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NFSC 465

Nutrition Education Plan

Benefits of Fruits (Vitamins, Minerals, and more)

Target Group:

This nutrition education plan's target group is adult males at VECTORs who eat unstructured, convenient meals/snacks throughout the day and night that can easily be made in a short amount of time.

Rationale:

A survey was given to the men at VECTORs which consisted of questions that asked the residents what questions and/or concerns they might have about food and/or nutrition. This survey was conducted with the goal to find out what nutrition education the residents would need as well as satisfying their interests. The breakdown of vitamins and other nutritional values available in fruits and vegetables was a topic the residents wanted to learn about further. With the residents being interested in the nutritional value and benefits of fruits and vegetables, my partner and I decided to split up the two foods: she will prepare nutrition education about vegetables, and I will prepare nutrition education about fruits.

Goals and Objectives:

Goal: To educate the residents at VECTORS on the nutritional value of fruits, and provide material in order to facilitate incorporating more fruit in their day to day diet.

- To deliver an oral presentation for the residents at VECTORS by the end of the semester on the benefits of fruit, using Microsoft PowerPoint, online resources, and notes from previous nutrition classes.
- To provide 2 nutrition education materials for the residents at VECTORS to be able to refer to by the end of the semester on the nutritional value of fruits, using online resources, and notes from previous nutrition classes.

Materials Needed:

- Microsoft PowerPoint
- Paper, Poster (if there is no overhead projector), or Flashcards
- Ink and Internet access

Implementation Methods:

First of all, we gave a survey to find out what the residents at VECTORS would be interested in learning according to nutrition, and what type of nutrition education would be needed. The results of the survey led up to the topic of fruits and vegetables. With this topic in mind, we decided to make a quick and easy to make meal consisting of two seasonal fruits and vegetables. We will give an oral presentation about the nutritional values and benefits of the fruits and vegetables while the residents eat. I will focus on sixteen commonly eaten fruits, the nutritional value of each, how to pick out these fruits based on how ripe (or unripe) they are, ways to incorporate them into their day to day diet, using recipe examples, and providing a calendar on when each fruit is in season that they can put on their fridge. I may also make flash cards of each

fruit coordinating to the seasonal fruit calendar with one recipe on the back of each flashcard.

This can be used as a visual reminder to help the residents to buy fruit that are in season and have example recipes to help incorporate these fruits in their diet.

Evaluation of Procedures:

To evaluate the nutrition education implementation methods we chose, we will give out a survey before and after the presentation (summative evaluation). I will give out a survey on fruits, and my partner will give out a survey on vegetables. We will make these surveys short, containing very simple questions to meet the reading levels of all the residents. The survey that I will conduct will be to determine what the residents already know about fruits before the presentation and nutrition education material is presented. The survey will also determine what the residents learn after the presentation is given, nutrition education material is handed out, and any additional questions that the residents may have are answered.