**Week 6 Sample Agenda**

**1:30 Team Arrives**

**1:30-2:00 Set Up (All)**

* Wash produce needed for class (Class Assistant)

- please note, there is no take-home groceries for participants on Week 6, instead they will take home their book, a CM cutting mat, and graduation certificate in their CM reusable bag.

* Pre-heat the oven (Class Assistant)
* Set up the cooking table with everything we need for both of our recipes (Chef)
* Prep for nutrition and wipe down tables (Nutritionist)

**2:00-2:05 Welcome Back (Coordinator)**

* How did it go last week and how did your meal turn out?
* What are somethings that you learned at the grocery store that you will start practicing now?
* Going over objectives for today

**2:05-2:30** [**Apple Crisp**](http://cookingmatters.org/recipes/apple-crisp) **X2 (Chef)**

* Demo how you would like ingredients cut for this recipe
* Assemble ingredients and take apple crisp to the oven. This should be ready in 15 minutes or so.

**2:30-3:00** [**The Works Pizza**](http://cookingmatters.org/recipes/works-pizza) **X2 (Chef)**

* Show participants how you’d like ingredients chopped for the pizza
* Have all participants chop the ingredients and have multiple people come up and top the pizzas
* Take pizzas to the oven
* Ideally, the apple crisp would be done cooking by the time we put the pizzas in the oven. The pizzas should have 30 minutes if not more in the oven if we stick to the schedule.

**3:00-3:25 Nutrition Jeopardy (Nutritionist)**

* I know that lesson 6 focuses on sugary drinks, but we had time to talk about it in detail on week 4, so we don’t have to cover this again unless people have more questions about sugary drinks.
* I will bring the nutrition jeopardy board. Please make sure to review the questions on the board ahead of time, we have not talked about everything on there. I think we want to use the questions on the book instead (pgs. I-45 to I-47)

**3:25-3:45 Administer Post-Surveys**

**3:45-4:00 All Eat Together and Graduation**

* Recognize graduating participants and give their graduation certificate, CM green reusable bag, CM recipe book and CM flexible cutting mat.
* Recognize volunteers who helped in class, if possible give volunteers a Thank you note/card.

**4:00-4:30 Clean Up (all)**