



## Lesson Plans Section of WIC Website Updated!

The Lesson Plans section of the California WIC website is now up-to-date! Between August and December 2006, local agencies were asked to review lesson plans to make sure they were **current, accurate** (reflected the 2005 Dietary Guidelines for Americans, latest research on infant feeding, MyPyramid, and changes due to the "Any Authorized Vendor" (AAV) implementation), and **supported a learner-centered approach**. Lesson plans that did not meet one or more of the review criteria were archived and can now be found in the "Archives" section under "Lesson Plans."

## New "Welcome to WIC" Lesson Plans

The California WIC Branch has updated its "Welcome to WIC" lesson plan integrating AAV information. In addition, a Spanish version of the lesson is now available.

## Submitting Lesson Plans for Posting

For information about submitting lesson plans for posting see the lesson plans section of our website or contact Giok Khoe at [Gkhoe@dhs.ca.gov](mailto:Gkhoe@dhs.ca.gov) or 916-928-8815.

## Learner-Centered Lesson Plans

Here is a checklist to help you make sure that your lesson plans are learner-centered.

### Conduct a **Learning Needs and Resources Assessment (LNRA)**

#### Use the **7 Steps of Planning**

Include these:

1. start with learners' **personal experience**
2. give a **small amount of important new content**
3. let learners **use new content** here and now
4. let learners **connect content** to something outside the class

### Incorporate **RISE principles (Respect, Immediacy, Safety, and Engagement)**

Begin with a **warm welcome**

Use at least one **open question** after introducing each piece of **content**

**Use pairs** or small groups to involve all learners

Address **different learning styles**

Address **feelings** as well as **concepts** and **skills**

Include **take-home learning** activities where appropriate

Tell in **dialogue** - Do not ask participants questions that have answers that we already know

Match amount of material with amount of time

Keep it **simple**

Make it **fun!**

**Test design** with groups of participants

**Observe class** to see if participants spend at least 50% of time talking and doing activities

**Use comments** from educators and participants to improve design

For more information on learner-centered lessons see the Nutrition Education toolkit at:

[www.wicworks.ca.gov/education/nutrition/toolKit/1\\_index/toc.htm](http://www.wicworks.ca.gov/education/nutrition/toolKit/1_index/toc.htm)

and the *Finding the Teacher Within* project at:

[www.wicworks.ca.gov/education/nutrition/ftw/ftwIndex.htm](http://www.wicworks.ca.gov/education/nutrition/ftw/ftwIndex.htm)

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