

UH SNAP-Ed Mini Lesson Activities

The following Mini Lesson Activities (MLAs) can be conducted at no charge on location at your agency. All activities are hands-on and interactive. Local favorites like purple sweet potato, poke, canned luncheon meat, and a popular fruit drink are included in the activities whenever possible.

- Make a Plate with MyPlate
 - Participants will learn how to build a healthy plate of food using USDA MyPlate. They'll first create a plate that reflects their usual meals, then explore ways to make healthier choices.
- Guess the Sugar and Rethink Your Drink
 - Participants will discover the hidden sugar in popular drinks and have the option to take part in a 1-minute brisk walking activity to experience how much movement it takes to burn off the calories from the sugar.
- Check that Nutrition Facts Label!
 - Participants learn how to read Nutrition Facts labels and use the percent Daily Value (%DV) to determine whether foods are high or low in specific nutrients.
- Wash It Well! (produce washing)
 - Participants will learn how to properly wash different types of fruits, vegetables, and herbs using recommended techniques. The activity includes information on what shouldn't be washed, as well as products that shouldn't be used in the washing process.

Each activity can range from about 5 to 15 minutes in length, depending on the event.

- If there are single participants at unscheduled times during the event (such as at a community fair), 1 or 2 activities of your choice would be offered and participants would choose which one they'd like to do.
- If the event would be a scheduled session (such as a class), you would choose 3 or 4 activities and there is an option for a food demonstration. (Food demos need access to clean running water and an electrical outlet.) The event would be 1 hour in length and requires a minimum of 10 households in attendance. We strongly recommend registering at least 20, as past events show only about half of those registered typically attend.

A Nutrition Education Reinforcement Item (NERI) may be provided—1 per household—while supplies and funding last. Possible items include:

- A measuring cup set
- A measuring spoon set
- A combination measuring cup and spoon set
- A combination produce brush and peeler
- A color-changing tumbler
- A flexible cutting board

Please contact Deanna Au-Wong (dauwong@hawaii.edu), UH SNAP-Ed Special Projects Coordinator, to find out more information and book your MLA event. Bookings are very limited.