

SNAP-Ed Adult Lesson Plan – Second Standard Lesson

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. Re-cap of first class and Attendance Sheet 2. NJ SNAP-Ed website “How To” section introduction 3. SNAPie demonstration 4. NJ SNAP-Ed Website Listserv sign-up 5. Walk Indoors! DVD 6. Additional Activities as needed: 			
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:			