

**Texas WIC Lesson Evaluation Results  
GN-000-27: CCNE Whole Grains, Whole Nutrition**

**Client Feedback**

**Total # of clients who responded to survey: 158**

**Clients surveyed identified themselves as:**

- Pregnant: 11%
- Breastfeeding: 15%
- Caretaker of baby under 12 months: 42%
- Caretaker of a child over 1 year: 77%
- Friend of family: 18%
- First WIC class: 11%

**Language in which the class was taught:**

- English – 45%
- Spanish – 43%
- Both – 12%

Compared to other WIC classes, clients awarded this class **4.6 stars** (out of 5).

**Clients rated the class as follows on the items below:**

	<b>Not at all</b>	<b>A little</b>	<b>A lot</b>
Helpful	1%	7%	<b>92%</b>
Too long	<b>83%</b>	14%	4%
Informative	1%	9%	<b>90%</b>
Important	1%	5%	<b>94%</b>
Boring	<b>93%</b>	3%	4%
Covered things I already know	14%	<b>77%</b>	10%
Answered my questions	0%	18%	<b>82%</b>
Encouraged me to participate	1%	23%	<b>76%</b>
The instructor knew a lot about the topic	1%	3%	<b>96%</b>
Good for first-time parents	1%	11%	<b>88%</b>
I understood the language	0%	7%	<b>94%</b>

**Clients indicated one thing they learned that they would try at home. Out of 153 write-in responses, themes for the comments included:**

- Try whole grain for the first time; try to eat more whole wheat or whole grain products (whole wheat tortillas, pasta, rice, and bread and whole grain popcorn)
- Read ingredient label or look for whole grains stamp to identify whole grain foods
- Benefits of eating whole grains
- Difference between whole grains and refined grains
- Combine whole wheat with white for more fiber

**Texas WIC Lesson Evaluation Results  
GN-000-27: CCNE Whole Grains, Whole Nutrition**

**Staff Feedback**

**Total # of staff who responded to the survey: 10**

**Staff surveyed included:** WCS (2), CA (1), Nutritionist (4), Clinic Supervisor (1), Other (2) and had the following degrees: LVN (4), Degreed Nutritionist (4), Other (2).

**Language in which the class was taught:**

- English – 30%
- Spanish – 30%
- Both – 40%

**Staff reported the following as working well when teaching the class:**

- Visual aids
- Showing them how to read the labels
- Having examples of the foods we used for the clients to see.
- The hands on activity of showing them various products and their ingredients. Showing the difference between a refined grain and a whole grain on the board.
- The handouts and hands on samples for participants
- Interaction among clients
- Giving examples of different ways to incorporate whole grains

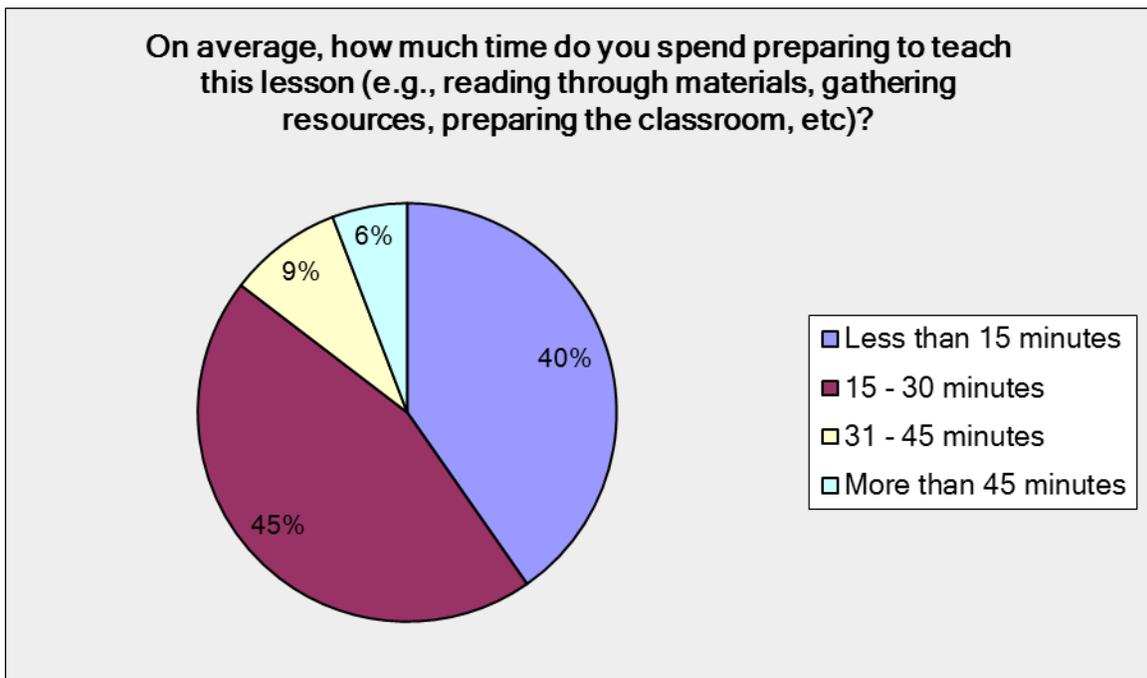
**What staff would do differently the next time they teach the class:**

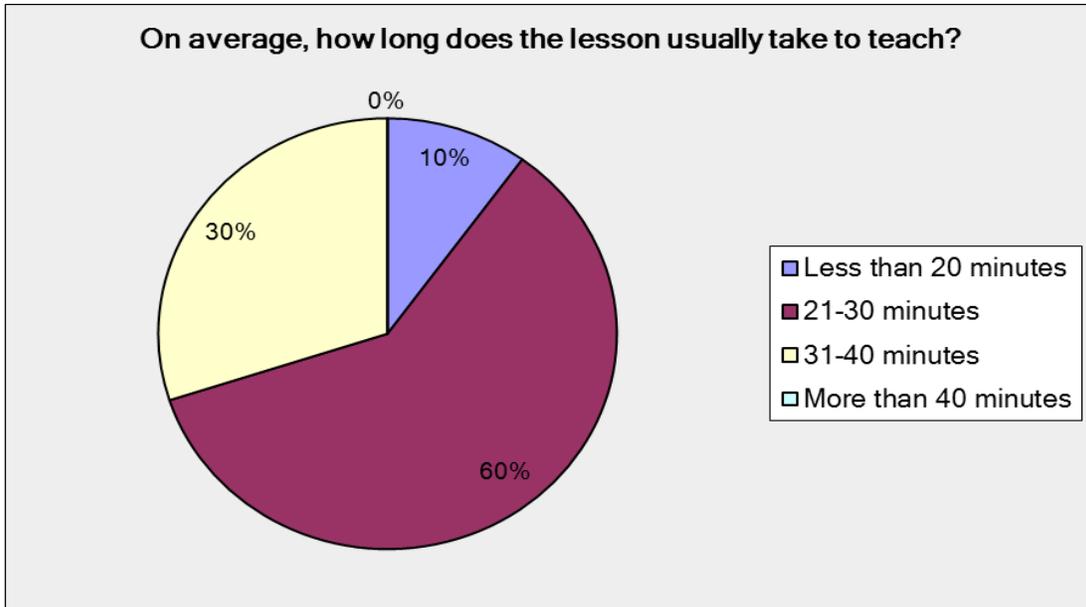
- Nothing.
- I think it worked really well as is.
- Have a few more recipes.

### CLASS LOGISTICS

How many times have you taught this class?		
Answer Options	Response Percent	Response Count
1	0.0%	0
2	0.0%	0
3	20.0%	2
4	20.0%	2
<b>5 or more</b>	<b>60.0%</b>	<b>6</b>

How easy or difficult was the lesson to follow?		
Answer Options	Response Percent	Response Count
Very Easy	20.0%	2
<b>Easy</b>	<b>80.0%</b>	<b>8</b>
Difficult	0.0%	0
Very Difficult	0.0%	0





**In your opinion, what would be the ideal size for this class?**

Answer Options	Response Percent	Response Count
Less than 6	0.0%	0
<b>6-10</b>	<b>80.0%</b>	<b>8</b>
11-16	10.0%	1
More than 16	10.0%	1
It doesn't matter	0.0%	0

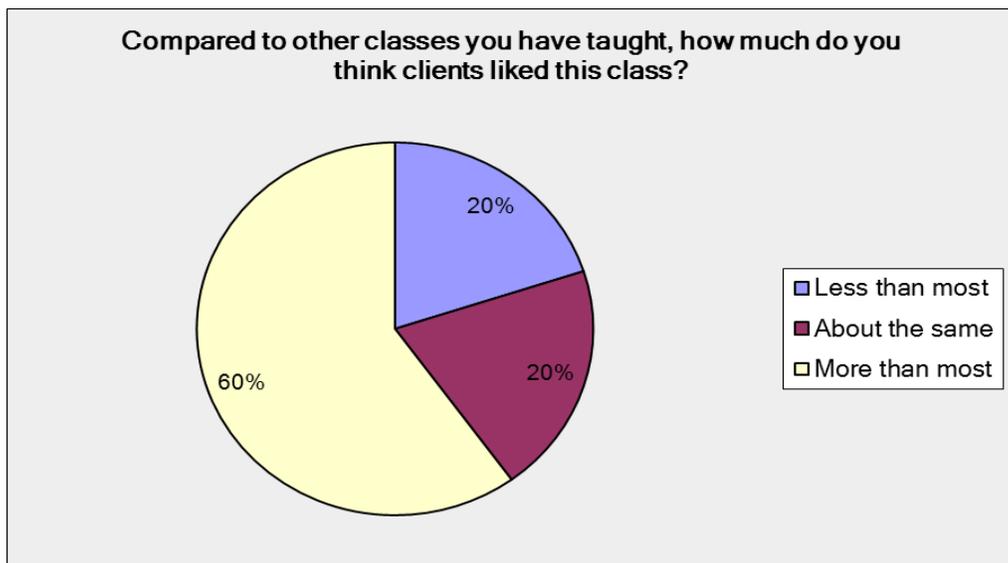
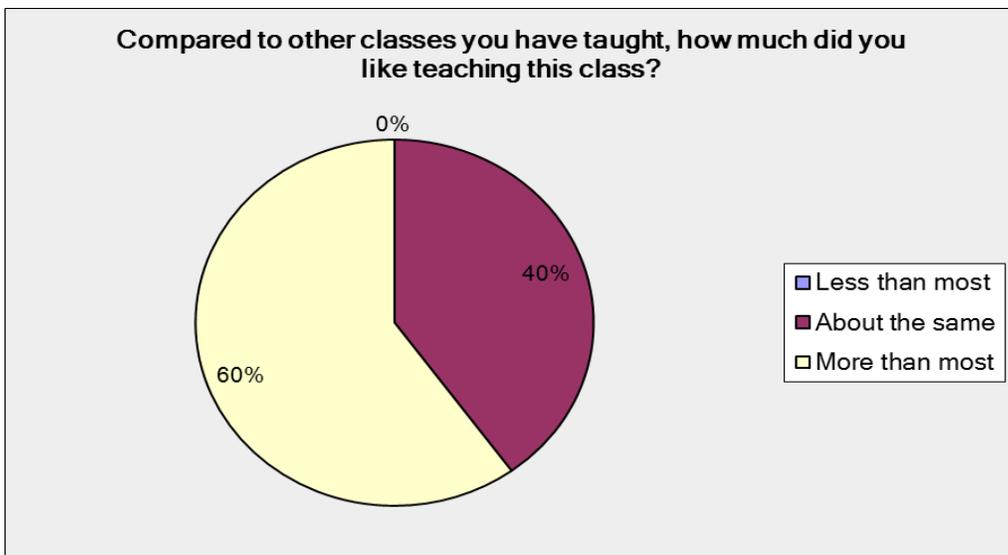
**CLASS FLOW**

**How much of the following sections of the lesson plan did you usually cover?**

Answer Options	None	Some	All	Not applicable	Response Count
Introduction/Icebreaker	0	1	<b>9</b>	0	10
Main activity	0	3	<b>7</b>	0	10
Optional activities	0	<b>7</b>	2	1	10
Conclusion/Take away	0	4	<b>6</b>	0	10
In-class evaluation	2	1	6	0	9

How many of the clients usually participate in the class discussion?		
Answer Options	Response Percent	Response Count
Almost none	10.0%	1
<b>Less than half</b>	<b>40.0%</b>	<b>4</b>
About half	20.0%	2
More than half	20.0%	2
Almost all	10.0%	1

### ENJOYMENT OF CLASS



## TRAINING BACKGROUND

What training or background have you had that helped you teach this class? (Check all that apply.)		
Answer Options	Response Percent	Response Count
None	10.0%	1
Basic nutrition knowledge	60.0%	6
Advanced nutrition knowledge	30.0%	3
Basic breastfeeding knowledge	20.0%	2
Advanced breastfeeding knowledge	0.0%	0
Public speaking	30.0%	3
Client-centered NE training from State	60.0%	6
<b>Client-centered NE training at my local agency</b>	<b>80.0%</b>	<b>8</b>
Other (please specify)		0

**What additional training would help you teach this class?**

- Tool for a clearer definition for grain breakdown.
- None. Lesson pretty basic to follow. No difficulties.
- Ideas for getting the clients involved.
- Anything I am able to go to on classes. I have had no training from this agency on classes yet.