

Week 2: Snacks/Drinks/Label Reading

Time Needed	Materials Needed	Set-Up Needed
45 Min	Materials for Sugar Overload, CMYC, p. 41 and Snack Attack CMYC, p. 40	Follow instructions on CMYC, p. 40 and p. 41
Task, Content, Rational Aim	Background, Givens, Focus	Group, Mood, Experiential Aim
Provide overview of label reading, and knowledge of how to incorporate healthy snacks and drinks into diet.	Focus is on how to read labels, in choosing healthy snacks and beverages.	Ask questions and facilitate discussion so participants can learn from each other rather than lecturing.
Topic	Procedural Steps/Activities/Key Points to be made	
Label Reading	<ol style="list-style-type: none"> Nutrition labels Trainer asks: What information can we find on nutrition labels? Why might this information be useful? Trainer hands out various labels and food packaging. Trainer guides in reading food labels (finding serving sizes, various nutrients, sugar content, sodium, etc. Nutrition labels: PARTICIPANT HANDOUT: CMYC, p. 53 Front of the package labels: Trainer asks: what information can we find on front of package labels? Why might this information be useful? PARTICIPANT HANDOUT: CM Front of Package Labeling 	
Drinks	<ol style="list-style-type: none"> Activity: Sugar Overload, CMYC, p. 40 Trainer asks: What is your beverage of choice? What are some unhealthy beverage choices? Why? What are some healthy beverages? How can you transition to making water your beverage of choice? <p>PARTICIPANT HANDOUT: CMYC Drink Smart p. 49, CMYC Drink to Your Health, p. 50, MyPlate Tip Sheet 19</p>	
Snacks	<ol style="list-style-type: none"> What are your favorite snacks? Investigate some easy, affordable and healthy options (PARTICIPANT HANDOUTS: CMYC, p. 56, 57, 58, MyPlate TIP Sheet 13 and 24). Other ideas? 	
Cooking Activity	Snack Attack, CMYC, p. 40 (this activity reinforces all topics above)	