

NUTRITION EDUCATION LESSON PLAN

Local WIC Provider:

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| Lesson Title: How Much? Food and Physical Activity (Loving Your Family Feeding Their Future) | Developed by: USDA, FNS | Date: Jan-07 |
| Other (document FNEP in general notes) and MOWINS NE topic(s): Child Nutr/Fdg 3-5 Year | Reviewed by: <local agency nutritionist name> | Review Date: |
| Target Population*: Women and Children | <input checked="" type="checkbox"/> | Individual Counseling Session Group Session |

Learning Objective(s):

Identify amounts of foods needed from each food group and identify one way they will get the right amount of food from each food group. Identify and commit to at least one way to get at least 30 minutes of activity most days of the week.

Learning Activities:

Discussion of how to be physically active each day and include children in activity. Participants participate in physical activity during the session. Participants discuss how to get the recommended amounts of food from each food group.

Content:

Recommended amounts of food from each food group.
 Recommended physical activity. How to address barriers to getting the recommended food and physical activity.

Methods, Materials, and Equipment

The Healthy Family Guidebook with recipes, handout: Ways to Eat Smart and Move More

Est. Cost:

Evaluation Method:

Participants respond to question: How often did you exercise for a total of 30 minutes each day?