

Module Format

The module is a complete lesson plan. The format of the lesson plan is provided below. The prompts provided in the lesson plan are only suggestions. These can be changed as appropriate to suit different teaching environments and client needs.

Module Title

Stage

Indicates stage of readiness of the caregiver to offer vegetables to his/her child. The stages addressed are Pre/Contemplation, Preparation, and Action/Maintenance.

Objective

Indicates what the nutrition education message(s) contained in the lesson plan aims to accomplish.

Materials

- Bulleted list of materials needed to successfully complete the module.
- Some modules have take-home messages and activities that are provided with the module.
- Some modules require items that may need to be purchased. It is important to look at the materials list for each module before using it.

Introduction and other bolded titles

Provides prompts for ‘teaching’ the lesson. Bullets, dashes, and italicized fonts are used. Their meanings are provided below:

- Bulleted prompts are suggested questions to ask.
- Dashed prompts are suggested information to provide

Italicized text provides directions to the educator.

Take-home activity

Provides prompts for completing the lesson and may include instructions for any take-home activity associated with the module.