

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

Educator:			
Site Name:		Site Location:	
Date of Class:	Time of Class:	AM/PM:	Length of Class:
Second Class Standard Lesson			
Second Class Standard Lesson Activities			
<ol style="list-style-type: none"> 1. Ask participants if they have any questions or anything to share since the last class. 2. Deliver approved lessons, lesson activities and/or mini-lessons as needed: 3. Do the Walk Indoor! DVD 4. Remind class about NJ SNAP-Ed website listserv signup 			
Topic Area or Areas: Accessing Food Resources, Accessing Activity Resources, Healthy and More Cooking, Increasing Veggies, Making Healthier Choices (?), Physical Activity Additional Topic Areas 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:			