

NUTRITION EDUCATION LESSON PLAN

Local WIC Provider:

Lesson Title: Plan, Shop, \$ave	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 Smart Shopping

Target Population*: Everyone Group Session

Learning Objective(s):

Participants plan a main dish from foods on sale, make a shopping list, identify the main parts of the nutrition label on food packages and use unit pricing to identify the best buy. They participate in physical activity. Students set activity goals and goals to save money at the grocery store.

Learning Activities:

Participants discuss ways to save money when shopping at the grocery store. They plan a main dish and make a shopping list. They identify the information in the Nutrition Facts Label by looking at actual food labels and recognize, use unit pricing. They participate in physical activity. They set goals to help them save money and become active.

Content:	Methods, Materials, and Equipment
-----------------	--

Planning meals and snacks, making a shopping list and using unit pricing can help save money at the grocery store. Using the Nutrition Facts label can help make healthy food choices.	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.