



Adult EFNEP Lesson Log

Program Assistant: _____ Unit Name: _____

Individual or Group Name: _____ Date Enrolled: _____ End Date: _____

Eating Smart • Being Active[®]					
Title of Lesson	Check if Needed	Date Taught	Teaching Methods		Comments
			Indiv	Group	
Lesson 1: Get Moving!					
Entry Family Record					
Lesson 2: Plan, Shop, \$ave					
Lesson 3: Vary Your Veggies ... Focus on Fruit					
Lesson 4: Make Half Your Grains Whole					
Lesson 5: Build Strong Bones					
Lesson 6: Go Lean with Protein					
Lesson 7: Make a Change					
Lesson 8: Celebrate! Eat Smart & Be Active					
Exit Family Record					
Additional Lessons					
During Pregnancy					
Feeding Your New Baby					
Farmers Market Mini Lesson					

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Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2014

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