

Nutrition Education Lesson Template

A client-centered approach to nutrition education uses methods such as group discussions and hands-on activities to engage participants in learning. This template was developed as a guide to help plan, conduct, and evaluate client-centered nutrition education sessions. It includes a snapshot of general information and two steps:

Step 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.

Step 2: Session Outline

The second section outlines the key parts of the session. The nutrition educator will use this outline to lead the session.

In order to increase user-friendliness of this electronic template, some sections are limited to a defined number of characters. Additional details can be added in the "Supplemental Information" section at the end. Additionally, certain formatting options such as font changes, underlining, bold/italics, and bullets will not function in this format. Manual formatting such as numbering, dashes, and entering spaces will work.

Snapshot of Group Session	Lesson Title	What is BMI and how is it important to my child?
	Developed by	Rosana Arruda (HDHHS LA26), Stephanie Chitek, and Mary Halliburton
	Date Developed	03-16-10
	Approved by	Texas WIC
	NE Code	CF02601
	Class Description	Class starts with a brief explanation on the meaning of BMI. Participants are led to discuss the importance of BMI plotting and how it can be used to determine children's health status. Facilitator demonstrates how BMI is plotted in the growth chart and assists clients in plotting themselves 1 – 2 BMI values in the growth chart. In the second activity, clients are presented with a series of healthy behavior messages ("Catch 5 for a Healthy Weight" handouts or cards). They are asked to identify and discuss 1 – 2 behaviors that they think would most benefit their children. As time allows, more topics can be covered. The third activity consists of showing and discussing how a "BMI Tracking Card" can be used to monitor their children's weight gain patterns and healthy behavior messages discussed at WIC and doctor appointments. Clients are asked to share tips on how to remember to bring card to their appointments. Class finishes with reinforcement of take home messages and participant evaluation.
	Participants <i>Indicate the client group(s). Check all that apply.</i>	<input type="checkbox"/> <i>Infant</i> <input checked="" type="checkbox"/> <i>Child</i> <input type="checkbox"/> <i>Breastfeeding</i> <input type="checkbox"/> <i>Postpartum</i> <input type="checkbox"/> <i>Pregnant</i> <input checked="" type="checkbox"/> <i>General</i> <input checked="" type="checkbox"/> <i>Other</i> <u>Parents and caregivers of overweight or obese children</u>
Type of Learning Activity <i>Check all that apply during session.</i>	<input checked="" type="checkbox"/> <i>Hands-on activity</i> <input checked="" type="checkbox"/> <i>Discussion</i> <input type="checkbox"/> <i>Cooking/tasting/demo</i> <input type="checkbox"/> <i>Physical activity</i> <input type="checkbox"/> <i>Learning booths/stations</i> <input type="checkbox"/> <i>Role Playing (skits)</i> <input type="checkbox"/> <i>Other</i> _____	
Notes	Although class heavily focuses on BMI and importance of monitoring weight gain patterns. It is also important to mention that child height and age is important to evaluate children's growth patterns. Eventhough healthy behaviors to increase physical activity and improve eating habits involve the whole family, the emphasis is on the child. Lesson content was field tested in two LA-26 WIC sites	

Instructions	Notes
<p>Learning Objective(s) <i>State what the clients will gain from the session.</i></p>	<p><i>By the end of the session participants will:</i></p> <ol style="list-style-type: none"> 1. Discuss how BMI how relates to theirchild's health and distinguish BMI percentiles for child with a normal weight, or overweight by plotting on a growth chart. 2. Demonstrate how to use the "BMI Tracking Card" to monitor their child's BMI and healthy messages discussed at WIC and doctor appointments 3. List 1-2 healthy behavior changes that they will do in the next month to help their child reach a healthier weight.
<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>	<p>1) The meaning of BMI and its use to classify child's weight status (BMI between 10th - 84th percentile = healthy weight; BMI between 85th - 94th = overweight and BMI ≥ 95th = obesity). 2) Use of BMI Tracking Card as a tool to monitor weight changes and health behavior goals discussed at WIC and doctor appointments. 3) A series of healthy behavior messages (towards healthier eating and/or increased physical activity) from which clients can identify 1 - 2 changes they need and intend to do in the next month.</p>
<p>Materials <i>List what you will need for the session (i.e., visual aids, handouts, activity supplies). Attach supplemental materials.</i></p>	<p>Body Mass Index Leanig Kit contains: Pencils Body Mass Index Chart for Girls Ages 2-20: Color (8.5" x 11"): http://www.bcm.edu/cnrc/images/pdfs_nyc/cdc_bmi_girls.pdf Poster (17" x 22") : http://www.health.state.ny.us/publications/4988.pdf Body Mass Index Chart for Boys Ages 2-20 Color (8.5" x 11"): http://www.bcm.edu/cnrc/images/pdfs_nyc/cdc_bmi_boys.pdf Poster (17" x 22") : http://www.health.state.ny.us/publications/4987.pdf Catch 5 for a Healthy Weight: BMI Tracking Cards Catch 5 for a Healthy Weight handouts or "Catch 5" behavior cards</p>
<p>Resources <i>Review current information. Sources may include WIC resources or reliable internet sites like WIC Works.</i></p>	<p>Kids Health website: BMI (Body Mass Index) BMI calculator and explanation of it's meaning: http://kidshealth.org/parent/food/weight/bmi_charts.html Healthy Weight - it's not a diet, it's a lifestyle!: http://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/about_childrens_bmi.html Catch 5 for a Healthy Weight website: http://www.houstontx.gov/health/WIC/catch5.html Maximizing the message: helping moms and kids make healthier food choices. Client centered education class. Pennsylvania Medical Society: Pediatric Obesity Management.</p>
<p>Class Flow & Set Up <i>Consider the flow of the session & room set-up. Make note of any additional preparation that may be needed.</i></p>	<p>Class is set up in a horseshoe layout to encourage open discussion. Educational toys (such as "Wooden bead maze' tables or panels) are provided for keeping children entertained.</p> <p>Before class starts have the following materials on hand: BMI posters, BMI growth charts, pencils, Catch 5 for a Healthy Weight handouts or behavior cards, and evaluation forms (post-surveys).</p> <p>BMI poster and BMI growth charts are used to introduce BMI concept and its use to qualify children's weight status. Catch 5 handouts or behavior message cards are used to facilitate discussion on 3 or more evidence based behaviors that promote healthy weight. BMI Tracking Cards are also used to monitor weight gain and to increase communication between WIC nutritionists and health care providers.</p> <p>Take home messages are reviewed and class is closed with questions and post survey</p>

Introduction

Create a respectful and accepting learning environment by doing several of the following:

- Welcome participants
- Review agenda
- Make announcements
- Introduce yourself
- Explore ground rules
- Hand out name tags

Notes

"Welcome. My name is _____. Today we are going to have a discussion on the importance of BMI to your child's health. Before we begin our class I would like to go over some ground rules, such as: Please, have cell phones on vibrate, respect each one's opinions, and one person speaking at a time.

Icebreaker

Anchor the topic to the participants' lives by prompting them to think about how the topic relates to them. This should be an easy question or activity likely to bring out positive but brief comments and can be done as a group or partners.

Question/Activity

Ask class participants to introduce themselves and answer one of the questions below:

- a) Share some reasons you think children become overweight.
- b) Share one thing you think can be done to help prevent children from becoming overweight.

Activities

Key content points the learners need to know

1. The importance and how to use BMI growth chart to monitor child's weight
Use of BMI tracking card as a tool to monitor weight changes and health behavior goals discussed at WIC and doctor appointments
2. Key lifestyle behaviors towards healthier eating habits and increased physical activity tailored to their child's/family needs

For each learning activity, list any instructions that are needed for the facilitator and participant and three to five open-ended discussion questions. Keep in mind that the activities should enable participants to meet the learning objectives.

1) Using a BMI poster, explain the meaning and how BMI can be calculated. Demonstrate how BMI values are plotted. Distribute BMI charts and assist participants to plot 1 – 2 BMI values in the growth chart and share results (BMI percentile and weight classification) with the group.

Below are the examples for plotting a BMI for an obese and an overweight child:

- 3 year old boy with a BMI of 16 has a height of 37 in and weight 31 lbs is in the 50th percentile
- 3 year old boy with a BMI of 19.5 has a height of 37in and weight 38 lbs is over the 95th

Suggested questions:

- a) What would be your reaction if your doctor or nutritionist told your child was overweight (BMI> 95th)
- b) How would you know if your child is under or over a normal weight?"
- c) For a child, what would be some of the health consequence of being overweight?

2. Distribute Catch 5 for a Healthy Weight handouts or behavior message cards. Tell participants: "On these cards/handouts you will find several health behaviors that parents can do to help their children to reach a Healthier Weight" Ask them to take few minutes to review the messages, and than guide the discussion by answering the following questions (If there is more than 8 people in the class, ask clients to work in pairs):

- a) "What are some healthy behaviors that you are currently doing at home?"

- b) "Which of these behaviors (choices) would you be interested in discussing today?"
- c) "What reactions might your child have to these changes?"
- d) How do you think your family could use this information?

Finish activity by asking participants to share 1 – 2 changes they will do in the next month

3. Distribute BMI Tracking Cards. Discuss how this card can be used to monitor children's weight and track messages healthy messages discussed at WIC and doctor appointments. Ask clients to share some tips to remind them to take cards to be updated at each WIC and doctor appointments.

Suggested questions:

- a) How do you think this card would help you in tracking (watching your child's weight over time?)
- b) How would you use this card to improve communication between your WIC nutritionist and your child's doctor?
- c) What is the benefit for your child to have this card filled out at WIC and doctor appointments?
- d) What are some ways you can remind yourself to take the BMI tracking cards to appointments?

Note: Remind clients that they can still use the BMI Tracking Card even after their children turn 5 and no longer receive WIC benefits.

Review & Evaluation

Invite the participants to summarize the key points of the session and share how they will use what they learned in the future. List a question/activity to prompt this. Consider listing one community resource that is available for clients who want to learn more.

Question/Activity

Review key concepts through discussions with the class: Suggested questions: "How can this information help you in the future?" or "What is one thing you gained from taking this class?"

Reinforce "take home messages" such as:

Importance of discussing BMI and growth status with WIC nutritionists and doctors; Bringing the BMI Tracking Card to doctors and WIC appointments can help parents to track child's weight gain over time and facilitates communication between pediatric providers and WIC staff

Adherence to healthier eating and increased physical activity behaviors is the best and safest way for promoting a healthy weight. Children are more likely to eat healthier and be active if parents or care givers are good role models for them

Finish the activity by asking participants to identify 1 - 2 changes they will do in the next month and by asking participants to complete a post survey

Community Resource (optional)

Harris County Hospital District Weight Management Clinic accepts children older than 3 years of age

To schedule an appointment call: 713-873-5437

Personal Review of Session (afterward)

Take a few moments to evaluate the class for yourself.

- What went well?
- What did not go as well?
- What will you do the same way the next time you give this class?
- What will you change?

Supplemental Information

Healthy behavior messages promoted in this class are listed below:

- 1 Eat healthy snacks
- 2 Drink water instead of sugary drinks
- 3 Choose fat-free or low-fat milk and dairy products daily
- 4 Eat at least 2 cups of fruits and vegetables daily
- 5 Eat together and make a plan for meals and snacks
- 6 Balance foods and portion sizes for children
- 7 Have breakfast every day
- 8 Cook more at home and eat out less
- 9 Limit TV watching time to 2 hours or less per day
- 10 Plan at least one hour of active play time daily