



# Practice Points for Youth Practitioners



## **Incorporate fun physical activity into each day of the workshop.**

It is important to show participants a variety of new activities which they can use outside and inside to reduce sedentary habits.

## **Youth need to be engaged, preparing and tasting dishes they create.**

It shows them that healthy food can taste good. When they are engaged, they are more likely to make the dishes they practiced in class for their families.



## **Create resources the participants can take home.**

These resources will help reinforce the healthy behaviors they learned about in class. Recipes, handouts, magnets, tools to cook and exercise videos/equipment like Dynabands to encourage the adoption of practices learned in class.