

GN-000-24, CCNE: Cooking with WIC Approved Foods

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: CCNE: Cooking with WIC Approved Foods

Developed by: Texas WIC State Office

Date Developed: 10/2010

Approved by: Texas WIC State Office

NE Code: GN-000-24

Class Description: This class uses group discussion and a video that includes recipes to encourage participants to cook meals at home using WIC foods. The instructor will guide the follow up discussion and get participants to share ideas about home cooked meals, getting children involved in the kitchen and easy recipes using the WIC foods.

Target Audience: Children and Parents

Type of Learning Activities: Video, discussion, optional cooking/ tasting demo, optional hands on activity.

Part 1: Planning the Nutrition Education Session

Lesson: GN-000-24, CCNE Cooking with WIC Approved Foods

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"> • Share recipes and ideas for cooking at home, and using WIC foods. • Name one way they can get their children involved in the kitchen or in planning family meals.
<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. Cooking at home is healthier, more affordable and can be fun for you and your family. 2. Getting children involved with cooking creates lifelong healthy habits for your children and helps families spend time together.
<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"> • DVD “Feeding, Cooking and Shopping for Healthy Families” Stock No. DV0609 • DVD player • Board or flipchart and markers • Clip boards • Recipe card hand out attached. • (Optional) WIC approved food samples for tasting. Examples include sliced fruit or vegetables, whole wheat bread, dry cereal, etc. • (Optional) Two reusable grocery bags with 3 WIC approved foods items in each. WIC foods may be real, food models, or pictures.
<p>Resources – <i>Review current WIC resources or other reliable resources like WIC Works.</i></p>	<ul style="list-style-type: none"> • Your Guide to WIC Foods Stock No. 13-06-13178

Class Flow & Set Up –
Consider the flow of the session & room set-up. Note any extra preparation that may be needed.

Consider putting chairs in a large semi-circle and leave room for baby strollers and carriers. Plan to sit in a circle with the class.

(Optional Activity: prepare snack before class so it is ready to pass out during the ice breaker for participants to sample. If doing so, make sure to follow proper food safety practices.)

Part 2: Session Outline

Lesson: GN-000-24, CCNE Cooking with WIC Approved Foods

Item	Notes for Conducting the Session
<p>Introduction: <i>Create a respectful and accepting learning environment by welcoming participants, introducing yourself, reviewing agenda exploring ground rules, making announcements, etc.</i></p>	<p>After you introduce yourself say something like: "Life can get busy and sometimes it may seem easier and cheaper to grab fast food, or a prepackaged meal. Today we are going to share some thoughts and ideas about cooking at home! We will watch a video that talks about the benefits of using WIC foods and preparing homemade meals for your family. We will also share recipes and ideas for healthy meals and quick snacks that you can make using the WIC foods."</p>
<p>Icebreaker: <i>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.</i></p>	<p>Ask parents to introduce themselves and name a WIC approved food that they would like to learn more about (i.e. how to use it in a recipe, how to cook with it, or how to store it).</p> <p>(Optional Activity: offer WIC approved foods for a sampling snack.)</p>
<p>Activities: <i>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.</i></p>	<p>Video:</p> <p>Before watching the video pass out the recipe handout. Explain that all the recipes they will see in the video are provided on the handout. There is also blank space on the back for them to fill in recipes they hear from other parents that they would like to try. Also provide clip boards and writing utensils for parents to use.</p> <p>Show Segment 3 "Cooking with WIC Approved Foods" (8:50 minutes English, 9:41 minutes Spanish). From DVD "Feeding, Cooking, and Shopping for Healthy Families" Stock no. DV0609</p> <p>Optional Hands-On Activity: Five-Minute Meal Planning</p> <p>Divide class into smaller groups or pairs if needed. Give each group a reusable shopping bag containing three WIC approved food items. Food items may be real food, pictures, or food models. For example one shopping bag might contain carrots, rice, and beans. Tell each group to think of a recipe or meal they would prepare using the ingredients in their shopping bag. They can use additional WIC/ NON-WIC food items to create the meal but the goal is to include the three WIC-approved food items into the recipe. Allow one minute for groups to plan their meal (encourage creativity!). Ask the groups to share their meal ideas, and to</p>

Item	Notes for Conducting the Session
	<p>see if groups have other ideas for different recipe combinations.</p> <p>Discussion:</p> <p>For the discussion portion parents are no longer working in smaller groups or pairs and should transition into a large group. Ask open-ended questions that prompt parents to share ideas and experiences about cooking with WIC foods, preparing meals at home and getting children to help in the kitchen. Use the flip chart or white board to write down parent’s ideas and recipes.</p> <p>Possible questions include:</p> <ul style="list-style-type: none"> • Share some ways you use WIC foods for meals and snacks at home. • What memories can you share about a time when you let your children help you in the kitchen or with planning family meals? • Think about a meal that is made at home, and then a meal that is bought either from a restaurant or pre-made from the store. How are they different? <p>[Cost, nutritional content, time.]</p> <ul style="list-style-type: none"> • Tell us about a time you tried to introduce a new food or meal to your family and how they reacted. • What are some time saving tips that can make cooking at home easier? <p>[Plan ahead, get children involved to help out, cook enough for leftovers.]</p>
<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>Review the ideas that the group came up with. If you’ve written these down on a flipchart or board during the discussion, refer to the list. Then ask:</p> <ul style="list-style-type: none"> • What is one new recipe or WIC food that you will try with your family? • What is a fun job you can give your child so they can help out in the kitchen?
<p>Personal Review of Session (afterward): <i>Take a few moments to evaluate the</i></p>	<p>What went well?</p>

Item	Notes for Conducting the Session
<i>class. What will you change?</i>	<p><i>What did not go as well?</i></p> <p><i>What will you do the same way the next time you give this class?</i></p>
<p><i>Supplemental Information – Describe any attachments and include any other needed information.</i></p>	<p>Websites with additional recipes for parents:</p> <p>http://texaswic.dshs.state.tx.us Go to recipe tab.</p> <p>www.fruitsandveggiesmorematters.org</p>