**Group Appointments**

**SESSION 5 REVIEW**

**Objectives:**

1. Parents and children will have the knowledge of ways to eat healthy.
2. Parents and children will know of the benefits of daily physical activity and the need to limit TV/Screen time.
3. Parents will learn how to be role models and limit setters for the family.

**Activity Schedule:**

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

**4:45 – 5:00 pm Welcome** *(Promotora)*

**5:00 -5:35 pm Review** *(Provider/Promotora)*

* **Benefits of daily physical activity and limit of screen/TV time to 2 hours or less daily**
* **Whoa and Go Foods/Drink; Appropriate food portions**
* **Parents responsibility as role models and limit setters**

**Post Test and Evaluation of Program by Parents/Children**

**5:35 – 6:00 pm Handing Out of Certificates** *(Provider)*

*5/11 ACadiz*