

BRIGHT IDEAS!

. . . for nutrition educators

Overview

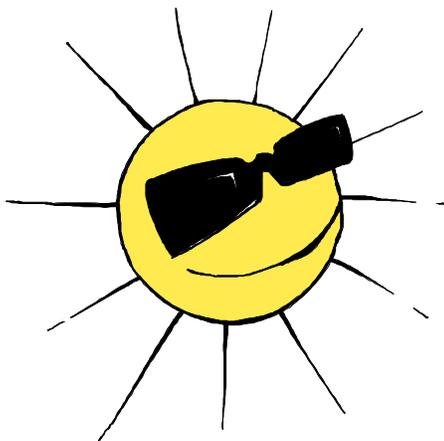
Module Check List

Introduction

Units

(Page numbers are alphabetical within each unit.)

1. *Look like you are an especially nice person!*
2. *Accept that it's natural for all of us to think "What's in it for me?"*
3. *Avoid making a participant feel defensive.*
4. *Help people solve or prevent problems.
Don't "teach nutrition."*
5. *Cover just two, or maybe three, main points.*
6. *Illustrate your points to help people learn.*
7. *Find out the participant's solution.*
8. *Help people set small, achievable goals.*
9. *Provide each person with frequent, positive feedback and support.*
10. *Let the participant wrap it up by telling you what she plans to do.*
11. *Stay aware of cultural differences.*
12. *Become an even better listener.*
13. *Choose and use printed materials wisely.*
14. *Bright Ideas in Practice*



Nutrition Education Skills Evaluation Tool