

**La Familia Project  
Programa La Promotora**



**Teaching Manual:  
Nutrition**

- Lesson 1. Sugar...It's Not as Sweet as You Think!
- Lesson 2. Find the Hidden Fat in Foods!
- Lesson 3. Stretching Your Food Dollar (1)
- Lesson 4. Stretching Your Food Dollar (2)
- Lesson 5. Clean, separate, cook, refrigerate!
- Lesson 6. Get the Help You Need!