**Group Appointments**

**SESSION 3 EATING SMART**

**Objective:**

Parents and children will learn how to establish and maintain healthy eating habits.

**Activity Schedule:**

**4:30 - 4:45 pm Registration** *(Promotora)*

**4:45 - 5:00 pm Welcome** *(Provider/Promotora);* **Introduction** *(**Dietitian)*

**5:00 – 5:45 pm Healthy Eating with Parents and Children *(****Dietitian)*

* **Healthy Food Choices/Balance**
* **Appropriate Portion Sizes**
* **Label Reading\***

**\*(During Label Reading,** *Provider* **plays Whoa/Go Game with Children)**

* **Cooking Demonstration**

**5:45 – 6:00 pm Review Progress with Action Plan/s** *(Provider)*

*5/11 ACadiz*