

# Mentor Notes

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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 4 checklist of items needed:

- \_\_\_ Sign-In sheet (Attendance Sheet)
- \_\_\_ Meeting 4 for each participant
- \_\_\_ Flip Chart
- \_\_\_ Markers
- \_\_\_ Crayons (for each participant)
- \_\_\_ Incentive for each participant (optional)

When people arrive:

- Give Meeting 4 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**

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Ask participants to find the answers to the questions on page 4-15.

## **Mentor Notes**

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Review the foods in each section of the plate.

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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.