

Washington State Snap-Ed Curriculum Fidelity for Continuous Improvement

Lesson Assessment Tool for —*My Plate in Practice: Lesson 5 – The Dairy Group – Do You Wear a Moo-stache?*

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>
Welcome and Introduction	Yes	No	Comments and/or Changes
Welcome Students Review last week's lesson – Vegetables and Plant Parts			
Display <i>MyPlate</i> poster and discuss that today we will be discussing the dairy food group <ul style="list-style-type: none"> Have students name examples of different dairy foods Discuss that 3rd graders need 3 cups of dairy products a day for good health 			
Time Goal: 10 Min			
Lesson – Nutrition and Activity	Yes	No	Comments and/or Changes
Introduce the concept of calcium in dairy foods <ul style="list-style-type: none"> Discuss the importance of calcium for our bodies and health <ul style="list-style-type: none"> Strong bones/teeth Highlight other foods with calcium including almonds, broccoli, and leafy green vegetables.			
Discuss different types of milk including whole, 2%, 1%, fat free, and flavored milks <ul style="list-style-type: none"> Highlight reading labels to find which milk is best Introduce concept of White Milk Wednesdays challenge 			
Scavenger Hunt Activity: Have the classroom teacher place 20 scavenger cards around the room at the beginning of the lesson.			

	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>
<ul style="list-style-type: none"> Divide students into small groups Instruct students to find 10 bone building habits from the choices in the room. <ul style="list-style-type: none"> Looking for foods or “weight bearing” activities that help build bones 			
Time Goal: 15 minutes			
Lesson – Bones	Yes	No	Comments and/or Changes
Ask students what happens when we do not get enough calcium in our bones. <ul style="list-style-type: none"> Discuss osteoporosis and spell it on the board for students to see Use visuals or display bone models of healthy verse osteoporotic bones 			
Ask students to stand up, bend at the waist, and walk around to simulate osteoporosis. <ul style="list-style-type: none"> Ask students if they could do their favorite activities like this? 			
Highlight the concept of our bones being banks for calcium <ul style="list-style-type: none"> We need to build up our stores when we are young to use throughout life. 			
Time Goal: 10 minutes			
Food Activity	Yes	No	Comments and/or Changes
Review tasting rules and expectations <ul style="list-style-type: none"> Encourage “adventure bites” 			
Go over proper hand-washing technique prior to letting students help prep			
Allow students to help with food prep <ul style="list-style-type: none"> Allow students to taste and enjoy 			
Prepare a smoothie for students to taste <ul style="list-style-type: none"> Discuss ingredients and equipment including blender and measuring cups 			
Time Goal: 15 minutes			
Closing and Safety Game	Yes	No	Comments and/or Changes
Play <i>Thumbs Up/Thumbs Down Food Safety Game</i> with students while they finish their tasting			
Thank students and ask what questions they have			
Discuss parent Newsletters and leave with teacher for distribution			
Time Goal: 5 Minutes			

