

## Sample WIC Lesson Plan

**Title: How Can I Use All of These Beans?**

**Target Audience: PG, BF, PP, C**

**Objectives:** The participant will:

1. Identify at least two types of beans that are WIC allowable.
2. Choose at least two ways to use more beans in their family's meals.

**Teaching Materials Needed:**

1. A variety of packages of canned and dried beans, peas and lentils
2. Handout materials about beans, dried peas and lentils (Attached to this lesson is one handout that could be used, "Bean Magic")
3. Several copies of the WIC Client Program booklet
4. Recipes using canned and dried beans, peas and lentils
5. Visual display to highlight these materials
6. Materials needed, depending on the interactive activity chosen

**Advance Preparation Needed:**

1. Purchase a variety of packages of WIC approved canned and dried beans, peas and lentils
2. Set up display with attractive visuals, including packages of allowable canned and dried beans, peas and lentils.
3. Make copies as needed or obtain handouts, including the client goal form
4. Set out multiple copies of WIC Client Program booklet, handouts and recipes or have the handouts and recipes available to the client as they check out.

**Class Outline and Methods:**

Beans are a good source of protein and fiber for family meals. Cooked and canned beans can be quick, convenient foods to use for family meals and snacks. Children often enjoy cooked and canned beans because they have a mild flavor and are an easy to chew source of protein.

WIC families may need ideas on how to use beans in family meals and snacks. By providing simple meal and snack ideas, WIC families will be more likely to use the beans provided in their WIC food package. WIC families can learn from each other as they share ideas on how they use beans in their own family meals and snacks.

This lesson will help WIC participants identify canned and dried beans, peas and lentils that are WIC allowable. By using the information included in the WIC Client Program booklet and viewing actual cans and packages of allowable beans, peas and lentils, participants will be more likely to choose WIC allowable canned and dried beans, peas and lentils.

### **Interactive Component:**

Suggested interactive activities, select one below or write in your own:

1. Provide a large blank sheet of paper or a dry erase board with the heading: “Ways to Use Beans.” Have each participant write down at least one way beans can be used in family meals or snacks.
2. Provide samples of one or more recipes using beans that participants can taste. Be sure that copies of the recipes are available for participants to take home.
3. Provide a display of pictures of different types of protein (meat, fish, cheese, beans, etc.). Let participants guess which is the most economical source of protein. Have a card face down in front of each protein picture showing the cost per 2 or 3 ounce serving.

### **Evaluation/Goal Setting:**

Since the interactive activities above do not involve conversation/interaction between the participant and the WIC staff, the evaluation/goal setting will need to be verbal.

The evaluation will consist of having a WIC staff member ask the participant the following questions, after they have reviewed the display.

1. Can you name two types of beans, peas or lentils that you can purchase with your WIC checks?
2. Are there two ways that you plan on using beans, peas or lentils in your family meals or snacks? (The answer to this question can also be considered the goal that the client set for themselves or their family.)

Goal: Can use the answer to number 2 above as the goal. Or ask the client one of the following:

How do you think you can use the information you learned today?

How do you plan on using this information?

Once the client has set a goal, have the client write their goal on the blank client goal form so they can take it home.

### **Comments/Other:**

The client should be asked either verbally or on paper if they have any questions about the information.

The clerk or other staff member should enter in KWIC that the client completed the “Beans” NE+ lesson and enter the client’s goal under the goal tab.

### **Lesson Plan Written By/Approved By:**

Original lesson plan: Julie Ornelas, RD, LD, CBE

Modified and approved by: