

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.

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Use your hand to show the serving sizes.

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Have participants take page 3-14 out of their notebooks to refer to for the questions on page 3-15 and 3-16.

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Review the categories and have participants check the box next to their description.

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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.