Mentor Notes

Prepare yourself for the class before everyone gets there.

Remember the room arrangement for better group discussion.

Facilitate discussion whenever you see this symbol  

Meeting 3 checklist of items needed:

___ Sign-In sheet (Attendance Sheet)
___ Meeting 3 for each participant
___ Flip Chart
___ Markers
___ Crayons (for each participant)
___ Incentive for each participant (optional)

When people arrive:

• Give Meeting 3 to each participant.
• Have everyone sign the Sign-In sheet.
• Welcome everyone.
• Let them know where restrooms are located.
• Tell them that today's meeting should last about 1 hour and to help you stay on track so that everything will get covered.
• Tell them that questions and discussions are encouraged from everyone.
Mentor Notes

Use your hand to show the serving sizes.
Have participants take page 3-14 out of their notebooks to refer to for the questions on page 3-15 and 3-16.
Mentor Notes

Review the categories and have participants check the box next to their description.
1. Have participants set a goal.

2. Ask participants to complete the 3 questions on the next page. Collect the questionnaire and send to Ka‘imi.