

Roles of Designer/Expert, Educator, and Learner

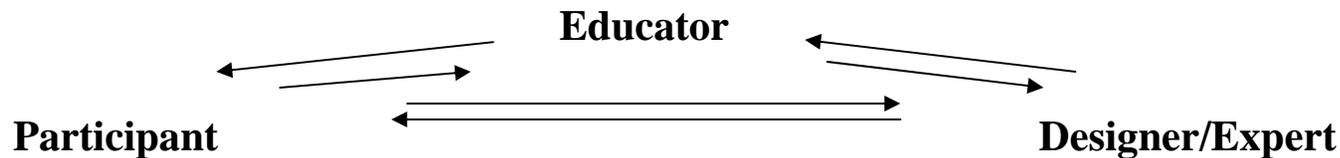
Traditional Approach to Nutrition Education:

Designer/Expert → → → → **Educator** → → → → **Participant**

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| <ul style="list-style-type: none"> • Decides the topic participant should learn • Decides method of class, & designs lesson plan • Gives knowledge to educator | <ul style="list-style-type: none"> • Follows expert's lesson plan on topic • Uses expert's method of teaching • Passes knowledge on to participant | <ul style="list-style-type: none"> • Listens to educator • Learns • Changes behavior |
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Learner-Centered Approach to Nutrition Education:



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| <ul style="list-style-type: none"> • May already know about nutrition and health topics • Is the expert of her own circumstance • Decides if and what she will learn • Decides what behavior to change and how • May share experience and information with other participants • Suggests ways to make WIC education more helpful | <ul style="list-style-type: none"> • Knows about nutrition and health • Knows ways to find out about the participant's needs and concerns, what she already knows and what behaviors she is willing to change • Has experience helping participants identify possible barriers to behavior change • Facilitates ways to help participants learn from the class and each other • Gets feedback from participants about education • Gives feedback to designer/expert about participants and educators need and want | <ul style="list-style-type: none"> • Asks participants and educators what topics they are interested in, and how they like to learn • Asks educators what teaching techniques they would like help with, and supports educators in improving these techniques • Blends expertise with input from participants and educators to design effective learning experiences • Knows about nutrition and health and ways to effectively change behavior • Gives educators up-to-date information • Gets input on how to make training and learning more effective for future sessions |
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