

Nutrition Education Lesson Template

A client-centered approach to nutrition education uses methods such as group discussions and hands-on activities to engage participants in learning. This template was developed as a guide to help plan, conduct, and evaluate client-centered nutrition education sessions. It includes a snapshot of general information and two steps:

Step 1: Planning the Nutrition Education Session

The first section prompts the nutrition educator to think about the learning objectives, materials, and preparation necessary to carry out the session.

Step 2: Session Outline

The second section outlines the key parts of the session. The nutrition educator will use this outline to lead the session.

In order to increase user-friendliness of this electronic template, some sections are limited to a defined number of characters. Additional details can be added in the "Supplemental Information" section at the end. Additionally, certain formatting options such as font changes, underlining, bold/italics, and bullets will not function in this format. Manual formatting such as numbering, dashes, and entering spaces will work.

Snapshot of Group Session	Lesson Title	
	Developed by	
	Date Developed	
	Approved by	
	NE Code	
	Class Description	
	Participants <i>Indicate the client group(s). Check all that apply.</i>	<input type="checkbox"/> <i>Infant</i> <input type="checkbox"/> <i>Child</i> <input type="checkbox"/> <i>Breastfeeding</i> <input type="checkbox"/> <i>Postpartum</i> <input type="checkbox"/> <i>Pregnant</i> <input type="checkbox"/> <i>General</i> <input type="checkbox"/> <i>Other</i> _____
	Type of Learning Activity <i>Check all that apply during session.</i>	<input type="checkbox"/> <i>Hands-on activity</i> <input type="checkbox"/> <i>Discussion</i> <input type="checkbox"/> <i>Cooking/tasting/demo</i> <input type="checkbox"/> <i>Physical activity</i> <input type="checkbox"/> <i>Learning booths/stations</i> <input type="checkbox"/> <i>Role Playing (skits)</i> <input type="checkbox"/> <i>Other</i> _____

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Notes

Lesson Title _____

Planning the Nutrition Education Group Session	
Instructions	Notes
<p>Learning Objective(s) <i>State what the clients will gain from the session.</i></p>	<p><i>By the end of the session participants will:</i></p>
<p>Key Content Points <i>What key information do the learners need to know to achieve the learning objective(s)? Aim for three main points.</i></p>	
<p>Materials <i>List what you will need for the session (i.e., visual aids, handouts, activity supplies). Attach supplemental materials.</i></p>	
<p>Resources <i>Review current information. Sources may include WIC resources or reliable internet sites like WIC Works.</i></p>	
<p>Class Flow & Set Up <i>Consider the flow of the session & room set-up. Make note of any additional preparation that may be needed.</i></p>	

Introduction

Create a respectful and accepting learning environment by doing several of the following:

- Welcome participants
- Introduce yourself
- Review agenda
- Explore ground rules
- Make announcements
- Hand out name tags

Notes

Icebreaker

Anchor the topic to the participants' lives by prompting them to think about how the topic relates to them. This should be an easy question or activity likely to bring out positive but brief comments and can be done as a group or partners.

Question/Activity

Activities

Key content points the learners need to know

- 1.
- 2.
- 3.

For each learning activity, list any instructions that are needed for the facilitator and participant and three to five open-ended discussion questions. Keep in mind that the activities should enable participants to meet the learning objectives.

Review & Evaluation

Invite the participants to summarize the key points of the session and share how they will use what they learned in the future. List a question/activity to prompt this. Consider listing one community resource that is available for clients who want to learn more.

Question/Activity

Community Resource (optional)



Personal Review of Session (afterward)

Take a few moments to evaluate the class for yourself.

- What went well?
- What did not go as well?
- What will you do the same way the next time you give this class?
- What will you change?

Supplemental Information