

WELCOME TO THE

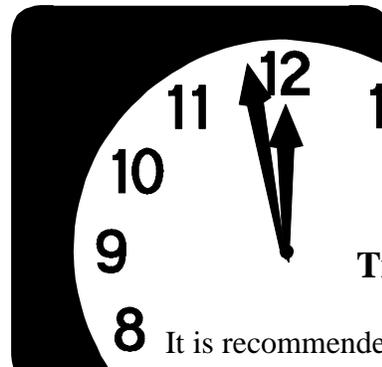
# **Bright Ideas Nutrition Education Skills Module!**

## **Overview**

This module is a **Level III Module** for the Colorado Certification Program. *Bright Ideas* is a series of Units. Each unit explores principles of effective nutrition education and contains activities that require you to experiment with the various techniques and approaches.

## **5 Steps to Completing the Module**

1. **Units and Activities.** The module is made up of units. Each unit contains a short text and suggested activities. Read the text then experiment with the activities. Complete the Activity Worksheet.
2. **Discussion.** Meet with a discussion group or partner (someone designated by your supervisor such as a trainer, coworker, or maybe your supervisor) to discuss your experience with the activities.
3. **Track Your Progress.** Copy and detach the **Module Check List** on the following page. Fill in the information in the upper shaded corner. Give it to your supervisor or discussion partner. The check list is to keep you on track.
4. **Review.** Watch the video, "Making a Difference with Nutrition Education" to view application of some the *Bright Ideas* principles.
5. **Evaluation.** Copy or detach the *Nutrition Education Skills Evaluation Tool* that follows the *Bright Ideas Units*. This Tool will be completed by your supervisor when they observe you with a WIC participant once you complete the module.



## **Time Frames**

It is recommended that you take about 3-4 weeks with each *Bright Ideas* unit and complete the module in approximately **one** year.

You must complete it within the first 18 months of employment with WIC.

## **Report Completion of the Module**

### Agencies who grade their own modules:

Send a copy of your completed **Module Check List** to your State Nutrition Consultant to verify your completion of the module.

### Agencies who send modules to a State

Nutrition Consultant for grading: Attach your completed Activity Worksheets and the Evaluation Tool to the **Module Check List** and send it to your State Nutrition Consultant.