

Nutrition Education Lesson Template

For an Example, see this [Link](#).

Snapshot of Group Session	Lesson title	CVD for Pre-teens: How You Can Prevent It.
	Developed by	William Grace
	Date Developed	September 11, 2023
	Approved by	
	Lesson or Class Description	<p>Class will start with an introduction of who I am as well as my credentials. I will describe what CVD is first and answer any questions that may come up on definitions of diseases. I would then give the statistics on CVD (deaths per year etc.) Then I would move into discussion about Coronary artery disease PAD and describe how the arteries form plaque. I will then do the Clogged Artery Activity and leave time for discussion after before going into what measures we can take (diet and exercise) to slow the buildup.</p> <p>I will then move into the Black Lung activity and open the floor to discussion on why people cause so much harm to themselves through diet and smoking.</p> <p>I will then go back into healthy habits they can fall into and some to avoid.</p> <p>I will then finish with a lecture that leads into a discussion about moderation and self-discipline.</p> <p>The class will end and I will stick around for any potential questions/comments/concerns</p>
	Participants <i>(Who is the Client or Patient Group?)</i>	The class participants will be middle school children
	Type of Learning Activity(ies)	Hands-on Discussion
	In-person or virtual? <i>Describe mode of delivery</i>	In Person

Planning the Nutrition Education Session	<p>Learning Objective(s) <i>What will the Clients / Patients take-away or be able to do by the end of your session?</i></p>	<ol style="list-style-type: none"> 1. What CVD is 2. Why CVD is common in America 3. What steps they can take to prevent CVD 4. Moderation
	<p>Key Content Points <i>What key info do the learners need to know to achieve your learning objective(s)? Aim for (3) main points.</i></p>	<ol style="list-style-type: none"> 1. The students will come away with the definition of CVD as well as all the “smaller” diseases it is an umbrella for (heart disease, coronary artery disease, etc). They will understand how serious it is in America and the leading causes for contracting the disease. 2. Students will learn what habits are common in Americans (and other countries with high rates of CVD). They will learn what is so attractive about unhealthy habits and will then learn the truth behind them (ex: nicotine is calming because withdrawal causes stress) and then to avoid these habits early. 3. After the students learn common causes/risk factors they will learn lifestyle changes and even small day to day changes (such as whole grain over white bread) to help mitigate the risks. 4. The students were taught what to do to prevent but CVD but life is also about having fun. The students will learn they do not have to be strict 100% of the time but will learn when and where to make those decisions.
	<p>Materials <i>List what you will need for the session (e.g. visual aids, handouts, supplies, supplemental materials, etc)</i></p>	<p>Vacuum cleaner (handheld) Clear plastic pipe with 6 in diameter 2 pieces of (preferably yellow) Styrofoam cut to fit in pipe Pipe cleaners</p> <p>Ash, air filter</p>
	<p>Resources <i>Review current information. Use AMA citation style.</i></p>	<ol style="list-style-type: none"> 1. Badimon L, Chagas P, Chiva-Blanch G. Diet and Cardiovascular Disease: Effects of Foods and Nutrients in Classical and Emerging Cardiovascular Risk Factors. <i>Curr Med Chem.</i> 2019;26(19):3639-3651. doi: 10.2174/0929867324666170428103206. PMID: 28462707. 2. Pool LR, Aguayo L, Brzezinski M, Perak AM, Davis MM, Greenland P, Hou L, Marino BS, Van Horn L, Wakschlag L, Labarthe D, Lloyd-Jones D, Allen NB. Childhood Risk Factors and Adulthood Cardiovascular Disease: A Systematic Review. <i>J Pediatr.</i> 2021 May;232:118-126.e23.

	doi: 10.1016/j.jpeds.2021.01.053. Epub 2021 Jan 29. PMID: 33516680. 3. https://www.myplate.gov/
Class Flow & Set Up <i>Consider flow of session, team work, virtual set-up, etc. Make notes of any additional prep that may be needed ahead of time (e.g. technology, etc.)</i>	I would be the guest speaker for a middle school health class, prepared to deliver this lesson to any class at any school. The ideal set up would be children aligned in rows but it would be up to their normal teacher how the desks are aligned. I would set up a table in the front of the class for demonstrations.

Session Outline (Include TIMING minutes)	Introductions
	Introduce my self and thank the class for having me in as a guest.
	Icebreaker or establish rapport
	Establish my credentials and do a short background on myself. Ask them to define CVD in their own words.
	Lesson Outline
	After introduction and rapport is established I will give them the background on what CVD is and the smaller diseases that fit into it. I will explain how all the diseases are linked to one other. Ex: Atherosclerosis can contribute to high BP due to narrowing of blood vessels. Establish risk factors such as obesity, smoking, lack of PA ect. After the first two key objective is met we will move to the Clogged Artery Activity and the Black Lung Activity . Moving back into risk factors we will discuss what are the most common for the area (differs from urban to rural setting) and why they are what they are. We will then discuss what steps they can take to mitigate the risk factors and what lifestyle as well as dietary choices to make. Finally I will lighten the mood back up and teach them about moderation. I will express that it is alright to eat sweets or skip a work out, it is just important to not fall into bad habits. Life is about enjoyment and they should both enjoy their long term health and the small things. End class and stick around for any questions/comments
Activity(ies)	

Key Content Points

Clogged artery activity

Using the list of materials, I would equate the pipe cleaners to a blood clot and the plastic pipe to an artery. Using the vacuum I would suck the pipe cleaners down the tube and describe that as normal. Next I would insert the styrofoam and repeat but the styrofoam would prevent the pipe cleaners from passing through the tube. I would then equate the styrofoam to plaque build up in the arteries.

1. What causes plaque?
2. What is the solution/cure to plaque build up i.e is it reversible?
3. What can prevent plaque?

Black Lung activity

Using the vacuum, position it to pull air through the filter. Place ash in front of the filter and show how it catches it. Also show a picture a cadaver's lungs with smoking and one without smoking.

1. Why do people smoke?
2. Why is it so hard to quit?
3. What other inhalants could cause our lungs to look like this?

For each Learning Activity, list any instructions needed for the facilitator(s) and participants, along with 3-5 open-ended questions for Discussion. All activities should enable participants to meet your learning Objectives!

Review & Evaluate *(has your audience met your Learning Objective(s)?)*

Questions to ask:

"What is something you learned that you can use tomorrow"

"Name a lifestyle change that can be preventative"

Reinforce:

Habits are hard to break

Moderation

Take Home:

<https://www.myplate.gov/>

Personal Review of Session (afterwards, Facilitator(s) only)

Evaluate yourself(ves) on these criteria.

- *What went well?*
- *What did not go as well?*
- *What were the top Qs asked?*
- *What will do differently next time?*
- *What will you do the same next time?*
- *Did any part of the lesson not go as planned? Why or why not?*

Notes: