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NFSC 465

Nutrition Education Plan

This semester I was placed at Chico Christian School for my community fieldwork. I was partnered with one other classmate to take on the responsibilities of providing nutrition education lessons to grades K-5 at this elementary school. Principal, Bev Landers, who is our preceptor, runs Chico Christian School.

The rationale for this community outreach plan is to provide elementary school-aged children with current, effective nutrition education in order to promote a healthier child. As humans, we learn many life-long behaviors very early in life, which is why it is important to provide accurate and relevant information about nutrition and health to the school-aged population. We also want to engage the children so that they may learn in an interactive environment.

As stated, our target population is elementary school-aged children. The classrooms we were assigned to range from kindergarten to grade 5. I will be teaching grades 4 and 5, with an exceptional 1st grade classroom, while my partner will be teaching kindergarten through 2nd grade. We also plan to target and engage parents in the form of parent newsletters.

I have decided on two goals and two specific objectives for each goal that will be aimed to be accomplished over the course of the semester. The first goal is to encourage elementary school children to make healthy lifestyle changes and decisions. As stated there are two specific objectives to achieve this goals. The first objective is to provide elementary school children with recipe cards and other

miscellaneous nutrition education materials at every lesson for the rest of the semester using printable materials from nutrition education websites such as MyPlate.gov, Champions for Change website and/or other printable materials my partner and I will create. The next objective is to create take-home nutrition education newsletters for the parents once a month at the beginning of the month for the rest of the semester using recipes from the recipe cards and other nutrition education facts created by my partner and I related to the corresponding month's recipes.

My next goal is to provide interactive nutrition education lessons to get the students more engaged in the lesson. My first objective is to have one group discussion at the end of every lesson about the topic being discussed that day for the rest of the semester using communication and leadership skills among students. My second objective is to ask for volunteers during the tasting part of the lesson so students may become more familiar with helping to cook, at every lesson for the rest of the semester using a fair and selective process amongst students.

The materials we will use to implement this nutrition education intervention are resources from MyPlate.gov, the Champions for Change website, and other nutrition education websites. From these websites we will print recipe cards, activity sheets, and other materials for the children. We will also use these same sources to reference lesson plans that we may use. We will also need various cooking utensils for the demonstrations and tastings that will be performed in class, which will be provided from our own personal household. Disposable plates and cups will need to be bought from a local food warehouse to use for the tastings.

We have various methods in which we will implement this nutrition education plan. Lessons will be taught four times a week, by each me and my partner, in the classroom. Lessons will be taught in the morning between the hours of 8:30-9:15am. We will begin lessons with a tasting associated with the subsequent lesson. We will involve the student's help to prepare the tastings. A nutrition education lesson will then follow. We will engage the classroom by asking various questions about the topic being covered, asking for volunteers, etc. These methods will continue over the course of the semester.

Another method for implementing this nutrition education plan will be through take-home nutrition education parent newsletters, as mentioned earlier. Newsletters will be distributed to students to take home to their parents at the beginning of each month. Newsletters will include the featured recipes for that month as well as a paragraph or two describing their importance and significance in teaching nutrition to the students. The newsletter also provides a section for our email addresses, and the websites of the resources we used, if the parents have any additional questions.

For evaluation procedures we chose to use a summative evaluation via a pre and post survey. What we wish to measure with the survey is how much they know about nutrition, how much they enjoy eating healthy food, if they help their family cook, whether they accompany their family on trips to the grocery store, and how many fruits and vegetables they have tried. These surveys will be distributed at the first lesson taught in each classroom and the last lesson taught in the classroom. We

will use these surveys to evaluate any behavior change that has occurred over the course of the semester.

We are very excited to work with the students at Chico Christian School. The small classroom size allows our lesson to be effective and more inclusive. We are eager to witness the discussions that will be taking place during the lesson and are ready for a successful semester.