

Washington State Snap-Ed Curriculum Fidelity for Continuous Improvement

Lesson Assessment Tool for — *Read for Health: Grade 1 – Lesson: Family Meals*

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>
Introduction	Yes	No	Comments and/or Changes
Review previous lesson (if applicable) <ul style="list-style-type: none"> Last week we talked about (topic) What did you do differently because of what you learned or did in last week’s lesson? 			
Introduce today’s lesson: Family Meals <ul style="list-style-type: none"> Explain word “family” can mean different things to different people. 			
Time: 2 Minutes			
Book Activity	Yes	No	Comments and/or Changes
Book Introduction: Show book cover to class and ask questions: <ul style="list-style-type: none"> What do you think this story is about? The title of the story is <u>Family Meals</u>. What is an author? The author of this story is _____. What is an illustrator? The illustrator of this story is _____. 			
Read the story aloud: <ul style="list-style-type: none"> Reading with expression and showing illustrations that support the text on each page 			
Time: 5 Minutes			

	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>
Discussion	Yes	No	Comments and/or Changes
Discuss questions at the close of story: <ul style="list-style-type: none"> • What was the story about? • Why is it important to eat together? • Where does the family eat? • Where else might some families eat together? • What are some things we can do to be a part of our family meals? 			
Think, Pair, Share: have students get in groups of two, think about the questions below then take turns sharing. <ul style="list-style-type: none"> • Think about meals they usually eat with other people • What makes eating with friends and family special? 			
Optional: Review Vocabulary Words from book			
Time: 5 Minutes			
Physical Activity	Yes	No	Comments and/or Changes
Hokey Pokey or activity chosen from Brain Booster list in Appendix B.			
Time: 5 Minutes			
Food Activity	Yes	No	Comments and/or Changes
Food Safety: <ul style="list-style-type: none"> • Utilize proper food handling • Ensure students and helpers wash hands prior to touching food. 			
<u>Rainbow of Fruit Salad</u> Red, Yellow/Orange, Green, Purple *Make sure there are at least 3 or more different color groups ** <i>Put ingredients or alternate recipe used in comments section.</i>			
Tasting Options (time dependent) <ol style="list-style-type: none"> 1) Option 1: Fruit mostly prepared ahead of time. Mix in bowl and distribute to class. 2) Option 2: Divide class in groups based on # of colors of fruits. Groups add their fruit to bowl. Name another fruit in their color. Sit in circle and eat 			

	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>
together. Encourage discussion about things they like to do, what makes them happy, favorite thing they have learned in nutrition class.			
Time: 10-15 Minutes			
Nutrition Activity (Optional)	Yes	No	Comments and/or Changes
My Healthy Family Meal Placemat Activity: <ul style="list-style-type: none"> Have students fill out and color what they like to eat and talk about with their family Make a collage on the back of pictures of things they and their family like *Not Required – may be left with teacher as an extension activity.			
Time: 20-30 Minutes			
Closing	Yes	No	Comments and/or Changes
Review topic of the day and class activities Pass out newsletters Go over next nutrition class topic Thank students and close class			
Time: 5 Minutes			
Materials and Supplies	Yes	No	Comments and/or Changes
Used Materials and supplies -Visual Aids -Posters -Teaching Supplies			

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 were noted?

3. What timing issues were noticed?

4. Other remarks and feedback:

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.

August 1, 2017