**Washington State Snap-Ed Curriculum Fidelity for Continuous Improvement**

Lesson Assessment Tool for — Around the Table -Week 4

□ Educator Self-Assessment □ Supervisor Assessment □ CTW Team Assessment

Educator(s) Name (s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Sub-Contractor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Region: \_\_\_\_\_ County: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date of Lesson: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Start Time: \_\_\_\_\_\_\_\_\_ End Time: \_\_\_\_\_\_\_\_\_\_\_ Number of Students: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Program Setting (classroom/grade, food bank, clinic etc.): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your review about this session is important. Your description of how the lesson was taught, in relation to the written curriculum, will help us strengthen our program. Please consider each part of the lesson below and indicate if you presented it using yes or no in the space provided. If no, details about why and how you adapted the lesson are important to continuous program improvement. Please complete the assessment tool by the end of the next working day from when lesson was taught.

|  | **Completed as Written***Yes or No* | If adaptations were made or activity was not done, please describe what was changed and why. *Please be as specific as possible.* |
| --- | --- | --- |
| **Greeting and Tasting** |  |  |  |
| Greet youth as they enter. Be present and welcoming. |  |  |  |
| Briefly review the agenda for the day |  |  |  |
| Time Goal: 5 minutes |  |  |  |
| **Mindfulness Activity** | **Yes** | **No** | **Comments and/or Changes** |
| Introduce food you will be tasting.Follow instructions for the Mindful Eating activity on pp.24-25. |  |  |  |
| Time Goal: 15 minutes |  |  |  |
| **Cooks’ Meeting- Don’t Label Me** |  |  |  |
| Put food packages on the table, have each participant select a package.Lead a facilitated discussion using these questions.* *How do you think the design or wording on the front of the packages tries to influence you to buy it?*
* *If you look at the labels on the food packages when you are shopping what do you usually for?*
 |  |  |  |
| Direct participants to “Don’t Label Me! In the handbook (p.14). Lead a facilitated discussion using the questions at the top of the page. |  |  |  |
| “Canned, Boxed, and Bagged Foods” (p15).A participant can read each tip. After each one, have participants look at their label to see if they notice anything that corresponds to the tip.\**Packaged foods are often processed with a lot of salt, sugar, and fat, so be aware of your choices. When you eat foods that are less processed you get more vitamins, minerals, and fiber that will keep your body and mind working at its best.* |  |  |  |
| 2.Choose a head chef for each of the recipes. *The head chef(with staff supervision) is responsible for making sure all ingredients are ready, all steps of the recipe are being followed, and measurements are accurate, as well as coordinating the cooking.* |  |  |  |
| 3. Have the head chef or volunteer read the notes above the recipe. Review the ingredients as a group. Discuss any relevant information from the **Discover Food** pages you printed. |  |  |  |
| 4. Follow instructions for #4 on p 26. |  |  |  |
| 5. Each team is also responsible for picking at least one “Think” question at the bottom of the recipe and preparing an answer to be shared later. |  |  |  |
| Time Goal: 15 minutes |  |  |  |
| **Food Preparation**  |  |  |  |
| Remind participants to wash hands using proper technique. |  |  |  |
| Set up prep stations |  |  |  |
| Oversee the participants as they prepare the recipe. |  |  |  |
| After preparing dishes have participants clean up, make tea, and set table. |  |  |  |
| Time Goal: 25 minutes |  |  |  |
| **Eating and Reflecting around the Table** |  |  |  |
| When everyone is seated do 5-4-3-2-1 activity. |  |  |  |
| Serve food. Make sure everyone is served before anyone begins to eat. Enjoy the seated together at table or in a circle. |  |  |  |
| Together, clear table and quickly clean up before returning to the table or circle. |  |  |  |
| A Participant may pick a Table Talk question , recipe team can share about cooking or answer the Think question at the bottom of the recipe. |  |  |  |
| Together, clear the table and quickly clean up before returning to the table or circle. |  |  |  |
| Time Goal: 15 minutes |  |  |  |
| **Recipe Review and Menu Planning** |  |  |  |
| If time permits, have participants divide the total grocery bill for today by the number of participants to determine how much it cost. Otherwise just share your calculations. |  |  |  |
| Select one participant to choose the overall menu for next week from the menus list in the handbook.Have all participants vote on the recipe choices in that menu.Have the group prepare the shopping list for each chosen recipe if there is time. |  |  |  |
| Collect handbooks at the end of class. |  |  |  |
| Time Goal: 10 minutes |  |  |  |
| **Closing Circle** |  |  |  |
| Decide whether to have everyone share a “bright spot” or, if time is short, a one-word reflection of how they feel in the moment. |  |  |  |
| Time Goal: 5 minutes |  |  |  |
| **Post Workshop** |  |  |  |
| *Note* in your manual:* Any special interests, requests, or feedback
* Selected menu for the next class
 |  |  |  |
| Note your impressions, observations, or thoughts about the class. * Do you notice any participants making progress on specific skills? How about the group as a whole? Is there anyone that can use extra support or feedback?
 |  |  |  |
| **Materials and Supplies** | **Yes** | **No** | **Comments and/or Changes** |
| Used Materials and supplies -Visual Aids-Posters-Teaching Supplies- Use List of Additional Handouts from p. 32 Instructor Guide. Write title in comment section. |  |  |   |

**Please respond to the following questions. It’s important we know the successes and challenges of the lessons you teach.**

1. What went well?
2. What challenges did you have?
3. What timing issues did you face?
4. Other (Please add any other remarks or feedback you have)

***Please contact Maggie Grate at*** ***maggie.grate@WSU.edu*** ***or at 253-445-4529 if you have any questions about the completion of this form.***