

EFNEP Adult Lesson Plan

Lesson 1 Date:
Topic Area: Varies according to group
Behavioral Objective(s): To gather information to create a useful and behaviorally focused lesson plan based on the participants needs and wants
Lesson: Step 2 First Class: <i>Let's Talk About Nutrition Education (standardized lesson)</i>
Notes/Feedback:
<input type="checkbox"/> Cooking and Food <input checked="" type="checkbox"/> Nutrition and Diet <input type="checkbox"/> Safety and Sanitation <input type="checkbox"/> Shopping

Lesson 2 Date:
Topic Area: My Plate
Behavioral Objective(s): To use the Dietary Guidelines and MyPlate to improve participants diets and physical activity by teasing them to: <ul style="list-style-type: none">• Eat more foods that are nutrient dense and have less solid fat and added sugar.• Eat different foods from each food group each day.• Eat more of the foods from the vegetable, fruit and grains food groups• To make half their plate veggies and fruits;• To make half their plate grains and protein;• Get your calcium rich foods each day for strong bones and healthy teeth• Be active each day;• Improve the way they eat and how active they are a little bit at a time; and• Follow the guidelines on their personal food plan.
Lesson: Step 4 Second Class: MyPlate (standardized lesson)
Notes/Feedback:
<input type="checkbox"/> Cooking and Food <input checked="" type="checkbox"/> Nutrition and Diet <input type="checkbox"/> Safety and Sanitation <input type="checkbox"/> Shopping

EFNEP Adult Lesson Plan

Lesson 3 Date:
Topic Area:
Behavioral Objectives:
Lesson:
Notes/Feedback:
<input type="checkbox"/> Cooking and Food <input type="checkbox"/> Nutrition and Diet <input type="checkbox"/> Safety and Sanitation <input type="checkbox"/> Shopping

Lesson 4 Date:
Topic Area:
Behavioral Objectives:
Lesson:
Notes/Feedback:
<input type="checkbox"/> Cooking and Food <input type="checkbox"/> Nutrition and Diet <input type="checkbox"/> Safety and Sanitation <input type="checkbox"/> Shopping

EFNEP Adult Lesson Plan

Lesson 5 Date:
Topic Area:
Behavioral Objectives:
Lesson:
Notes/Feedback:
<input type="checkbox"/> Cooking and Food <input type="checkbox"/> Nutrition and Diet <input type="checkbox"/> Safety and Sanitation <input type="checkbox"/> Shopping

Lesson 6 Date:
Topic Area:
Behavioral Objectives:
Lesson:
Notes/Feedback:
<input type="checkbox"/> Cooking and Food <input type="checkbox"/> Nutrition and Diet <input type="checkbox"/> Safety and Sanitation <input type="checkbox"/> Shopping

EFNEP Adult Lesson Plan

Lesson 7 Date:
Topic Area:
Behavioral Objectives:
Lesson:
Notes/Feedback:
<input type="checkbox"/> Cooking and Food <input type="checkbox"/> Nutrition and Diet <input type="checkbox"/> Safety and Sanitation <input type="checkbox"/> Shopping

Lesson 8 Date:
Topic Area:
Behavioral Objectives:
Lesson:
Notes/Feedback:
<input type="checkbox"/> Cooking and Food <input type="checkbox"/> Nutrition and Diet <input type="checkbox"/> Safety and Sanitation <input type="checkbox"/> Shopping

EFNEP Adult Lesson Plan

Lesson 9 Date:
Topic Area:
Behavioral Objectives:
Lesson:
Notes/Feedback:
<input type="checkbox"/> Cooking and Food <input type="checkbox"/> Nutrition and Diet <input type="checkbox"/> Safety and Sanitation <input type="checkbox"/> Shopping

Lesson 10 Date:
Topic Area:
Behavioral Objectives:
Lesson:
Notes/Feedback:
<input type="checkbox"/> Cooking and Food <input type="checkbox"/> Nutrition and Diet <input type="checkbox"/> Safety and Sanitation <input type="checkbox"/> Shopping

EFNEP Adult Lesson Plan

Lesson 11 Date:
Topic Area:
Behavioral Objectives:
Lesson:
Notes/Feedback:
<input type="checkbox"/> Cooking and Food <input type="checkbox"/> Nutrition and Diet <input type="checkbox"/> Safety and Sanitation <input type="checkbox"/> Shopping

Lesson 12 Date:
Topic Area:
Behavioral Objectives:
Lesson:
Notes/Feedback:
<input type="checkbox"/> Cooking and Food <input type="checkbox"/> Nutrition and Diet <input type="checkbox"/> Safety and Sanitation <input type="checkbox"/> Shopping