

# Celebrate a World of Flavors

Self-Directed Education for WIC Families



This lesson was created by the Michigan WIC Program for State Sharing using 2022 National Nutrition Month® resources. National Nutrition Month® is an annual campaign during March by the Academy of Nutrition and Dietetics.

[https://www.eatright.org\\_nnm](https://www.eatright.org_nnm)

Michigan Department of Health and Human Services, WIC Program, Lansing, Michigan

[www.michigan.gov/wic](http://www.michigan.gov/wic) February 2022

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## Michigan WIC Nutrition Education Lesson

- I. Title:** *Celebrate a World of Flavors*
- II. Target Group:** Pregnant, postpartum, breastfeeding women, and parents and caregivers of children and older infants.
- III. Suggested MI-WIC NE Topic(s):** Family Meals, Meal Planning, MyPlate: Healthy Food Choices.
- IV. Learning Objectives:** Clients, parents, and/or caregivers will be able to:
- List habits that promote healthful eating.
  - Explain ways to eat a variety of nutritious foods.
  - Describe how to Celebrate a World of Flavors when planning meals and snacks.
- V. Activities/Method:** Self-directed education

**VI. Materials Needed:**

The *Celebrate a World of Flavors* module includes:

- “Michigan WIC Nutrition Education Lesson Plan”
- “Client Feedback Form”
- “Client Feedback Form Key”
- *Celebrate a World of Flavors* lesson contents in PDF.
- *Celebrate a World of Flavors* lesson mp4 video link. <https://youtu.be/JsOPfTtVxms>
- Readability: 6<sup>th</sup> grade.

**Reinforcements Materials (optional):**

Resources are available for 2022 National Nutrition Month<sup>®</sup>:

- *National Nutrition Month<sup>®</sup> Campaign Toolkit* was developed by the Academy of Nutrition and Dietetics and contains tip sheets, games, activities, press releases and planning materials. The tip sheets were developed in the following languages: Arabic, Chinese, English, Hindi, Spanish, and Tagalog. To download Tip Sheets and more resources visit [National Nutrition Month Campaign Toolkit](#).

- VII. Equipment and Facilities Needed:** Smart Phone or computer
- VIII. Approximate Time:** 15-30 minutes
- IX. Outline of Content:**
1. Introduction: Introduce yourself to the client or caregiver.
  2. Encourage the client or caregiver to consider making healthy eating choices by learning about National Nutrition Month with the theme of *Celebrate a World of Flavors*.
  3. Offer the *Celebrate a World of Flavors* lesson to read a PDF or watch a video. Offer appropriate tips sheets.

## **Factual Messages**

- Eat a variety of nutritious foods
  - Include healthful foods from all food groups.
  - Learn how to read Nutrition Facts labels.
  - Incorporate your favorite cultural foods and traditions.
- Plan your meals and snacks.
  - Choose healthful recipes to make during the week.
  - Use a grocery list to shop for nutritious foods.
  - Make healthful food and drink choices when away from home.
- Create tasty foods at home.
  - Learn cooking and meal preparation skills.
  - Try new flavors and foods from around the world.
  - Enjoy your meals with friends or family when possible.

## **X. Evaluation Methods and Materials:**

1. The parent or 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, or RD/RDN.

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

## **XII. References:**

Academy of Nutrition and Dietetics:

Healthful-Eating Stance. April 3, 2020. Available at: <https://www.eatrightpro.org/news-center/member-updates/from-our-leaders/healthful-eating-stance-announcement>.  
Nutrition Care Manual, Cultural Food Practices.

*National Nutrition Month® 2022 Campaign Toolkit*. 2022. Academy of Nutrition and Dietetics.  
<https://www.eatright.org/food/resources/national-nutrition-month/toolkit>.

National Nutrition Month® Tip Sheets:

- *Personalizing Your Plate to Include Foods from Other Cultures – Asian Indian Cuisine*
- *Personalizing Your Plate to Include Foods from Other Cultures – Chinese Cuisine*
- *Personalizing Your Plate to Include Foods from Other Cultures – Filipino Cuisine*
- *Personalizing Your Plate to Include Foods from Other Cultures – Latin American Indian Cuisine*
- *Personalizing Your Plate to Include Foods from Other Cultures – Middle Eastern Cuisine*

eatright.org:

<https://www.eatright.org/food/planning-and-prep/recipes/congee-with-bok-choy-and-mushrooms-recipe>

<https://www.eatright.org/health/lifestyle/culture-and-traditions/try-foods-from-around-the-world-for-breakfast>

<https://www.eatright.org/health/lifestyle/culture-and-traditions/global-foods-for-a-healthy-plate>

<https://www.eatright.org/health/lifestyle/culture-and-traditions/ethiopian-food-nutrition-at-your-fingertips>

U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025*. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).

U.S. Food and Drug Administration. <https://www.fda.gov/food/new-nutrition-facts-label/calories-new-nutrition-facts-label>.

U.S. Department of Agriculture.

MyPlate: <https://www.myplate.gov/myplate-kitchen>

MyPlate Kitchen: <https://www.myplate.gov/myplate-kitchen>



## ***Celebrate a World of Flavors***

### **Client Feedback Form**

Name:

Family No.:

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***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 to your eating pattern?

Yes

No

***Tell us one thing you learned today:***

***Check ONE statement that best describes you:***

- I plan to *continue* eating a variety of nutritious foods every day.
- I plan to *start* eating a variety of nutritious foods, *soon*.
- I am *thinking about* eating a variety of nutritious foods, *someday*.
- I *don't plan to change* my eating pattern.

***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: Family Meals, Meal Planning, MyPlate: Healthy Food Choices

MI-WIC Recorded by:  
Staff Initials:



## ***Celebrate a World of Flavors***

### **Client Feedback Form Key**

Name:

Family No.:

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***Congratulations on completing this lesson!***

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

Did you enjoy this topic? Yes No

Did you learn something to help you make changes to your eating pattern?

Yes No

***Tell us one thing you learned today:***

***Check ONE statement that best describes you:***

- I plan to *continue* eating a variety of nutritious foods every day. *Maintenance/Action*
- I plan to *start* eating a variety of nutritious foods, *soon*. *Preparation*
- I am *thinking about* eating a variety of nutritious foods, *someday*. *Contemplation*
- I *don't plan to change* my eating pattern. *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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