materials/Handouts:</b>
<input type="checkbox"/> Nutrition & Diet <input type="checkbox"/> Food Safety/Germs <input type="checkbox"/> Shopping

## Youth Lesson Plan

<b>Lesson 4</b> <b>Date:</b>
<b>Curriculum:</b>
<b>Lesson:</b>
<b>Activities:</b>
<b>Materials/Handouts:</b>
<input type="checkbox"/> Nutrition & Diet <input type="checkbox"/> Food Safety/Germs <input type="checkbox"/> Shopping

<b>Lesson 5</b> <b>Date:</b>
<b>Curriculum:</b>
<b>Lesson:</b>
<b>Activities:</b>
<b>Materials/Handouts:</b>
<input type="checkbox"/> Nutrition & Diet <input type="checkbox"/> Food Safety/Germs <input type="checkbox"/> Shopping

<b>Lesson 6</b> <b>Date:</b>
<b>Curriculum:</b>
<b>Lesson:</b>
<b>Activities:</b>
<b>Materials/Handouts:</b>
<input type="checkbox"/> Nutrition & Diet <input type="checkbox"/> Food Safety/Germs <input type="checkbox"/> Shopping

## Youth Lesson Plan

<b>Lesson 7</b> Date:
Curriculum:
Lesson:
Activities:
Materials/Handouts:
<input type="checkbox"/> Nutrition & Diet <input type="checkbox"/> Food Safety/Germs <input type="checkbox"/> Shopping

<b>Lesson 8</b> Date:
Curriculum:
Lesson:
Activities:
Materials/Handouts:
<input type="checkbox"/> Nutrition & Diet <input type="checkbox"/> Food Safety/Germs <input type="checkbox"/> Shopping

<b>Lesson 9</b> Date:
Curriculum:
Lesson:
Activities:
Materials/Handouts:
<input type="checkbox"/> Nutrition & Diet <input type="checkbox"/> Food Safety/Germs <input type="checkbox"/> Shopping

## Youth Lesson Plan

<b>Lesson 10</b> Date:
Curriculum:
Lesson:
Activities:
Materials/Handouts:
<input type="checkbox"/> Nutrition & Diet <input type="checkbox"/> Food Safety/Germs <input type="checkbox"/> Shopping

<b>Lesson 11</b> Date:
Curriculum:
Lesson:
Activities:
Materials/Handouts:
<input type="checkbox"/> Nutrition & Diet <input type="checkbox"/> Food Safety/Germs <input type="checkbox"/> Shopping

<b>Lesson 12</b> Date:
Curriculum:
Lesson:
Activities:
Materials/Handouts:
<input type="checkbox"/> Nutrition & Diet <input type="checkbox"/> Food Safety/Germs <input type="checkbox"/> Shopping