

module

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# Classroom Units: What's Being Taught

# ***Eat Well & Keep Moving Lesson Review***

- **Group 1: Carb Smart**
- **Group 2: The Safe Workout: An Introduction**
- **Group 3: Freeze My TV**
- **Group 4: Snack Attack**
- **Group 5: Balancing Act**

# Reports From Each Group

**Each group should provide the following:**

- **A brief overview of the lesson**
- **Ideas on how you can help reinforce and promote the messages of the lesson in the cafeteria**
- **Ideas on how the cafeteria can serve as a learning laboratory for the lesson**

**Questions?**