



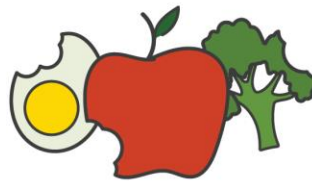
Michigan WIC

Nutrition Education Module for State
Sharing

Eat Right, Bite by Bite

Self-Directed Education for Women and
Parents and Caregivers of Children and Older Infants

EAT RIGHT



BITE BY BITE

National Nutrition Month®
March 2020

eat right. Academy of Nutrition
and Dietetics

This lesson was created by the Michigan WIC Program for State Sharing using 2020 National Nutrition Month® resources. National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics https://www.eatright.org_nmm

Michigan Department of Health and Human Services, WIC Program, Lansing, Michigan.
www.michigan.gov/wic February 2020.

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Michigan WIC Nutrition Education Lesson Plan

- I. Title:** *Eat Right, Bite by Bite*
- II. Target Group:** Pregnant, postpartum, breastfeeding women, and parents and caregivers of children and older infants.
- III. Suggested MI-WIC NE Topic(s):** MyPlate: Fruits, MyPlate: Healthy Food Choices, MyPlate: Vegetables, Water
- IV. Learning Objectives:** Clients, parents, and/or caregivers will be able to:
- Identify one or more simple steps and resources to improve a healthy eating lifestyle.
 - Use the Nutrition Facts Label to make informed food and beverage choices.
- V. Learning Activities/Method:** Self-directed education
- VI. Materials Needed:**
The *Eat Right, Bite by Bite* module includes:
- “Michigan WIC Nutrition Education Lesson Plan”
 - “Client Feedback Form”
 - “Client Feedback Form Key”
 - *Eat Right, Bite by Bite* binder contents. Readability: 4th grade.
- Reinforcements Materials (optional):**
Resources are available for 2020 National Nutrition Month[®]:
- *National Nutrition Month[®] Campaign Toolkit* contains handy tip sheets (English and Spanish), games and activities. 2020. Academy of Nutrition and Dietetics. Downloadable materials can be found at <https://www.eatright.org/food/resources/national-nutrition-month>
- VII. Equipment and Facilities Needed:** Table and chair
- VIII. Approximate Time:** 15 minutes
- IX. Outline of Content:**
1. Introduction: Each client, parent or caregiver will be welcomed by a WIC staff member who introduces himself/herself.
 2. The WIC Nutrition Educator/CPA/RD will discuss interests and health topics with the parent/caregiver and suggest relevant topics to address their nutritional needs.
 3. The WIC Nutrition Educator/CPA/RD will direct the client or parent/caregiver to read the *Eat Right, Bite by Bite* binder contents.

Factual Messages

- Eat a Variety of Foods Every Day
 - Include healthful foods from all food groups.
 - Hydrate healthfully.
 - Learn how to read Nutrition Facts Panels.
 - Practice portion control.
 - Take time to enjoy your food.
- Plan Your Meals Each Week!
 - Use a grocery list to shop for healthful foods.
 - Be menu-savvy when dining out.
 - Choose healthful recipes to make during the week.
 - Enjoy healthful eating at school and work.
 - Plan healthful eating while traveling.
- Learn Skills to Create Tasty Meals!
 - Keep healthful ingredients on hand.
 - Practice proper home food safety.
 - Share meals together as a family when possible.
 - Reduce food waste.
 - Try new flavors and foods.

X. Evaluation Methods and Materials:

1. The parent/caregiver will complete the “Client Feedback Form” and return it to WIC staff. The “Client Feedback Form” encourages parents/caregivers to think about and describe what they learned and what they plan to change or continue to eat a variety of foods every day.
2. Staff can use the “Client Feedback Form Key” to identify the parent/caregiver(s) stage of change intent for follow up.
3. The client will be offered an opportunity to speak to a WIC Nutrition Educator/CPA/RD.

XI. Staff Trained to Present: RD, CPA, and other trained nutrition education staff.

3

XII. References:

National Nutrition Month® 2020 Campaign Toolkit. 2020. Academy of Nutrition and Dietetics. Web. 04 Feb. 2020. <https://www.eatright.org/food/resources/national-nutrition-month/toolkit>



Eat Right, Bite by Bite

Client Feedback Form

Name:

Family No.:

Congratulations on completing this lesson!

Please answer the following:

Did you enjoy this topic?

Yes

No

Did you learn something to help you make changes in the foods you and/or your family eats?

Yes

No

Tell us one thing you learned today:

Check ONE statement that best describes you:

- I plan to *continue* to eat and/or encourage my family to eat a variety of nutritious foods every day.
- I plan to *start* trying to eat and/or encourage my family to eat a variety of nutritious foods, *soon*.
- I am *thinking about* trying to eat and/or encourage my family to eat a variety of nutritious foods, *someday*.
- I *don't plan to change* my and/or my family's eating habits.

If you plan to make changes, please tell us what they are:

Would you like to talk to a WIC nutritionist?

Yes

No

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Staff Use Only

MI-WIC NE Topics: Food Label Reading; Meal Planning; MyPlate: Healthy Food Choices

MI-WIC Recorded by:

Staff Initials:



Eat Right, Bite by Bite

Client Feedback Form Key

Name:

Family No.:

Congratulations on completing this lesson!

Please answer the following: *These responses can be used as client feedback and/or for counseling.*

Did you enjoy this topic? Yes No

Did you learn something to help you make changes in the foods you and/or your family eats?

Yes No

Tell us one thing you learned today:

Check ONE statement that best describes you:

- I plan to *continue* to eat and/or encourage my family to eat a variety of nutritious foods every day. *Maintenance/Action*
- I plan to *start* trying to eat and/or encourage my family to eat a variety of nutritious foods, soon. *Preparation*
- I am *thinking about* trying to eat and/or encourage my family to eat a variety of nutritious foods, someday. *Contemplation*
- I *don't plan to change* my and/or my family's eating habits. *Pre-Contemplation*

If you plan to make changes, please tell us what they are:

Would you like to talk to a WIC nutritionist? Yes No

If yes, please refer to a WIC nutritionist.

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MI-WIC Recorded by:

Staff Initials: