

Lesson Log (EFNEP & SCNEP)

Program Assistant _____ Participant's Name _____ EFNEP _____ SCNEP _____

Date Enrolled _____ End Date _____ Unit Name _____

TITLE OF LESSON	Check if Needed	Date Taught	Type of Visit				Comments
			Indiv.	Group	Mailed	Store	
1a. Introducing ERIB-3							
1b. Starting with the Basics: Food, Equipment, Knowledge							
2. The Food Guide Pyramid							
3. Understanding Food Labels							
4. Planning Makes a Difference							
5. Making the Most of Your Food Dollars							
6. Keeping Food Safe							
7. The Bread, Cereal, Rice & Pasta Group							
8. The Vegetable Group							
9. The Fruit Group							
10. The Milk, Yogurt & Cheese Group							
11. Meat, Poultry, Fish, Dry Beans, Eggs & Nut Group							
12. Breakfast: A Healthy Way to Start the Day; Choosing Healthy Snacks							
13. Eating Right for Two							
14. Feeding Your New Baby (0-4 Months)							
15. Feeding Infants (4-12 Months) & Children							
16. Eating Right & Light							
Lessons From ERIB-2							
Nutrients We Need							
Gardening							
Food Preservation							



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TITLE OF LESSON	Check if Needed	Date Taught	Type of Visit				Comments
			Indiv.	Group	Mailed	Store	
Healthy Futures Series:							
1. Healthy Lifestyle Practices							
2. Choosing Healthy Foods							
3. Stretching Your Food Dollars							
4. Keeping Food Safe							
5. Cancer: Its Process & Early Detection							
6. Disease Risk Factors: What To Do About Them							
7. Cut the Fat for Better Health							
8. Fiber Facts & Food Sources							
9. Eat Vegetables & Fruits for Vitamins & Potassium							
10. Calcium, Milk & Your Health							
Smart Choices in the Grocery Store:							
1. Section I Topics							
2. Section II Topics							
3. Section III Topics							
4. Section IV (Grocery Store Tour)							
Smart Choices With Food Labeling:							
1. Labels Tell Us What's Inside							
2. Nutrition Facts							
3. Calories							
4. Daily Values							
5. Fat							
6. Cholesterol							
7. Sodium							
8. Complex Carbohydrates, Sugars & Fiber							
9. Vitamins A & C, Calcium and Iron							
10. Heart Health							
11. Cancer							
Other Lessons: Breakfast Is Smart							
Planning to Stay Ahead (From Wisconsin EFNEP)							