



STATE OF MISSOURI
DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF WIC AND NUTRITION SERVICES

LOCAL AGENCY (LA) GROUP NUTRITION EDUCATION LESSON PLAN

The LA nutrition or breastfeeding coordinator will complete this form for each group class nutrition education lesson plan developed by the LA. Both the form and the detailed lesson plan documents must be retained for monitoring purposes.

LESSON TITLE:

LA NAME AND NUMBER:

DEVELOPED BY (NAME AND TITLE):

TARGET POPULATION:

DATE:

REVISION BY (NAME AND TITLE):

REVISION DATE:

	Notes for Planning Session
Learning Objective(s): What will the participants gain from the class? (e.g., participants will be able to list two sources of folic acid, participants will be able to name two benefits of breastfeeding).	
Learning Activities: Describe the activity and the purpose of the activity.	
Key Content Points: What key information do the participants need to know to achieve the learning objective(s)? Aim for three main points.	

Materials: List what is needed for the session (i.e., visual aids, handouts, supplies). Attach supplemental materials. Include handout titles, form numbers and anything needed for learning activities, such as a video link, pens, paper and display items.	
Sources: What is the resource or reference for this information? Is it a current WIC resource or another reliable resource like WIC Works? Include links.	
Evaluation Method: What did participants learn, and how will they use it in the future? How will you determine participants' knowledge? Ask them to share aloud, give them a quiz or use another method of reflecting on the lesson.	
Cost for Lesson:	
REVIEWED/APPROVED BY NUTRITION/BREASTFEEDING COORDINATOR	
NAME:	
DATE:	