

PILI ‘Ohana – Family and Community Intervention **Facilitator’s Guide**

Lesson 3: Let’s be active together!

Question/Topic	Script	Reminder/ Activity
Welcoming & Introduction:	<i>Aloha</i> and welcome to the third lesson of the <i>PILI ‘Ohana Family & Community Program</i>. Before we start with today’s topic, let’s take a few minutes to review the last session.	○ ASK if participants would like to pule before starting ○ Icebreaker: Share one item of food that you and your friends and family identified as being tasty and healthy.
What did we talk about last time?	Let’s review what we learned from our last lesson. We discussed the reasons why eating together as a family were important and identified ways to find time to eat meals together. We said that... ○ Meals prepared and eaten at home are usually healthier. ○ Meals purchased away from home cost two to four times more. Conversations during the meals provide time for the family to bond, plan, connect, and share with one another. We also reviewed the reasons why eating the same kinds of food are	○ Review the goals and main ideas from the last session ○ Ensure the participants are clear on the goals and these main ideas ○ Ask participants if they have questions or concerns about what was covered. ○ Timeframe: 5 minutes

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