



Local Agency (LA) Group Nutrition Education Lesson Plan Instructions

Please follow the instructions below when creating a group nutrition education lesson plan. The steps below must be completed before teaching the lesson.

1. Write a detailed lesson plan. Plans need to be thorough and precise so others can effectively teach the lesson. The lesson must address the specific needs of the participants served. Participant needs can be identified by reviewing participant surveys, nutrition evaluations and review of LA-specific reports.
2. The nutrition or breastfeeding coordinator must review lesson plans to ensure they contain required and accurate information. They will then complete a Local Agency (LA) Group Nutrition Education Plan (WIC-94) form for approved lesson plans and keep it on file alongside the lesson plan for monitoring purposes. Each lesson plan must be reviewed every two years, and the WIC-94 form must be updated.

Below is an example of a detailed lesson plan. See the corresponding WIC-94 in the Nutrition Forms tab.

Detailed lesson plan example

Safe internal temperatures:

- Beef, ham, pork, veal and lamb 145°
- Poultry 165°
- Leftovers 165°
- Casseroles 165°
- Ground meats 165°
- Eggs 160°
- Fish and shellfish 145°

Temperature danger zone:

- 40-140°
 - This is the range in which bacteria grow the most rapidly.
 - Avoid leaving foods out that require refrigeration or freezing for longer than two hours.
 - Refrigerators should be maintained at a temperature below 40°, and freezers should be kept below 0°.

Prevent cross-contamination:

- Prevent foods of varying safe internal temperatures from touching.
 - A vegetable that touches poultry would need to be cooked to a safe internal temperature of 165°, just like poultry.
 - Clean or change cutting boards and surfaces between preparing ingredients.
- Always wash fresh vegetables and fruits before consumption, even if they are pre-bagged.

Refrigerator organization:

Organize the refrigerator from top to bottom according to safe internal cooking temperatures so that fresh perishables are stored at the top and products requiring the highest safe internal cooking temperatures are at the bottom. If you are utilizing drawers in your fridge, ensure any foods stored above them are contained to prevent dripping and cross-contamination.

Knife handling:

- Choke up on the handle so that your thumb is placed on one side of the blade and your other fingers on the other side of the blade.
 - The closer your hand is to the tip of the blade, the more control you have over the blade itself.
 - Either your middle or ring finger should be pressed against the heel of the blade.
- Ensure your elbow is perpendicular to your body and at a 90° angle, then place the blade down on the cutting board.
- Slide the blade away from your body on the cutting board, then lift the back of the blade and drag the knife back towards your body until it reaches the starting position. Place the back of the blade back down onto the cutting board.
 - Do not let the knife leave the cutting board at any time, as lifting the knife completely endangers your off hand from being cut.
 - Complete this motion, like a locomotive, multiple times with no food on the cutting board for practice before cutting food.
- With your off hand, curl your fingertips inward and dig them into the food you are cutting. Place your protruding knuckles against the side of the blade to guide your cutting.
 - You cannot cut your off hand if your fingertips are concealed, and your blade never raises above your knuckles.
 - Take your time and go slowly.
 - Use a cutting glove or some other protective gear on your off hand for added safety if desired.
- A honing steel is used to realign the edge of the blade and should be used before each use by sliding each side of the blade along the honing steel at a 45° angle. A whetstone is used to sharpen the blade and should be done as needed when honing can no longer realign the blade; note that sharpening the blade creates a new edge and reduces the lifespan of the knife.

Optional recipe

- 1 cucumber
 - 1 tbsp soy sauce
 - 1 tsp sesame oil
 - 1 tsp sesame seeds
1. Peel the skin of the cucumber as desired. Cut the cucumber in half longways and use a spoon to scoop seeds from the center and then quarter the cucumber so that you have four long pieces.
 2. Pound the cucumber, skin side up, with the side of your blade. This softens the tissue, allowing it to absorb some of the soy sauce and sesame oil.
 3. Cut the quartered pieces into 1-2" long pieces and toss them in a mixing bowl with the soy sauce and sesame oil.
 4. Garnish with sesame seeds.