UConn Café Lesson

Today’s Class Title: ____________________________________________________________

Introduction
  • Ice-breaker/warm-up activity

Overview of Class Today

Nutrition Lesson Topic _________________________________________________________
  • Nutrition message(s)
  • Discussion points
  • Name of handout/worksheet

Snack _________________________________________________________________
  • Attach recipe
  • List ingredients and amounts (15 snacks plus enough for some seconds)

Game _________________________________________________________________
  • Directions

Time required for each activity
  • Snack
  • Nutrition lesson
  • Game

Materials needed (and amounts)
UConn Café Lesson Template

(list headings in the following order:)

Class title

Introduction

Ice-breaker/warm-up activity Icebreaker
This can be a quick name game, or other type of warm-up to get the children and tutors geared up for this class (try to make it nutrition-related and something that relates to the class theme). Give enough description that your peers can carry it out!

Overview of Class Today: Give a quick overview of what the lesson is about

Nutrition lesson: Make sure you outline the entire lesson, and include even the smallest details so everyone is on the same page when it is time to teach the lesson. You should include the following highlighted bullets in your outline:
- Nutrition message(s) (describe 1-3 essential messages you want the children to take away from the lesson)
- Discussion points: (list points for each of the messages)
- Handout(s)/worksheet(s) (list the title of each one)

Snack - Include the following points:
- Recipe (be sure to taste-test in advance!)
- List supplies and numbers needed for both classes (bowls, stirring spoons, eating spoons, etc)
- List the amounts of each ingredient needed for both classes

Game - Include the following points:
- Materials required for each site
- Directions in detail, including rules

Time required for each activity (Game, Snack and Nutrition Activities)- This should be your best estimate

Materials needed
- List of materials needed (other than for snack): Make sure you list ALL materials so teams are properly prepared for each class. For example, if you want to have the children dance, you will need to include a CD, extension cord, and CD player in your materials list

- List amounts of each material: There are about 30 children at Windham Heights and about 40 at West Ave. At times you may want to include an extra 10 items per site if you want to include the tutors. However, tutors usually assist the children and don’t need their own handouts, etc.