

# CHECK LIST

## Lesson #1: Feed Your Engine: Proteins, Fats and Carbohydrates

### 1. Script

### 2. Props

- 3 “gas cans”

*For returning GrowingGreat students only*

- Review game category labels
- Question and answer sheet

### 3. Handouts

#### **For students:**

- Star activity sheet for in class activity (*Note: only for new students receiving PFC lesson*)

#### **For parents:**

- Grill Me About

#### **For teacher:**

- Teacher packet

### 4. Optional Food Sample

- Food preparation instructions
- Serving supplies