

Lesson Plan

Title: Fruit and Vegetable Module (February 2009)

Target Population: WIC women and children

Objective: After completing the module participants will be able to correctly state:

1. The health benefits of vegetables
2. How to include fruits and vegetables daily.
3. The difference between 'Anytime' and 'Sometime' foods.

Method: Self Study Module

Materials: Get Healthy Now Self Study Module
Healthy Habits for Life – Sesame Street Kits
Fruit and Vegetable Card – Nutrition Matters Inc. (available summer 2009)
Pretest
Post-test

Outline of Content:

1. Pretest
2. Fruit and Vegetable Benefits
3. Eat a variety of fruits and vegetables
4. How to include fruits and vegetables throughout the day
5. Fruit and Vegetable snack ideas
6. Fresh vs. Canned vs. Frozen vegetables
7. Anytime vs. Sometime foods
8. Post-test

Evaluation:

Participants will correctly answer at least 3 of the 4 True/False questions regarding benefits of fruits and vegetables, frozen vs. canned vs. fresh, and Anytime and Sometime foods.

References/Resources:

- **Healthy Habits for Life** - Sesame Street Workshop
<http://www.sesameworkshop.org/initiatives/health/healthyhabits>
- **Choose a Better Snack Learning Module** – Nutrition and Health Associates WIC
- **Increasing Your Family's Vegetable Intake Learning Module** - Sixteenth Community Health Center WIC Program