

Facilitator Guide

Lesson 1: Mini Meals & Movin' More



Actionable Outcomes:

By the end of the lesson, students will:

- practice proper handwashing techniques.
- learn food preparation skills.
- recognize the importance of eating a variety of foods.
- establish the need to implement physical activity daily.



Supplies for Lesson 1: Waffle-Wiches

Equipment

Mixing bowl
Measuring spoons
Measuring cup
Spoon
Waffle iron/griddle
Cooking spray
Spatula
Fork
Knife

Ingredients

low fat salad dressing
Dijon mustard
honey
cheddar, Colby or Swiss
deli meat
sandwich bread
dipping sauce

Other

plates
napkins
paper towels
hand soap
dish soap

Supplies for Lesson 1: Fiesta Dip

Equipment

Mixing bowl
Can opener
Measuring spoons
Measuring cup
Scissors
Cutting board
Knife
Strainer
Grater
Pie plate/platter
Rubber spatula
Spoon

Ingredients

fat-free refried beans
fat-free sour cream
dry taco seasoning
picante sauce
green onions
tomato
sliced black olives
shredded cheddar cheese
crackers/chips/veggies

Other

plates
napkins
paper towels
hand soap
dish soap