

PLAN YOUR LESSON

Use this worksheet to familiarize yourself with an existing lesson or to plan an effective nutrition education lesson with the goal of helping your participants achieve lasting behavior change.

1. WHO IS MY AUDIENCE?

To make assess the makeup of your audience, fill out the information below.

- ◆ Size of audience: _____
- ◆ Primary language: _____
- ◆ Education/literacy level: _____
- ◆ Age range: _____
- ◆ Culture/ethnicity: _____
- ◆ Health literacy/misconceptions: _____
- ◆ Food resources within community: _____
- ◆ Other considerations: _____



2. WHAT DO I WANT PARTICIPANTS TO LEARN AND DO?

The goal of nutrition education is to empower participants to make actionable behavior changes. Write the **outcomes** and **action steps** that you want participants to know and do after your lesson.



Example: From the “MyPlate Family Meal Handouts - Make Half Your Grains Whole Grains”

Key Outcome: *Participants will explore the grains group of MyPlate. They will learn more about whole grains and why they are healthier to eat.*

Action steps to change behavior: *Participants will incorporate whole grains into two meals over the next week.*

In the space below, write a specific outcome and action step for your lesson.

Key outcome: _____

Action steps to change behavior: _____

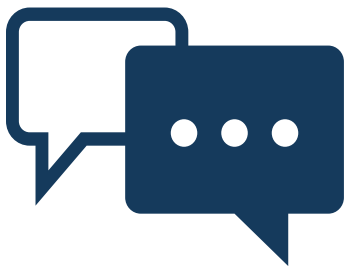
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3. WHAT MESSAGES AND ACTIVITIES WILL MOTIVATE MY AUDIENCE?

In order to motivate your participants to change their behavior, utilize a variety of messages and activities to keep them engaged. (*Motivation examples: save money, lose weight, control blood sugar, etc.*)

MESSAGES

List three motivating messages that will help participants take action steps to change behavior:



1. _____
2. _____
3. _____

ACTIVITIES

To accommodate the different learning styles of participants, include at least two to three of the following activities in your lesson. Check the box for each activity you plan to use.

- | | |
|--|---|
| <input type="checkbox"/> Food demonstrations | <input type="checkbox"/> Role playing |
| <input type="checkbox"/> Interactive activities | <input type="checkbox"/> Question and Answer Sessions |
| <input type="checkbox"/> Discussions (pairs, small groups, or whole class) | <input type="checkbox"/> Rap Session |
| <input type="checkbox"/> Other _____ | |

4. HOW WILL I KNOW IF MY LESSON WAS EFFECTIVE?

Remember that evaluation is a critical component of nutrition education lessons. Use your organization's evaluation or review the following resources for examples of evaluation tools:

- Review Appendix H in the **DC HEALTH Nutrition Educator Guide**
- Review the **DC HEALTH Understand Evaluation Handout**



TOOLKIT ACCESS: DCHealth.DC.Gov/Service/Supplemental-Nutrition-Assistance-Program-Education