

Nutrition Basics

Learning Guide for Ongoing Professional Development

Note to Learner: Early Impact Virginia encourages you to complete the training and activities with the support of your supervisor. The notes below will guide you in preparing to take the training, following up with your supervisor after the training, supporting transfer of learning into daily practice, and extending learning through individual supervision.

Ongoing: View the Professional Development Program and each EIV training module as an investment in skills and knowledge to help improve home visitor effectiveness.

Before the training:

- Learner and supervisor review course objectives and home visitor competencies
 - Learner rates knowledge of learning objectives
-

During the training, the learner:

- Completes activities
 - Reflects on own response
 - Identifies questions and concerns
 - Prints Reflective Responses to share with supervisor
 - Completes post-training evaluation
-

After the training:

- Learner:
 - Rates knowledge of learning objectives
 - Completes post-training activities, as required
 - Develops an action plan for applying skills and knowledge in daily practice
 - Meets with supervisor to:
 - Review pre- and post-training activities
 - Discuss reflections, questions, and concerns
 - Review action plan for applying skills and knowledge in daily practice
 - Assess personal learning goals, transfer of learning, and action plan
-

This 25-minute online module provides basic information about healthy nutrition using resources from choosemyplate.gov. Participants will learn how to educate families about the importance of healthy nutrition, the food groups and other important elements of healthy nutrition, and the recommended daily amounts of each food group. They will learn how to teach families to about shopping for healthy foods, how to read and compare nutrition labels, and the value exercise as part of a healthy lifestyle. The module also covers referrals and resources to support families experiencing food insecurity.

Nutrition Basics

Learning Guide for Ongoing Professional Development

Virginia Home Visitor Competencies Addressed:

- 3.1.c. Promotes and encourages families to participate in age-appropriate recreational and social activities.
- 4.4.a Understands and communicates the importance of a healthy diet, nutrition, and physical activity for the health and well-being of children and adults.
- 4.4.b Support the family’s culture regarding food practices and traditions when appropriate.
- 4.6.b. Promotes the importance of self-care, relaxation, and leisure for family members.

Before the Training

Rate Your Knowledge (Scale of 0 to 5, 0 = no knowledge, 5 = significant knowledge)

Learning Objective	Before the Training	After the Training
Describe the resources available at www.choosemyplate.gov . Discuss how the home visitor can use these resources with families.		
List the food groups and recommended servings for each group.		
Discuss strategies for educating families about shopping for healthy foods, reading and comparing nutrition labels, and the value of exercise as part of a healthy lifestyle.		
Describe referrals and resources that are available to support families who are experiencing food insufficiency.		

My personal learning goals for this training are:

1. _____
2. _____
3. _____

Nutrition Basics

Learning Guide for Ongoing Professional Development

After the Training

Reflections on what I learned:

Questions and concerns I identified:

Action Plan: (Each learner’s plan will be unique. To get you started, some ideas are listed below.) As a result of this training, I will...

- Use [ChooseMyPlate](#) resources with families.
- Visit my local WIC office and SNAP office to learn about resources for food assistance and nutrition counseling.
- Identify local resources for food in my community, including fresh markets, community farm markets, community gardens, food pantries and churches that offer free food.
- Learn about food resources available at local schools – breakfast and lunch programs, afterschool programs, and summer programs.
- Show families how to compare food labels to identify the best food choices.

My Action Plan

Action	Target Date	Date Completed