

Good Grinding for Wise Dining
“Catchy Phrases”

Lesson*	Topic	Phrase
1 (1-1)	No-Cook Cooking	<ul style="list-style-type: none"> • No-cook cooking
2 (1-2)	Two Portion Meals	<ul style="list-style-type: none"> • Sharing is caring
3 (1-3)	Food Storage	<ul style="list-style-type: none"> • No need, no buy
4 (1-4)	One-pot Meals	<ul style="list-style-type: none"> • One pot hits the spot!
5 (1-5)	Microwave Meals	<ul style="list-style-type: none"> • Time is what we save when we microwave
6 (1-6)	Meals in Minutes	<ul style="list-style-type: none"> • Do little steps ahead and we'll be quickly fed
7 (2-1)	Fruits and Veggies	<ul style="list-style-type: none"> • Fruits and Veggies – More Matters
8 (2-2)	Eating Out	<ul style="list-style-type: none"> • When eating out, choose fruits and veggies for your mouth
9 (2-3)	Wellness Promotion	<ul style="list-style-type: none"> • Create a plate with fruits and veggies
10 (2-4)	Seasonality of Fruits and Veggies	<ul style="list-style-type: none"> • Fruits and veggies are best in season and priced within reason
11 (2-5)	Spending Less, Eating Better	<ul style="list-style-type: none"> • Shop smart for a healthy start
12 (2-6)	Meal Planning	<ul style="list-style-type: none"> • Let's make a meal plan, yes, we can
13 (3-1)	Healthy Bones	<ul style="list-style-type: none"> • Sticks and stones no break my bones, but calcium foods will help it
14 (3-2)	Nutritious Snacking	<ul style="list-style-type: none"> • Eat a little, a lot (do it often)
15 (3-3)	Whole Grains	<ul style="list-style-type: none"> • Whole grains, we go. Go, go whole grains!
16 (3-4)	Fruits and Veggies – All Forms Matter	<ul style="list-style-type: none"> • All forms matter so put more on your platter
17 (3-5)	Protein-Rich Foods	<ul style="list-style-type: none"> • I vary, you vary, we all vary our protein!

18 (3-6)	Breakfast	<ul style="list-style-type: none"> • Let's start great with a breakfast plate
19 (4-1)	Favorite Foods	<ul style="list-style-type: none"> • Comfort foods can be good, add fruits and veggies...yes we should!
20 (4-2)	Sugars/Fats/Salts	<ul style="list-style-type: none"> • Caution foods...watch out!
21 (4-3)	Living Local	<ul style="list-style-type: none"> • Try all kinds!
22 (4-4)	Local Healthy Snacks	<ul style="list-style-type: none"> • Snacks are fine, especially, the local healthy kind
23 (4-5)	Delicious Desserts	<ul style="list-style-type: none"> • Let's have our dessert and eat it too, especially when it's healthy for you
24 (4-6)	Get Togethers	<ul style="list-style-type: none"> • Keep it simple and enjoy the people

*Original lesson numbers are in (). (e.g. (1-1) is Module 1- Lesson 1)