

# Virginia Cooperative Extension Family Nutrition Program Adult SNAP-ED Lesson Log

**PUBLICATION 360-023**

Program Assistant \_\_\_\_\_ Unit Name \_\_\_\_\_

Individual or Group Name \_\_\_\_\_ Date Enrolled \_\_\_\_\_ End Date \_\_\_\_\_

Title of Lesson	Check if needed	Date taught	Teaching Methods		Comments
			Indiv	Group	
Intro Lesson: Entry Family Record					
<b>Eating Smart, Moving More</b>					
Choosing to Move More					
Shop for Value					
Fix it Safe					
Fruits and Vegetables					
Drink Choices					
What's for Dinner					
Fix it Fast, Eat at Home					
Best for Less					
Choose, Plan and Do					
Healthy and Strong					
Limit TV					
Breakfast Choices					
Lunch Choices					
Fast Foods					
Eating Out					
Smart-size Portions					
My Pyramid					
Pregnancy					
Breastfeeding					
Infants					
Children					

**This publication was partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP).** The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact your local county or city **Department of Social Services** (phone listed under city/county government). For help finding a local number, call toll-free: **1-800-552-3431** (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services.

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Title of Lesson	Check if needed	Date taught	Teaching Methods		Comments
			Indiv	Group	
<b>Loving Your Family: Feeding Their Future</b>					
Family Meals: Easy, Tasty, and Healthy					
Vegetables and Fruits: Simple Solutions					
How Much? Food and Physical Activity					
Family Time: Active and Fun					
<b>Giving Your Body the Best</b>					
Healthy Lifestyles: Dietary Guidelines					
HL: MyPyramid					
HL: Heart-Healthy Eating					
HL: Fitness					
HL: Food Safety					
Basic Nutrition:					
Grain Group					
BN: Fruit and Vegetable					
BN: Milk					
BN: Meat and Bean					
Healthy Choices: Breakfast					
HC: Snacks					
HC: Quick Meals					
HC: Menu Planning and Shopping					
Pregnancy and Early Nutrition: Nutrition During Pregnancy					
PEN: Feeding Infants – Breast or Bottle					
PEN: Feeding Infants – Introducing Solids					
PEN: Preschool Children – Healthy Eating and Activity					
<b>Eat Smart, Live Strong</b>					
Reach Your Goals, Step by Step					
Challenges and Solutions					
Colorful and Classic Favorites					
Eat Smart; Spend Less					
<b>Healthy Futures Series</b>					
Healthy Lifestyle Practices					
Choosing Healthy Foods					
Stretching Food Dollars					
Keeping Food Safe					
Cut the Fat					
Fiber					
Fruits, Vegetables, and Whole Grains					
Calcium and Milk					
<b>Other Lessons</b>					
Gardening					
Exit Lesson					