

Family Program Teaching Kit Program Administration Kit

Adult Teaching Kit

Visual aids can be projected onto screen or printed on card stock so they can be used for multiple Family Programs.

Teaching Prop	Fruits & Vegetables & Portion Control Class	Lean Protein & Slow Cooker Class	Whole Grains & Sodium Class	Breakfast and Home Cooking Class
Copy of Exercise Lesson and Adult Lessons	Lesson	Lesson	Lesson	Lesson
Copy of the Workbook: English Sec 1 Sec 2 Sec 3 Spanish Sec 1 Sec 2 Sec 3	X	X	X	X
Easel	X	X	X	X
Pad of paper for easel	X	X	X	X
3 sharpies	X	X	X	X
MyPlate and MiPlato	X	X		X
Portion Control Visuals: English Spanish	X			
Deck of cards	X			
½ cup measure	X			
1 tablespoon measure	X			
Baseball	X			
Uncooked pasta	X			
Samples of 12" dinner plate and 8.5" dinner plate	X			
Bag of dried lentils		X		
Spices & herbs that your participants may not be familiar with and that are used in the recipes you are sampling	X	X	X	X
Slow cooker for demonstrating how to use to it		X		
Whole Grain Visuals			X	
Multiple sets of snack sized baggies containing bran (oat or wheat), wheat germ, whole wheat flour, white flour <ul style="list-style-type: none"> Label with name of contents. These will be passed among participants. 			X	
Examples of affordable whole grains in original packaging, such as whole wheat couscous, bulgur, barley, oats, brown rice, and possibly quinoa			X	
Sample packages of enriched wheat bread, 100% whole wheat bread, other prepared grain foods (pasta, crackers, etc.) <ul style="list-style-type: none"> Choose packaging of foods that your participants are likely to eat and where enriched and whole grain versions are similar in price. 			X	
Empty containers of regular yogurt and Greek yogurt				X

Children's Teaching Kit

Visual aids can be projected onto screen or printed on card stock so they can be used for multiple Family Programs.

Teaching Prop	MyPlate	Food for Fuel: Go or Slow	Beverages	Break the Fast
Copy of Exercise Lesson and Children's Lessons	Lesson	Lesson	Lesson	Lesson
Copy of Children's evaluation forms	X	X	X	X
MyPlate Visuals – English Spanish	X			
2 laminated MyPlates for tag activity	X			
2 sets Food Group Food Cards and Food Group Food Card Information	X			
Food Card Information	X	X		
Food for Fuel: Go or Slow Visuals - English Spanish		X		
2 Boxes – one labeled Go and one labeled Slow		X		
Go Slow Food cards and Go Slow Food Cards Info				
Materials for making obstacle courses (hula hoops, jump ropes, cones, etc.)		X		
Beverage containers of similar sizes of milk, sports drink, 100% Juice, soda, water or you can print the Sample Beverages visuals			X	
1 or 2 swimming pool noodles			X	
Break the Fast Visuals – English Spanish				X
20 Bean Bags				X
4 hula hoops				X

Program Administration Kit and Space/Furniture Requirements

Teaching Kits will be needed in addition to these materials.

Administrative Item	Adults: Fruits, Veggies, Portion Children: MyPlate	Adults: Lean Protein, Slow Cooker Children: Go Slow	Adults: Whole Grains, Sodium Children: Beverages	Adults: Breakfast, Home Cooking Children: Breakfast
Copy of Exercise Lesson , Adults Lessons, Children Lessons	Adults Children	Adults Children	Adults Children	Adults Children
Copy of the Workbook: English Sec 1 Sec 2 Sec 3 Spanish Sec 1 Sec 2 Sec 3	X	X	X	X
Participant Sign-in Sheet	X	X	X	X
Waivers Check with your organization’s legal department to determine you need. Here are examples: <ul style="list-style-type: none"> • Adults Program – English Spanish • Children’s Program or Babysitting – English Spanish • Photo and Video Release – English Spanish Complete waivers before the first class or, if language is a barrier, read form aloud to class.	X			
Evaluation forms – Adult forms are unique for each class. Complete at end of each class. If language is a barrier, read form aloud to class. Children’s Program Evaluation Survey	Adult English Spanish	Adult English Spanish	Adult English Spanish	Adult English Spanish
Cleaning Supplies <ul style="list-style-type: none"> • Disinfectant wipes • Sponge • Dish soap • Dish towels • Paper towels • Tupperware or baggies for leftovers for volunteers 	X	X	X	X
Food Serving Supplies – Customize based on recipes served <ul style="list-style-type: none"> • Hair nets • Disposable food service gloves • Aprons • Water pitcher • Ladles, large spoons, and other serving items • Cooking equipment needed for on-site recipe preparation, such as blenders • Extension cord and power strip • Disposable drinking glasses • Disposable utensils (spoons, forks, knives) • Paper plates • Paper bowls • Napkins 	X	X	X	X
Other Supplies <ul style="list-style-type: none"> • Nametags • Pens and/or pencils for completing waivers and evaluation forms 	X	X	X	X