

TABLE OF CONTENTS

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

- a. Lesson Checklist
- b. Lesson I – First Year Students
 - a. Lesson I First Year Outline
 - b. Lesson I First Year Script
 - c. Star Activity Worksheet
- c. Lesson I- Returning Students
 - a. Lesson I Returning Outline
 - b. Lesson I Returning Script
 - c. Instructions for Challenge Game
 - d. Challenge Game Questions
 - e. Review of Volume 2 Lessons
- d. Grill Me About – Parent Handout
- e. Evaluations
 - a. Student Pre Nutrition Survey
 - b. Teacher/Administrator Lesson Evaluation
 - c. Docent evaluation
- f. Supplemental Materials
 - a. Recommended Reading for Docents/Teachers
 - i. Lists of Foods in the Food Groups
 - ii. Some Facts on Fats
 - iii. Fresh Foods for Each Season
 - b. Teacher Packet (optional)
 - i. Letter
 - ii. Lesson Outline
 - iii. Teacher Evaluation
 - c. Additional Student Activities
 - i. Time to Fuel Up Worksheet
 - d. Optional Food Sample
 - i. Suggested Food Sample
 - ii. Food Prep Instructions
 - iii. Allergy Guidelines