

Supplement: Healthy Communities Part 1 Lesson Plan a

When adding 'Healthy Communities' to another workshop (30 minutes)

Time	Content	Method	Resources	Handouts
2 minutes	Introduction and workshop overview	Parents expectations Lecture		
4 minutes	Healthy food and drink choices in schools	Lecture Discussion	<ul style="list-style-type: none"> Refer to workshop A (Healthy food and drink choices in schools section) Crunch&Sip® brochure 	HC1, HC2
4 minutes	Healthy food choices in the community	Activity Discussion		HC3
4 minutes	Improving physical activity in the community	Activity Discussion	<ul style="list-style-type: none"> Refer to physical activity workshop 	HC4
2 minutes	Finding others	Activity Discussion		HC5
10 minutes	Create a vision, a mission, objectives and strategies	Activity Discussion		HC6
2 minute	What to do next			
2 minutes	Conclusion and evaluation			Evaluation form 1

Total time: 30 minutes

Supplement: Healthy Communities Part 1 Lesson Plan b

When running 'Healthy Communities' as a stand alone session (45 minutes)

Time	Content	Method	Resources	Handouts
4 minutes	Introduction and workshop overview	Ice-breaker Parents expectations Lecture		
6 minutes	Healthy food and drink choices in schools	Lecture Discussion	<ul style="list-style-type: none"> Refer to workshop A (Healthy food and drink choices in schools section) Crunch&Sip® brochure 	HC1, HC2
6 minutes	Healthy food choices in the community	Activity Discussion		HC3
6 minutes	Improving physical activity in the community	Activity Discussion	<ul style="list-style-type: none"> Refer to physical activity workshop 	HC4
2 minutes	Finding others	Activity Discussion		HC5
15 minutes	Create a vision, a mission, objectives and strategies	Activity Discussion		HC6
3 minutes	What to do next			
3 minutes	Conclusion and evaluation			Evaluation form 2

Total time: 45 minutes