
Subject: Nutrition Education Lesson Plans

Effective Date: October 1, 2015

Revised from: October 1, 2013

Policy: All group nutrition education and individual self-study nutrition education provided for a second low-risk contact will be based upon a written lesson plan. All written lesson plans will include all required components specified below. All written lesson plans will be reviewed by or written by a licensed dietitian and kept on file at each local clinic for review during state management evaluations. (Exception: lesson plan not necessary for computer-based education provided by wichealth.org.)

Reference: CFR § 246.11**Procedure:**

A [WIC Lesson Plan Template and Guidance tool](#) is available in the Nutrition Education section of the WIC website. All lesson plans will be written and include the following required components:

1. Title
2. Specified target audience, based on WIC client categories (PG-Pregnant, BF- Breastfeeding, PP-Post-Partum, I < 6 months, I > 6 months, C-Children)
3. Objectives which indicate learning that will take place during the lesson
4. Outline or brief description of the lesson, with enough detail to show how the lesson applies to the specified WIC client categories listed on the lesson plan. It may be helpful to include background information and key points on the topic, in case someone other than the WIC RD will be presenting the lesson.
5. At least one interactive component which is not a quiz or a pre/post test. Examples might include:
 - Food demonstration or taste test
 - Verbal interaction with local agency staff or trainer regarding the lesson information
 - Completion of a game or puzzle related to the lesson information, followed by discussion with staff
 - Client verbalizes to staff how they might use the information at home
6. An opportunity for the client to set a behavior change goal
7. Procedure for clients to ask questions of knowledgeable staff
8. How the client will be evaluated on their knowledge gained
9. Name of WIC RD/person who wrote lesson plan and name of WIC RD who approved it, with dates

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Staff will be required to document attendance at the low risk education in KWIC with sufficient detail to determine the topic covered as well as any handouts used. If possible, staff will also document changes to the client's chosen goal.

Clinic staff should follow up with client/caregiver at their next certification or mid-certification visit to determine their progress in achieving their chosen goal or behavior change.