

CF-000-29, CCNE: Give Your Child 10 Tasteful Gifts that will Last a Lifetime

Client-centered nutrition education uses methods like group discussions and hands-on activities to engage participants in learning. This outline starts with a **Snapshot of the Session**, and then includes two parts:

Part 1: Planning the Nutrition Education Session - The first section prompts the nutrition educator to think about the learning objectives, materials, and preparation necessary to carry out the session.

Part 2: Session Outline - The second section outlines the key parts of the session. The nutrition educator uses this outline to lead the session.

Snapshot of Group Session:

CCNE Lesson title: Give Your Child 10 Tasteful Gifts that will Last a Lifetime

Developed by: Pam McCarthy and Associates, Inc.
(<http://touchingheartstouchingminds.com>); modified by LA #7 and State WIC NE Staff

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Approved by: Texas State WIC Office

NE Code: CF-000-29

Class Description: This class uses group discussion and an emotion-based visual aid to encourage participants to learn about and share ways that offering children healthy foods can be considered gifts. Participants will also discuss ways to “package” the gifts of healthy foods in ways that are appealing to children.

Target Audience: Adults

Type of Learning Activities: Discussion, emotion-based visual aid

Part 1: Planning the Nutrition Education Session

Lesson: CF-000-29, CCNE: Give Your Child 10 Tasteful Gifts that will Last a Lifetime

Item	Notes for Planning the Session
<p>Learning Objective(s) – <i>What will the clients gain from the class?</i></p>	<p>By the end of the session, participants will:</p> <ul style="list-style-type: none"> • Be able to name one way that offering children healthy foods can be considered a gift. • Name two foods that they can plan and prepare for their families that would be considered a “gift.”
<p>Key Content Points – <i>What key information do the learners need to know to achieve the learning objective(s)? Aim for three main points.</i></p>	<ol style="list-style-type: none"> 1. Offering “power” foods like beans, vegetables and whole grain bread is like giving gifts to your children. 2. When offered consistently, children will develop a life-long love for these superfoods. 3. There are ways to “package” the gifts of healthy foods in ways that are appealing to children.
<p>Materials – <i>List what you will need for the session (i.e. visual aids, handouts, supplies). Attach supplemental materials.</i></p>	<ul style="list-style-type: none"> • Handout: Stock #13-06-12900, <i>Give Your Child 10 Tasteful Gifts that will Last a Lifetime</i>, from Pam McCarthy / Massachusetts WIC (Spanish - Stock #13-06-12900A) • Whiteboard or flip-chart and markers
<p>Resources – <i>Review current WIC resources or other reliable resources like WIC Works.</i></p>	<p>DVD - <i>The Real (WIC) World: Applying CCNE in the Clinic</i> (Stock # DV0614) Module 4 contains a discussion on “using visuals and emotion-based materials.”</p> <p>Go to http://touchingheartstouchingminds.com to learn more about emotion-based nutrition education.</p>

<p>Class Flow & Set Up – Consider the flow of the session & room set-up. Note any extra preparation that may be needed.</p>	<p>Arrange chairs in a circle or semi-circle. Leave room for baby carriers and strollers. Set up a whiteboard or flip-chart for use with group activities and to record key points during session.</p> <p>During the class, the facilitator guides the class through 4 steps of emotion-based nutrition education:</p> <ul style="list-style-type: none"> • Open: This is the icebreaker. The goal is for participants to feel comfortable talking amongst each other. • Dig: This step uses a set of questions to gain insight into parents’ true feelings around the issue. The goal is to help them arrive at a real problem so you can help them solve it and not just transfer knowledge. • Connect: Through more questions, this step helps parents share successes, challenges and experiences with the group in order to identify solutions to the issues identified by the group. • Act: This final step prompts parents to identify action steps to help achieve their goals.
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Part 2: Session Outline

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Item	Notes for Conducting the Session
<p>Introduction: Create a respectful and accepting learning environment by welcoming participants, introducing yourself, reviewing agenda, exploring ground rules, making announcements, etc.</p>	<p>After welcoming participants and introducing yourself, consider starting the session with the following discussion.</p> <p>Open:</p> <ul style="list-style-type: none"> • In our commercial world, we often think of gifts as things we buy and wrap. What other kinds of gifts can you think of that parents give their children? • What are some of the things you do for your children that you consider a gift?
<p>Icebreaker: Anchor the topic to the participants’ lives. Use a question or activity likely to bring out positive but brief comments; Can be done as a group or partners.</p>	<ul style="list-style-type: none"> • Imagine you are on your way home after a busy day. You stop to pick up your mail. Among the many envelopes is a letter addressed to you. You step inside your house, sit down and open the envelope. Out falls a thank-you note from your child. This note isn’t for a birthday toy but rather for the gifts you have given her. You sit down and read the letter over and over. Tears start to flow as you

Item	Notes for Conducting the Session
	<p>read the “gifts” for which she is thankful. You are amazed that none of the “gifts” you have given her are “things”. Instead the “gifts” your child is thanking you for are....</p> <ul style="list-style-type: none"> • What “gifts” would you hope your child would include in her thank-you note to you? Sample responses: Gift of: <ul style="list-style-type: none"> ○ Feeling special. ○ Feeling someone cares. ○ Feeling loved. ○ Feeling secure. ○ Feeling good about oneself. ○ Feeling like you matter.
<p>Activities: For each learning activity, list instructions and include three to five open-ended discussion questions. Keep in mind that activities should enable participants to meet the learning objectives.</p>	<p>Dig:</p> <p>(Offer participants the handout and ask them to read the list of gifts that will last a lifetime.) How can offering healthy foods to your children be considered a gift? Sample responses:</p> <ul style="list-style-type: none"> • Learning to love healthy foods may keep children from gaining excess weight. That means they can keep up with their friends and have normal-sized clothes that are easy to find in regular stores, play sports, etc. • Child will know parents care enough to make sure they get the very best in life. • Child may feel special because their parents honor them with healthy foods. • Child may feel proud that they enjoy good foods, not just junk foods. • Child is more likely to live a longer, happier and healthier life. • Child is less likely to struggle with weight throughout life because they already enjoy the foods that prevent weight gain. • Child is less likely to get diabetes or other disease that overweight children have a greater chance of developing. <p>Connect:</p> <ul style="list-style-type: none"> • Planning, preparing and serving foods like beans, oranges, whole wheat bread and yogurt takes time—much like wrapping a valuable gift in pretty paper and bows takes time. • When you give your child these daily “gifts”, how does that make you feel as a mother? • How do you feel when you prepare a healthy recipe that is a huge hit with your children?

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<p>Review and Evaluations: <i>Invite participants to summarize the key points and share how they will use what they learned in the future. List a question/activity to prompt this. List any community or other resources for clients.</i></p>	<p>Act: What is one “gift” you give your child this week?</p> <p>Client New Lesson Evaluation Surveys:</p> <ul style="list-style-type: none"> • Please collect surveys only during the evaluation period. • Evaluation period: February - April 2012 • During the evaluation period, please collect at least 30 new lesson evaluations from clients.
<p>Personal Review of Session (afterward): <i>Take a few moments to evaluate the class. What will you change?</i></p>	<p>What went well?</p> <p>What did not go as well?</p> <p>What will you do the same way the next time you give this class?</p> <p>After teaching this lesson a few times, please complete the Staff Online Lesson Evaluation Survey at http://www.surveymonkey.com/s/CSBZ28K.</p> <p>The staff evaluation survey for this lesson will be available for 6 months after the release of the lesson.</p>
<p>Supplemental Information – <i>Describe any attachments and include any other needed information.</i></p>	