

SNAP-Ed Adult Lesson Plan – First Standard Lesson – 90 Minutes

Educator:			
Site Name:		Site Location:	
Date of Class:	Time of Class:	AM/PM:	Length of Class:
First Class Standard Lesson			
First Class Standard Lesson Activities			
<ol style="list-style-type: none"> 1. Introduction 2. MyPlate Lesson 3. NJ SNAP-Ed website “How To” section introduction 4. SNAPie(s) demonstration 5. NJ SNAP-Ed website listserv 6. Approved lesson(s) activity(ies) or mini-lesson(s) as needed 7. Walk Indoors! DVD 8. First Class Survey A and Sign In Sheet 			
Topic Area or Areas: Making Healthier Choices, Physical Activity			
Additional topic area (if needed)			
Notes/Feedback:			
Activities Included in Class:	Yes	No	If no, please explain
1) Walk Indoors! DVD	<input type="checkbox"/>	<input type="checkbox"/>	
2) “How To” Section tour	<input type="checkbox"/>	<input type="checkbox"/>	
3) Cooking in class	<input type="checkbox"/>	<input type="checkbox"/>	
Any Additional Notes/Feedback:			