

Washington State Snap-Ed Curriculum Fidelity for Continuous Improvement

Lesson Assessment Tool for —*My Plate in Practice: Lesson 7 – MyPlate Revisited and Graduation*

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 Explain that this is the last nutrition lesson			
Check on the <i>Chips in a Bag</i> activity and ask students what they see <ul style="list-style-type: none"> • Discuss that what they see is a grease spot from the high fat content of the chips • Review what can be learned from this demonstration: <ul style="list-style-type: none"> ○ Fat can be in food but we can't see it ○ Use nutrition labels to see if a food has fat or not 			
Display MyPlate poster and review all food groups. <ul style="list-style-type: none"> • Ask students to share their favorite adventure bite from the lessons • Ask students to share how they'll incorporate MyPlate into daily eating habits. 			
Collect Parent Newsletter Surveys and distribute incentives			
Time Goal: 10 Min			
Post-Evaluation	Yes	No	Comments and/or Changes
Administer post-evaluation <ul style="list-style-type: none"> • Go over evaluation as class so all students understand questions and finish all answers. 			
Time goal: 15 minutes			

March 13, 2018

	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>
Graduation	Yes	No	Comments and/or Changes
Handout Certificates, pencils, and stickers			
<ul style="list-style-type: none"> Ask students what they enjoyed most about the class Ask students what new things they learned 			
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 an <i>Almost-A-Plate Parfait</i> for students to taste.			
<ul style="list-style-type: none"> Ask what food groups are included in the recipe Ask what food groups are missing 			
Time Goal: 15 minutes			
Closing	Yes	No	Comments and/or Changes
Play MyPlate Jeopardy			
Do general wrap up of class and lessons:			
<ul style="list-style-type: none"> Discuss the importance of making your own choice to be healthy and strong 			
Thank students and ask what questions they have			
Give teacher the last parent newsletter to distribute after class.			
Time Goal: 10 Minutes			
Materials and Supplies	Yes	No	Comments and/or Changes
Used Materials and supplies			
<ul style="list-style-type: none"> - Visual Aids - Posters - Teaching Supplies - Hand washing supplies 			

