

Options for Nutrition Education

Options for the individual:

- A computerized kiosk with interactive nutrition information for participants.
- An informational pamphlet with questions to guide the participant in assessing her behavior.
- A video with a pre- and post-test.
- One-on-one counseling with a nutrition educator.
- Your own ideas: _____.

Options for accommodating members of a minority language group:

- Provide handouts in the language of the minority group member(s).
- Encourage group members to bring a friend or family member who can translate for them.
- Use pictures, food modules, and other visual aids.
- Your own ideas: _____.