

# Facilitator Guide

## Lesson 3: Choose a Lunch to Cheer About



### 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 3: Power Bites

#### Equipment

Large mixing bowl  
Measuring spoons  
Measuring cup  
9x9-inch pan  
Grater  
Cooking spray  
Wooden spoon  
Knife

#### Ingredients

brown sugar  
applesauce  
egg  
vanilla  
carrots  
baking powder  
oats  
pecans, raisins  
cinnamon

#### Other

plates  
napkins  
paper towels  
hand soap  
dish soap  
ruler  
spray bottle

### Supplies for Lesson 3: Tuna Twists

#### Equipment

Mixing bowl  
Can opener  
Measuring spoons  
Measuring cup  
Spoon  
Cutting board  
Knife

#### Ingredients

tuna  
apple  
lemon juice  
light salad dressing  
celery  
pecans  
lettuce leaves  
whole wheat tortillas

#### Other

plates  
napkins  
paper towels  
hand soap  
dish soap  
plastic wrap