Curriculum Overview
Food Smarts

Core Components

Objectives
The Food Smarts curriculum covers a variety of core nutrition principles including: eating the rainbow, whole foods, water consumption, sleep, exercise, lean protein sources, and veggies. In addition to these topics, home cooking from whole ingredients, fresh food or minimally processed foods are encouraged.

Food Smarts workshop topics include:
- SMART goals and vision boards
- Dietary choices: building balanced meals, increasing consumption of fruits, vegetables, whole grains, lean meats, decreasing consumption of added sugar, fat, salts and sugary beverages, reading nutrition labels and ingredient lists, and healthy snacking
- Culinary literacy: reading and adapting recipes, knife skills, food safety, creating wholesome meals with low-cost ingredients and limited kitchen appliances
- Food resource management: budgeting, shopping, meal planning, food labels, advertising, and access to SNAP benefits
- Physical activity

Theoretical framework
Food Smarts is a learner-centered nutrition education and cooking curriculum for adults and youth. Educators should focus on facilitating conversation rather than lecturing. The curriculum was designed for low-income and low-literacy audiences.

Setting & target audience
The setting is not specified. Access to warm, running water is necessary for food safety. Ability to conduct the cooking segment of the lessons is also a consideration when choosing where the lessons will be taught. Lessons may be taught without the cooking component.
The target audience includes both adults and youth. For the Washington State SNAP-Ed program, lessons are available for youth grades 4-12. The age appropriate lesson plans and workbooks should be used accordingly.

**Number and duration of lessons**
Food Smarts workshops for youth and adults have six lessons. There are several time options to select from. These range from 30-90 minutes. Lesson times may vary slightly depending on group size and format. Ninety minute lessons may be divided into two, 45 minute segments. Thirty minute lessons are taught without the cooking component.

**Recommended pacing**
Not specified. Best practice is to teach lessons one week apart.

**Instructional order & strategies**
The Food Smart workshop series must be completed in its entirety to maintain curriculum fidelity. The lesson plans must be followed as written and taught in sequential order. Class sessions may be divided over multiple sessions or multiple classes combined into a single session as long as the overall curriculum sequence is maintained and content is not omitted.

**Food Smarts Workshop for Youth**

<table>
<thead>
<tr>
<th>Lesson</th>
<th>Title</th>
<th>Duration</th>
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<tbody>
<tr>
<td>1</td>
<td>Setting the Stage for Healthy Choices</td>
<td>30-90 minutes*</td>
</tr>
<tr>
<td>2</td>
<td>What is on a Healthy Plate</td>
<td>30-90 minutes*</td>
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<tr>
<td>3</td>
<td>Food Processing and Fast Food</td>
<td>30-90 minutes*</td>
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<tr>
<td>4</td>
<td>Understanding Labels and Ingredients</td>
<td>30-90 minutes*</td>
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<tr>
<td>5</td>
<td>Best Practices for Healthy Living</td>
<td>30-90 minutes*</td>
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<tr>
<td>6</td>
<td>Smart Strategies for Shopping and Planning Healthy Meals</td>
<td>30-90 minutes*</td>
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**Food Smarts Workshop for Adults**

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*Lengths of lessons are rough estimations. Actual time varies depending on group size and format.

**Core Activities**

Each lesson begins with a SMART goal check in, followed by 1-4 short activities. Pre and posttest surveys should be completed during lessons one and six.

**Optional Activities**

Some lessons provide more than one option for an activity and in this case only one of the activities is required.

**Materials**

Adult materials are available in English, Spanish, Chinese, Russian, and Vietnamese. Participant workbooks which include activities, recipes, and handouts are needed to complete this series. Lists for specific materials required to teach the lessons are not included in the lesson plan or workbooks. Contact your Curriculum Team for ordering information.

**Training**

- REQUIRED-The Washington SNAP-Ed Curriculum Team will conduct training. Contact a team member for details.
- Review curriculum overview.
- Review teachers guide and materials
- Practice or talk through at least one lesson with another educator or your supervisor
- Observe another educator teach a Food Smarts lesson (if possible)

August 10, 2018
Complete the EatFresh.org Mini Course for Educators. Link:
http://lms.eatfresh.org/login/index.php

Recipes
Recipes should always support core content of lessons. Recipe substitutions may be made but the curriculum authors request that only EatFresh.org recipes are used when teaching Food Smarts.

Fidelity is...
A Food Smarts workshop series must be completed in its entirety to maintain fidelity to the curriculum. All participants do not have to attend every session during the series, however, the lesson plans must be followed as written for consecutive sessions. SNAP-Ed funded organizations may not choose single activities to teach in a workshop or class setting outside of a full workshop series.

The Washington SNAP-Ed program considers fidelity to be the extent to which a curriculum or program is delivered in accordance with the intended (and tested) design. This means:

- Using program materials
- Adhering to recommended pacing
- Keeping the program’s instructional order
- Utilizing the program ‘routines’
- All teachers using the same materials to equalize student learning opportunities and meet instructional objectives

Making adjustments while delivering with fidelity
You can make some adjustments to the curriculum without impacting fidelity. Examples include:

- Provide students with coaching, ongoing support, and individual instruction when needed.
- Adjust group size.
- Increase opportunity for students to engage and ask questions, and provide answers.
- Select different recipe.
Evaluation
Check with your supervisor for required evaluation tool and current evaluation protocol.

Link to curriculum:
https://extension.wsu.edu/curriculum-fidelity/food-smarts/