

NUTRITION EDUCATION LESSON PLAN

Local WIC Provider:

Lesson Title: Building Strong Bones	Developed by: Colorado State University Date: 2009 <local agency nutritionist name> Review Date:
Reviewed by: name> Date:	

MOWINS NE topic(s): Other (document FNEP in general notes) and Dairy

Target Population*: Women and Children Group Session

Learning Objective(s):

Participants identify the health benefits of calcium and visualize the different amount of calcium needed through the life cycle. They identify recommended daily amounts of foods with calcium and ways to keep calcium foods safe to eat. Students learn ways to save money when buying calcium foods. Using the food label, they compare the fat content of different milks. They plan a breakfast with at least one food high in calcium. Students participate in physical activity and set activity goals and goals to get more calcium.

Learning Activities:

Participants learn why calcium is important and how the amount of calcium over the life cycle changes. Participants identify the recommended amount of dairy foods and discuss how to get this amount each day. Using measuring cups and other visuals they recognize recommended amounts of dairy foods. Food safety tips are shared as well as how to save money when buying dairy foods. Information about the kind of milks to feed children at different ages is reviewed. They participate in physical activity. Participants use labels to compare the amount of fat in different types of milk. They plan a breakfast which includes at least one food high in calcium and a whole grain. They set goals to get calcium rich foods and include bone strengthening activity.

Content:

Calcium rich foods are an important part of the diet. Different milks contain different amounts of fat. Different milks are recommended for children of different ages.

Methods, Materials, and Equipment

Handouts and worksheets reinforce the learning activities and content. Visuals are used. When time and facilities allow a food tasting, demo or preparation is conducted.

Est. Cost:

Evaluation Method:

A retrospective pretest method is used - participants fill out an evaluation card at the end of the lesson.