Abstract

Several resources are being used to revise Eating Smart • Being Active:

- 2015-2020 Dietary Guidelines for Americans
- Physical Activity – A Major Component of the Revision
- New Logo
- New Nutrition Educator Role for Physical Activity

The revision committee, convened in 2014, includes 11 nutrition education program leaders and Extension Specialists from geographically diverse states with expertise in nutrition, physical activity, food safety, food resource management and/or adult education. The 11 committee members worked via subcommittees to review each lesson, incorporating feedback from: peer reviewers, program leaders and the 2015-2020 Dietary Guidelines for Americans. Each lesson revision required multiple iterations of the curriculum to simplify these processes for the educator.

Reviewer Home Page

Eating Smart • Being Active

Revising the Curriculum – The Process (Methods)
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Broader Target Audience

The Eating Smart • Being Active authors have reviewed the curriculum to target a broader audience by providing guidelines for using lessons with non-participating parents.

Instructions for Preparing and Setting up for Class

Additional details and step-by-step instructions for nutrition educators to use when planning and pacing for class. In addition to the one-class set-up, were added to allow multiple classes to utilize the curriculum to target a broader audience by providing guidelines for using lessons with non-participating parents.

Instructors and Scripting

Instructions to the professional educator have been clearly delineated from the suggested script for educators to use while teaching the lesson. Lesson outline, headings, instructions and script are organized in an easy to use format (see sample pages).

Number of Lessons

A new lesson has been added to the original 8 lessons. This new lesson will help paraprofessional educators build a relationship of trust with participants while providing a positive and safe experience for all the lessons in the series. This lesson will also provide an opportunity to introduce the food preparation skill development activities included in each lesson of the curriculum. The new lesson is designed as a multi-state group of EFNEP coordinators has been developing and testing new behavior checklist questions based on the latest research in nutrition (Letters, 2012). The specialists, Kathy Gunter of Oregon State University and Samantha Harden of Virginia Tech, worked together to draft new physical activity segments based on the latest research in physical activity and the Physical Activity Education Network for Americans (2008). Physical activity content is revised in the second lessons and incorporated into every lesson after that. Each physical activity lesson is at least 15 minutes long and is structured as follows:

1. Warm-up
2. Aerobic Activity
3. Option A: Walk indoors with Josie Somone obesity
4. Option B: Cardio Pyramid that builds on intensity throughout the lesson
5. Muscle and/or Bone Strengthening Activity
6. Cool Down

Evaluation of the Revised Curriculum

Garry build, an expert in curriculum evaluation, led the development of the evaluation process for the revision committee. In addition he will be able to give us an overview of the lessons in the series.

Outcome Evaluation

Outcome evaluation is important. Since revising the curriculum, the team has used a few different evaluation methods. The team has used pre/post testing to measure changes in participants' knowledge and attitudes. The team has also used surveys to gather feedback from participants. Finally, the team has used observation to monitor the implementation of the new curriculum. Each lesson is evaluated using a variety of methods to ensure that the curriculum is effective in achieving its goals.