

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

### **Lesson 3: Let’s be active together!**

Question/Topic	Script	Reminder/ Activity
<b>Welcoming &amp; Introduction:</b>	<p><i>Aloha</i> and welcome to the third lesson of the <i>PILI ‘Ohana Family &amp; Community Program</i>.</p> <p>Before we start with today’s topic, let’s take a few minutes to review the last session.</p>	<ul style="list-style-type: none"> <li>○ <b>ASK</b> if participants would like to pule before starting</li> <li>○ <b>Icebreaker:</b> Share one item of food that you and your friends and family identified as being tasty and healthy.</li> </ul>
<b>What did we talk about last time?</b>	<p>Let’s review what we learned from our last lesson.</p> <p>We discussed the reasons why eating together as a family were important and identified ways to find time to eat meals together.</p> <p>We said that...</p> <ul style="list-style-type: none"> <li>○ Meals prepared and eaten at home are usually healthier.</li> <li>○ Meals purchased away from home cost two to four times more.</li> </ul> <p>Conversations during the meals provide time for the family to bond, plan, connect, and share with one another.</p> <p>We also reviewed the reasons why eating the same kinds of food are</p>	<ul style="list-style-type: none"> <li>○ <b>Review</b> the goals and main ideas from the last session</li> <li>○ <b>Ensure</b> the participants are clear on the goals and these main ideas</li> <li>○ <b>Ask</b> participants if they have questions or concerns about what was covered.</li> <li>○ <b>Timeframe: 5 minutes</b></li> </ul>

# Facilitator Guide Wsi

**CO Houle**



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