

Structure of a Lesson

This section includes a template to aid in developing client-centered lessons. The template guides nutrition educators through the steps necessary to develop client-centered lessons. It describes each element to be included in a lesson and a simple way to complete each section.

The template has been designed to help staff create interactive learning opportunities in nutrition education. Some classes may include discussion elements, while others may have specific activities to address different adult learning styles. The template also helps to keep the key content manageable for the learner and allows staff to keep discussions and activities focused.

The following documents include more detailed descriptions of:

- Writing learning objectives
- Ideas for icebreakers
- Choosing appropriate activities
- Developing discussion questions
- Final summary and evaluation questions.

During the planning of any lesson, also carefully consider the needs of the participants, why the topic is important to the health of WIC families, what materials and resources are needed, and how to set up the classroom environment to be most conducive for learning.