

SNAP-Ed Adult Lesson Plan – First Standard Lesson

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. Walk Indoors! DVD 4. First Class Survey A and Attendance Sheet 5. Additional Activity (if needed) 			
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:			