

Overview of Lessons with Steps to Health

LESSON NAME	FACILITATOR	EXTENDER	RECIPE
Plan: Know What's for Dinner	Steps to Health Educator		Chicken and Broccoli Quiche
Shop: Get the Best for Less	Steps to Health Educator or Lay Leader		Tuna Burgers
Shop for Value, Check the Facts	Steps to Health Educator		Easy Lasagna
Fix it Fast, Eat at Home	Steps to Health Educator or Lay Leader		Beefy Skillet Dinner
Choosing More Fruits and Vegetables	Steps to Health Educator	Vegetable Scrubber	Stir-Fry
Fix it Safe	Steps to Health Educator		Mini-Meatloaves
Making Smart Drink Choices	Steps to Health Educator or Lay Leader	Water Bottle	Fruit Smoothies
Choosing to Move More	Steps to Health Educator or Lay Leader		Oven-Baked Chicken Nuggets
Making the Connection	Steps to Health Educator and Lay Leader	Cookbook	Chicken Fruit Salad and Easy Broccoli Salad

LAY LEADER ROLE FOR EACH LESSON

This document will help you to orient the Lay Leaders to the portions of the lesson they are responsible for leading. This includes the lessons they teach on their own (see table above) as well as for the lessons you teach.

Note: For each lesson, Lay Leaders should help to open and close the session. See the script on the first and last pages of each lesson for more detailed directions. The Lay

Leaders should also engage the group in the Lay Leader Prompt Activities, which are also listed on this chart. You might consider typing these out for the Lay Leader ahead of time, or you can make copies of these pages for the Lay Leader to practice. Be sure that you help them to practice this during the training, and when you check in with them each week, remind them that you will need their help with these portions of the classes.

Lay Leader Training Guide

Lesson	Opening	Lay Leader Prompts	Move More Activity	Food Demonstration	Closing
Plan: Know What's for Dinner	p. 1	p. 19: Assist with handout p. 41-4: Planning meals discussion	p. 16-17	p. 6	p. 51
Shop: Get the Best for Less	p. 1	p. 17: 7-Day Menu Planning Activity p. 26-27: Discussion of role models p. 46-49: Discussion of food access	p. 34	p. 32	p. 52
Shop for Value, Check the Facts	p. 1	p. 40-43: Discussion of food shopping in faith community	p. 20	p. 18 p. 37	p. 47
Fix it Fast, Eat at Home	p. 1	p. 35-36: Thankfulness discussion p. 39-41: Family Conversation Starter	p. 16	p. 48	p. 50
Choosing More Fruits and Vegetables	p. 3	p. 16: Food access discussion p. 30: Discussion questions p. 49: Discussion questions	p. 22	p. 39	p. 54
Fix it Safe	p. 1	p. 2-3: Discussion questions p. 26: Discussion questions p. 47-48: Sharing the Work Activity	p. 11	p. 5 p. 7 p. 9 p. 31 p. 39	p. 54
Making Smart Drink Choices	p. 1	p. 29-30: Discussion questions p. 33: Blind Taste Test p. 44-45: Water discussion	p. 2	p. 52	p. 64
Choosing to Move More	p. 2-3	p. 34: Move More discussion p. 46: Move More discussion	p. 25	p. 13	p. 50
Making the Connection	p. 1	p. 3-4: Goals discussion p. 8-10: Health and faith discussion p. 15-19: Policy and Environmental Change discussion	p. 20-21	p. 13-14	p. 23