

Washington State Snap-Ed Curriculum Fidelity for Continuous Improvement

Lesson Assessment Tool for — *Eat Healthy, Be Active Community Workshops: Workshop 3—Eating Healthy on a Budget*

Educator Self-Assessment Supervisor Assessment Fidelity Team Assessment

Educator(s) Name (s): _____ Sub-Contractor: _____

Region: _____ County: _____ Date of Lesson: _____

Start Time: _____ End Time: _____

Program Setting (classroom/grade, food bank, clinic etc.): _____

Your review about this session is important. Your description of how the lesson was taught, in relation to the written curriculum, will help us strengthen our program. Please consider each part of the lesson below and indicate if you presented it using yes or no in the space provided. If no, details about why and how you adapted the lesson are important to continuous program improvement. Please complete the assessment tool by the end of the next working day from when lesson was taught.

	Completed as Written <i>Yes or No</i>		If adaptations were made or activity was not done, please describe what was changed and why. <i>Please be as specific as possible.</i>
Welcome and Introduction	Yes	No	Comments and/or Changes
Welcome participants: • Introduce yourself and your program.			
Icebreaker Activity • Generic vs. Brand Taste Test: Compare store-brand canned fruit in unsweetened fruit juice with name-brand canned fruit in unsweetened fruit juice.			
Time: 5 minutes			
Anchor	Yes	No	Comments and/or Changes
<u>Purpose of the workshop</u> Tell participants: • Today's workshop and handouts will give you tips for making meals and snacks that are both healthy and can be prepared quickly. • This workshop is based on the <i>Dietary Guidelines for Americans, 2010</i> and the <i>2008 Physical Activity Guidelines for Americans</i> . The Dietary Guidelines provide science-based advice for making food choices that promote good health and a healthy weight and help prevent disease. The Physical Activity Guidelines provide recommendations on the amount, types, and level of intensity of physical activity needed to achieve and maintain good health. • The Dietary Guidelines provide these selected consumer messages:			

March 9, 2018

	Completed as Written <i>Yes or No</i>		If adaptations were made or activity was not done, please describe what was changed and why. <i>Please be as specific as possible.</i>
<ul style="list-style-type: none"> ○ Balance Calories— <ul style="list-style-type: none"> ✓ Enjoy your food, but eat less. ✓ Avoid oversized portions. ○ Food to Increase— <ul style="list-style-type: none"> ✓ Make half your plate F/V. ✓ Make at least half your grains whole grains. ✓ Switch to fat-free or low-fat milk. ○ Foods to Decrease— <ul style="list-style-type: none"> ✓ Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers. ✓ Drink water instead of sugary drinks. ○ Healthy eating and physical activity work hand in hand to help us live healthier lives. The Physical Activity Guidelines recommend that adults be physically active for at least 2 hours and 30 minutes each week—children need 60 minutes each day. <ul style="list-style-type: none"> ✓ You can stay physically active by doing activities such as walking, dancing, bicycling, or gardening and by reducing the amount of time you spend sitting. 			
<p>State Learning Objectives</p> <ol style="list-style-type: none"> 1. Learn the three steps for healthy eating on a budget—planning, purchasing, and preparing. 2. Learn how to plan meals and snacks ahead of time. 			
Time: 5 minutes			
Add	Yes	No	Comments and/or Changes
<p>Handout: Eating Healthy on a Budget Discuss handout using these talking points.</p> <p>Step 1. Plan ahead before you shop:</p> <ul style="list-style-type: none"> • Plan meals and snacks for the week according to a budget. • Find quick and easy recipes online. • Include meals that will “stretch” expensive food items (stews, casseroles, stir-fries). • Make a grocery list. • Check for sales and coupons in the local paper or online and consider discount stores. • Ask about a loyalty card at your grocery store. 			

	Completed as Written <i>Yes or No</i>	If adaptations were made or activity was not done, please describe what was changed and why. <i>Please be as specific as possible.</i>
<p>Step 2. Shop to get the most value out of your budget:</p> <ul style="list-style-type: none"> • Buy groceries when you are not hungry and when you are not too rushed. • Remember to purchase refrigerated and freezer food items last and store them promptly when you get home. Proper refrigeration will help food last longer. • Stick to the grocery list, and stay out of the aisles that don't contain things on your list. • Cut coupons from newspaper circulars or online and bring them to the store with you. Try to combine coupons with items on sale for more savings. • Find and compare unit prices listed on shelves to get the best price. • Buy store brands if cheaper. • Purchase some items in bulk or as family packs, which usually cost less. • Choose fresh F/V in season; buy canned vegetables with less salt. • Precut F/V, individual cups of yogurt, and instant rice and hot cereal are convenient, but usually cost more. • Good low-cost items year-round include: <ul style="list-style-type: none"> ○ Protein—beans (garbanzo, black, kidney, northern, lima). ○ Vegetables – carrots, greens, potatoes. ○ Fruit—apples, bananas, 100% frozen orange juice. ○ Grains—brown rice, oats. ○ Dairy—fat-free or low-fat milk. <p>Step 2. Make cost-cutting meals:</p> <ul style="list-style-type: none"> • Some meal items can be prepared in advance; precook on days when you have time. • Double or triple up on recipes and freeze meal-sized containers of soups and casseroles or divide into individual portions and freeze. • Try a few meatless meals by featuring beans and peas, or try “no-cook” meals like salads. • Incorporate leftovers into a meal later in the week. 		
Time: 10-15 minutes		

	Completed as Written <i>Yes or No</i>		If adaptations were made or activity was not done, please describe what was changed and why. <i>Please be as specific as possible.</i>
Video	Yes	No	Comments and/or Changes
Show video: Budget Stretching healthy meals			
Time: 2-3 minutes			
Apply	Yes	No	Comments and/or Changes
<p><u>Stretch Break: "Beans"</u> (<i>celebrating beans because they are inexpensive and packed with nutrients</i>)</p> <p>Have participants stand up and spread out to allow space to move. The educator calls out names of beans, and the participants do set actions to each.</p> <ul style="list-style-type: none"> • Baked beans—make a small shape with your body. • Broad beans—make a wide, stretched-out shape. • String beans—make a tall, string-like shape. • Jumping beans—jump up and down (say "small jumping beans" for small jumps and "big jumping beans" for the opposite). • Chili beans—shiver and shake as if it were cold. • French beans—do the can-can, with high kicks. 			
<p>Discuss these talking points:</p> <ul style="list-style-type: none"> • Dry beans will be less expensive than canned beans. Remember to rinse canned beans to reduce the sodium. • Kidney, lima, garbanzo, and northern beans are the least expensive beans. 			
Time: 5 minutes			
Add	Yes	No	Comments and/or Changes
<p><u>Handout: Weekly Meal Planner</u></p> <p>Discuss handout using these talking points:</p> <p><i>Tips for making changes:</i></p> <ul style="list-style-type: none"> • Cook large portions ahead of time, or use your leftovers to create a second meal. <ul style="list-style-type: none"> ○ Leftovers can be used to make burritos (put everything in a whole-wheat tortilla with a little low-fat cheese). ○ Add your leftover meat and vegetables to a large green salad. • Go meatless a few meals a week. • Drink water instead of high-calorie and costly beverages. 			

	Completed as Written <i>Yes or No</i>		If adaptations were made or activity was not done, please describe what was changed and why. <i>Please be as specific as possible.</i>
<ul style="list-style-type: none"> Decrease the amount of less healthy foods (soda, cookies, chips, etc.) you buy, and see how much you will save while becoming healthier! 			
Time: 5-10 minutes			
Apply	Yes	No	Comments and/or Changes
<u>Activity—Handout: Grocery List</u> Healthy shopping list: <ul style="list-style-type: none"> Pass out sales circulars for neighborhood grocery stores. Ask participants to fill in foods on their <i>Grocery List</i> handouts based on healthy items on sale. 			
Time: 5-10 minutes			
Add	Yes	No	Comments and/or Changes
<u>Increasing Physical Activity</u> Tell participants: <ul style="list-style-type: none"> The <i>Physical Activity Guidelines for Americans</i> recommends that everyone engage in regular physical activity for health benefits. Provide the recommendations for adults. You can combine moderate and vigorous activities. In general, 1 minute of vigorous activity is equal to 2 minutes of moderate activity. Children need 60 minutes of physical activity each day. Today's Tip: Choose moderate-or vigorous-intensity physical activities. <ul style="list-style-type: none"> Moderate-intensity activities include walking briskly, biking, dancing, general gardening, water aerobics, and canoeing. Vigorous-intensity activities include aerobic dance, jumping rope, race walking, jogging, running, soccer, swimming fast or swimming laps, and riding a bike on hills or riding fast. <ul style="list-style-type: none"> ✓ You can replace some or all of your moderate-intensity activity with vigorous activity. ✓ With vigorous activities, you get similar health benefits in half the time it takes you with moderate ones. 			

	Completed as Written <i>Yes or No</i>		If adaptations were made or activity was not done, please describe what was changed and why. <i>Please be as specific as possible.</i>
<ul style="list-style-type: none"> ○ Adults should include muscle-strengthening activities at least 2 days a week. ○ Muscle-strengthening activities include lifting weights, pushups, and sit-ups. <ul style="list-style-type: none"> ✓ Choose activities that work all the different parts of the body—the legs, hips, back, chest, stomach, shoulders, and arms. ○ Encourage children to do muscle-strengthening activities, such as jumping, at least 3 days a week. • Consider signing up for the Presidential Active Lifestyle Award (PALA+) to help you track your physical activity and take small steps to improve your eating habits. • If you are active for 30 minutes a day, 5 days a week for 6 out of 8 weeks, and choose one healthy eating goal each week to work towards, you'll be awarded the PALA+ and receive Presidential recognition! 			
Time: 1-2 minutes			
Add	Yes	No	Comments and/or Changes
Handout: <u>MyPlate and 10 Tips</u> Discuss the handout.			
Time: 2 minutes			
Away	Yes	No	Comments and/or Changes
Wrap-up/Q&A Remind participants of things to try at home: <ul style="list-style-type: none"> • Plan meals for the week using sale items from the store circular. • Choose moderate-or vigorous-intensity physical activities. 			
Time: 5 minutes			
Closing	Yes	No	Comments and/or Changes
Complete evaluation form			
Time: 5 minutes			
Materials and Supplies	Yes	No	Comments and/or Changes
Used materials and supplies: <ul style="list-style-type: none"> -Visual aids -Posters -Teaching Supplies 			

