

Tips for Extender Lesson Delivery

Thank you for your interest in teaching about the importance of nutrition and healthy lifestyle choices! UC CalFresh Nutrition Education curriculum is available to SNAP-Ed eligible schools and communities. The curriculum you are using has been tested with audiences to help initiate nutrition and lifestyle choices that are essential for optimal health. These tips are designed to allow you to quickly reflect on the overarching goals of the curriculum when delivering a lesson. If you have any questions specific to the curriculum, please contact your local UC CalFresh Nutrition Education Program representative.

Here are a few tips:

- ❖ **Involve the learner from the beginning and encourage discussion.** Consider using an icebreaker to get learners involved.
- ❖ **Kick-start your lesson by connecting it to what was learned in the previous lesson.** This will help the learners connect concepts!
- ❖ **Share the topics and objectives of the lesson.** This can prepare the learners to engage and focus on the concepts!
- ❖ **Find out the groups knowledge and interests relating to the lesson.** Then, tailor your session to meet your learner's needs.
- ❖ **Think about the key messages of the lesson and be sure to drive those messages home to the learners.** If the key messages involve specific words, hand gestures, or phrases, consider having the learners repeat it!
- ❖ **Review the key messages with the learners at the end of the lesson.** Allow the learners an opportunity to share how they will apply those key messages!
- ❖ **Share take-home materials such as newsletters, handouts and activity sheets found in the lesson and curriculum.** Newsletters and take home materials are a great way to make connections at home with the whole family!
- ❖ **Engage the learners in physical activity as appropriate.** If time and space allow, include physical activity and accompanying key messages to encourage participation in healthy behaviors!

UC CalFresh Nutrition Education Program is a United States Department of Agriculture (USDA) funded organization that offers nutrition education and policy, systems and environmental change initiatives to inspire and initiate healthy lifestyle changes in individuals and communities.

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