

Washington State Snap-Ed Curriculum Fidelity for Continuous Improvement

Lesson Assessment Tool for — *Nutrition to Grow On: Lesson 9 – Making Healthful Snacks*

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>
	Yes	No	
Nutrition Lesson Activities:			Comments and/or Changes
1. Review of All the Previous Lesson <ul style="list-style-type: none"> Lesson 1: Nutrition and Gardening (Plant parts) Lesson 2: Nutrients We Need (Different classes of nutrients) Lesson 3: MyPlate (Five food groups) Lesson 4: Food Math (Visual cues of serving sizes) Lesson 5: Food Labels Lesson 6: Get Physically Active Lesson 7: Goal Setting Lesson 8: Consumerism ** Can be done at end of lesson if time is short			
2. Health Concerns Do background research on your school's food in the class room policy: <ul style="list-style-type: none"> Check for food allergies 			
3. Introduction to Making Snacks Explain that today we are going to learn how to make some snacks that can be part of a healthful diet: <ul style="list-style-type: none"> Highlight that we will be eating the food we have grown from the garden! (If there was no garden component, discuss how farmers have worked hard to grow produce for us to eat) 			
Explain that today the classroom will become a kitchen and go over the following kitchen rules:			

	Completed as Written Yes or No		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"> Wash hands, especially before making snacks so that students do not spread germs to the foods: <ul style="list-style-type: none"> All students <i>must</i> wash their hands Follow directions Work quietly so everyone can hear the directions Handle the food as little as possible and do so only with clean hands Handle knives carefully and be aware of hot objects 			
<p>4. Making Snacks</p> <p>Set up stations before class and have one adult assist at each station:</p> <ul style="list-style-type: none"> Briefly explain to the class what will happen at each station Divide class into three groups and have each group spend about seven minutes at each station to make the snack Give students a written activity to work on at their desks while they wait for their turn at a cooking activity (like the <i>Eating Foods from MyPlate</i> handout or writing in their journals) 			
<p>5. Clean Up</p> <p>Ask students to go back to the last station they were at and help clean:</p> <ul style="list-style-type: none"> Send some students around the room to pick up any trash after they eat their snacks 			
<p>6. Eating Snacks</p> <p>Once students have made each of the snacks, allow them to return to their desks and start eating:</p> <ul style="list-style-type: none"> As students eat the snacks they made, have them complete their written activity or express their thoughts about the snack making 			
**Provide recipe used in comment section. If not from curriculum state the source of the recipe used			
Time Goal for Nutrition Activities: 60 min			
Gardening Activity	Yes	No	Comments and/or Changes
<p>Harvest the fruits and vegetables from the garden and use them in making the snack:</p> <ul style="list-style-type: none"> Clean the crops by first dipping them in a bucket of water then running the surface to remove excess soil Rinse under clean running water to remove any lingering grime 			

	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>
Time Goal for Garden Activities: 20 min			
Additional Activities	Yes	No	Comments and/or Changes
There are numerous additional activities listed in the lesson: <ul style="list-style-type: none"> • Write additional activities in comments section if applicable 			
Materials & Supplies	Yes	No	Comments and/or Changes
Used Materials and supplies -Visual Aids -Posters -Teaching Supplies -Garden Tools			

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 did you have?

3. What timing issues did you face?

4. Other (Please add any other remarks or feedback you have)

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.