

Good Grinding for Wise Dining
 Instructor Guide
 Tally Sheet and Final Evaluation Checklist

Two different lessons should be presented each month. Since there are 12 lessons, the entire curriculum should be completed in 6 months.

Tally Sheets should be submitted immediately after **each** lesson.

Please give the Final Evaluation one month after the last of the 12 lessons are completed. For example, if the last lesson is given on the third Monday in June, give the Final Evaluation on the third Monday in July.

	Lesson Date	Tally Sheet Date Sent
Module 1: Strategies for Eating		
• Lesson 1: Easy Meals		
• Lesson 2: Sharing Meals		
• Lesson 3: Food Storage		
Module 2: Choosing Foods		
• Lesson 1: Fruits and Veggies		
• Lesson 2: Eating Out		
• Lesson 3: Eating for Wellness		
Module 3: Regular Eating		
• Lesson 1: Healthy Bones		
• Lesson 2: Nutritious Snacking		
• Lesson 3: Whole Grains		
Module 4: Celebration Foods		
• Lesson 1: Favorite Foods		
• Lesson 2: Sugars/Fats/Salts		
• Lesson 3: Living Local		
Final Evaluation		