**2017 2018: FLEXING NUTRITION PROGRAMMING FOR DIVERSE AUDIENCES**

|  |  |  |  |  |  |  |  |  |  |
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| **Audience** | **Example** | **Overton**  **High School** | **VU**  **Students** | **Sports 4**  **All** | **Illuminate**  **Academy** | **VU Food**  **Staff** | **Whites Creek**  **High School** | **Possible**  **Points** | **Actual Points** |
| **Describe** | Mixed races, mostly male, non-English speaking |  |  |  |  |  |  | **5** |  |
| **# Attending** | 45 |  |  |  |  |  |  |  |  |
| **Topic** | Healthy, cheap breakfast ideas |  |  |  |  |  |  |  |  |
| **Pre-assessing group** | Asked each to name a healthy bfst food and a cheap bfst food |  |  |  |  |  |  | **10** |  |
| **Establishing**  **rapport** | Smile/warmth, asked names, shared info about me, asked their favorite place to eat in town |  |  |  |  |  |  | **5** |  |
| **Pre assessment finding** | 20% named a healthy food; 80% knew a cheap bfst food |  |  |  |  |  |  | **10** |  |
| **One thing you want them to know at end** | Name 5 breakfast foods that are both cheap and healthy |  |  |  |  |  |  | **10** |  |
| **One thing you want them to do** | Identify 1 bfst food (healthy & cheap) they will try in the next 3 days |  |  |  |  |  |  | **10** |  |
| **How did you assess what people learned** | Asked each person what is 1 thing you learned |  |  |  |  |  |  | **10** |  |
| **Post assessment findings/impact** | 80% named a healthy & cheap bfst food |  |  |  |  |  |  | **10** |  |
| **Teaching strategies** | Teach back- Color coded game - Asked questions |  |  |  |  |  |  | **10** |  |
| **Top 3 challenges** | Managing class  Short attention span  Student lack of interest |  |  |  |  |  |  | **5** |  |
| **3 ways you overcame challenges** | \*Set ground rules for class and what you expect from students  \*Know material, no reading notes  \* Own it, no being timid |  |  |  |  |  |  | **15** |  |
| **TOTAL** |  |  |  |  |  |  |  | **100** |  |