

Washington State Snap-Ed Curriculum Fidelity for Continuous Improvement

Lesson Assessment Tool for —CATCH 7th Grade - Lesson 5 – *Portion Distortion: Project Lesson*

Educator Self-Assessment Supervisor Assessment Fidelity Team Assessment

Educator(s) Name (s): _____ Sub-Contractor: _____

Region: _____ County: _____ Date of Lesson: _____

Start Time: _____ End Time: _____

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 <i>Yes or No</i>		If adaptations were made or activity was not done, please describe what was changed and why. <i>Please be as specific as possible.</i>
Small Group Discussion	Yes	No	Comments and/or Changes
1. Ask students to recall the two strategies they can use to make healthier fast food choices <ul style="list-style-type: none"> ○ Order healthier items, reasonable sizes ○ Order smaller portion sizes of less healthy foods <ul style="list-style-type: none"> • Explain that in this lesson they are going to talk about how they used these strategies when they went to a fast food place and that then they'll make a pledge to use the strategies in the future 			
2. Pass out students' <i>Fast Food Menu Items</i> worksheets <ul style="list-style-type: none"> • Divide into groups and designate a recorder • Tell groups their task is to answer debriefing questions about homework • Give groups the <i>Fast Food Homework: Debriefing</i> worksheet or project on screen • Let groups know how much time they have to complete the discussion 			
3. As time permits, ask recorders to share their group's responses			
Time Goal: 15 minutes			
Pledge and Conclusion	Yes	No	Comments and/or Changes
1. Tell students that they may find it easier to make healthier choices at fast food places if they make a pledge to use the two strategies they've learned <ul style="list-style-type: none"> • Give each student an <i>I Pledge...</i> handout 			

	Completed as Written <i>Yes or No</i>		If adaptations were made or activity was not done, please describe what was changed and why. <i>Please be as specific as possible.</i>
2. Instruct students to make the pledge by completing the handout <ul style="list-style-type: none"> Encourage them to have in mind the fast food places they go to most often when they fill out examples Tell them to sign their name and circle the number that indicates how confident they are of sticking to each part of their pledge 			
3. Tell students to take home the pledge sheet and post it in a place where they can readily see it <ul style="list-style-type: none"> Inform them that from time to time you'll check on whether they're sticking to their pledge 			
4. Conclude the lesson by pointing out that fast food is probably here to stay, but fortunately fast food places are now offering more healthy choices and variety of portion sizes than in the past <ul style="list-style-type: none"> Encourage students to take advantage of these options and apply the strategies they've learned 			
Time Goal: 5 minutes			
Extension Activity (Optional)	Yes	No	Comments and/or Changes
You may want to repeat the project lesson assignment at a later date so that students can see whether their pledge has had an effect on their menu choices			
Ask students to consult the nutritional information for menu items from fast food restaurants <ul style="list-style-type: none"> Tell groups of students to use this information to create promotional materials that encourage their peers to consider calories, as well as sugar, saturated fat, and sodium when ordering fast foods Display their materials in the halls and cafeteria 			
Materials and Supplies	Yes	No	Comments and/or Changes
Used Materials and supplies -Visual Aids -Posters -Teaching Supplies			

