

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

Lesson 3: Let’s be active together!

Question/Topic	Script	Reminder/ Activity
Welcoming & Introduction:	<p><i>Aloha</i> and welcome to the third lesson of the <i>PILI ‘Ohana Family & 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"> ○ 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?	<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"> ○ Meals prepared and eaten at home are usually healthier. ○ Meals purchased away from home cost two to four times more. <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"> ○ 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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