

Community teaching work plan proposal essay sample

[Nutrition](#)



**ASSIGN
BUSTER**

Directions: Develop an educational series proposal for your community using one of the following four topics:

- 1) Bioterrorism/Disaster
- 2) Environmental Issues
- 3) Primary Prevention/Health Promotion
- 4) Secondary Prevention/Screenings for a Vulnerable Population Planning

Before Teaching:

Name and Credentials of Teacher:

Tamarra Matos

Estimated Time Teaching Will Last:

10 minutes of speech, 15 minutes of activity and 10 minutes of discussion

Location of Teaching:

Pinelands Library

39 Allen Avenue

08055 Medford, NJ

Supplies, Material, Equipment Needed:

21 Pamphlets, 3 glasses, sugar

Estimated Cost:

\$18. 00

Community and Target Aggregate:

15 Girl Scout Troop members and 6 parents.

Topic: Healthy eating to prevent childhood obesity.

Epidemiological Rationale for Topic (statistics related to topic):

Nursing Diagnosis:

Knowledge deficit related to unhealthy selections of foods that lead to obesity. Alteration in self-care related to difficulty accepting lifestyle change; knowledge deficit; insufficient resources.

Readiness for Learning: Identify the factors that would indicate the readiness to learn for the target aggregate. Include emotional and experiential readiness to learn. This group is in the preplanning stage of readiness to learn. The factors that the teacher assessed in this community's readiness to learn were perceived needs, interests and concerns, educational background, maturation level and age, degree of motivation and cultural social economic factors. The group showed emotional readiness by verbalizing the desire to learn about healthy diet and physical activity. Possible issues with the children include becoming disruptive or becoming distracted. This issue will be dealt with by getting the child to answer a question or volunteer to be a part of the activity.

Learning Theory to Be Utilized: Explain how the theory will be applied.

The teacher will start the presentation by showing examples of three beverages and will pour sugar into each glass to represent it's content. She will then ask them what is obesity and what causes it. Next, she'll start educating the children and parents on reasons why people are obese and what they can do to change or prevent it from happening by improving their nutrition and diet. Through use of the pamphlet the instructor will talk about foods, the food pyramid and why exercise is important and why it's

necessary. She will then discuss proper meal selection and portions. During the activity period in the group discuss healthy foods from unhealthy foods.

The parents and children will be separated into two separate groups. Both groups will be shown pictures of healthy and unhealthy foods and activity pictures. They will then be asked which is healthy and unhealthy. The group that is able to get the most right wins. Kids at this age group are highly competitive and love playing games therefore, this method was chosen. Also, the instructor will tell the children to draw different types of foods as answers to health related questions. For example, what kind of food will make you sick if you eat too much of it? What type of food is good to eat every day? Is it better to drink milk or juice? The children will draw a picture of the answer. After discussion there will be a review session and parents and children will be allowed to ask question.

Goal: Healthy People 2020 (HP2020) objective(s) utilized as the goal for the teaching. Include the appropriate objective number and rationale for using the selected HP2020 objective (use at least one objective from one of the 24 focus areas). If an HP2020 objective does not support your teaching, explain how your teaching applies to one of the two overarching HP2020 goals.

The Healthy People 202 objective number is NWS-10. 2

Reduce the proportion of children aged 6 to 11 years who are considered obese. This objective used diet and body weight is related to health status. Good nutrition is important to the growth and development of children. A

healthful diet also helps children reduce their risks for many health conditions like obesity.

How Does This HP2020 Objective Relate to Alma Ata's Health for All Global Initiatives (See page 116 in the textbook)? Alma Alta's global initiative initiated the promotion of health care services including primary, secondary, and tertiary prevention strategies to improve the health of all through education on existing health problems through prevention.

Develop Behavioral Objectives (Including Domains), Content, and Strategies/Methods: Behavioral Objective and Domain

Example – Third-grade students will name one healthy food choice in each of the five food groups by the end of the presentation. (Cognitive Domain)

Content

(be specific)

Example – The Food Pyramid has five food groups which are.... Healthy foods from each group are....

Unhealthy foods containing a lot of sugar or fat are....

Strategies/Methods

(label and describe)

Example – Interactive poster presentation of the Food Pyramid. After an explanation of the poster and each food category, allow students to place pictures of foods on the correct spot on the pyramid. Also, have the class analyze what a child had for lunch by putting names of foods on the poster and discussing what food group still needs to be eaten throughout day. 1.

After completing this presentation the children and adults will be able to choose 10 healthy foods from a list of healthy and unhealthy foods.

1. The food pyramid has five food groups, which are grains, vegetables, fruits dairy and protein. 1. Pictures of healthy and unhealthy foods were shown. The children and adults were split into two groups. Both groups were asked to choose whether the picture showed healthy or unhealthy foods. The group that picked the healthiest foods first won. 2.

Children draw pictures of what they thought was healthy and unhealthy and what group it belonged to.

2. Healthy foods from each food group was discussed:

grains – whole-wheat flour and oatmeal

Vegetables: broccoli, spinach, and corn

Fruits: apples, strawberries, watermelons, and oranges

Dairy: milk, cheese, and yogurt

Protein foods: Dry beans and peas, fish, and eggs

(mypyramid. gov)

2. The children discuss the drawings and allow them to determine what group it belonged to. 3. Adults will determine what foods are healthy to feed their children on a daily basis.

3. Obesity is a increasing childhood disease and is increasing. 3. The adults returned the demonstration on choosing healthy foods from the pictures. 4. The children guessed the sugar content in each picture.

4. High sugar intake the leading cause of childhood obesity and hidden in many foods. 4. The children were shown a food on a flash card and guessed how much sugar it contained. Three glasses with different amounts of sugar was shown.

Creativity: How was creativity applied in the teaching methods/strategies?

The creative teaching strategies applied here are advanced teaching strategies to help members to learn the content, understand and apply it into their daily life as they practice within their group. Teaching will be made creative by the application of discussion, drawings, competing and answering questions.

Planned Evaluation of Objectives (Outcome Evaluation): Describe what you will measure for each objective and how. 1) The children will be able to determine whether the food was healthy or not by choosing the pictures when asked the question. They will also choose why it was not a healthy choice and why it could lead to obesity.

2) Discussion on what foods belonged to what group will be discussed in depth and the children will be able to choose their plate. The participants will understand bad food choices that lead to obesity by evidence through their active participation in the discussion at the end.

3) An understanding of nutritional recommendation significantly improved after pamphlet presentation, when compared to pre-lecture state.

Participants will be able to choose healthy daily choices, with the help of the pictures of five different groups of healthy foods. The parents will choose

<https://assignbuster.com/community-teaching-work-plan-proposal-essay-sample/>

menus for their children, with the knowledge of diet modification, which was learned during the presentation.

4) Return demonstration on obesity prevention, food choices, recognition and the sugar demonstration will be evaluated.

Planned Evaluation of Goal: Describe how and when you could evaluate the overall effectiveness of your teaching plan.

Planned Evaluation of Lesson and Teacher (Process Evaluation): Short term evaluation will be done by dividing the participants into groups and giving points for answering questions correctly. The different groups can discuss why they want to choose or pick that answer. Long term evaluation cannot be made now, but there could be a high level of commitment by the participants on by keeping a journal for their children that provided data regarding adherence to health promoting activities such as daily exercises, proper nutrition and diet modification, doctor's visit on a regular basis etc. Participants will hopefully gain an understanding the pathophysiology of obesity and could develop or improve the skills necessary to manage or prevent obesity.

Barriers: What are potential barriers that may arise during teaching and how will those be handled?

Barriers to learning for this age group are misconceptions, misunderstanding, distraction, and disruptions. Children especially at this age get bored easily so I plan on keeping them interested by providing them with information that they are familiar with but can build on. I also plan on

<https://assignbuster.com/community-teaching-work-plan-proposal-essay-sample/>

asking lot of questions by giving examples and using every day scenarios to keep their attention. There may be some children with learning disabilities so the information will be kept very simple, easy to understand and interesting. Because children are very competitive each child will be called on and everyone will be included. If a child is distracted they may be asked to participate to gain their attention. Distracted children will be referred to the troop leader. This plan has already been discussed.

Communication: How will you begin your presentation (hook them in)? How will you end your presentation (go out with a bang)? What nonverbal communication techniques will you employ?

The teacher plans on hooking them by starting with the sugar demonstration. She will put three pictures of beverages on the table, Milk, soda and water. Then she will then pour into three glasses three different amounts of sugars. The presentation will begin by discussing what beverage has sugar and how much. Then the food pyramid, unhealthy and healthy food choices will be discussed. The game will be used to keep their attention and participation will be used. Some of the non-verbal communication techniques that the teacher employ will be:

Listening. Teachers who take the time to listen to students will benefit, and their students will greatly appreciate the rare chance to be heard. This will increase the teachers' effectiveness as a teacher significantly. Listening skills are also critical for effective advising and tutoring.

Setting the climate: Teacher can facilitate student interaction by making the environment more equal. Barriers will be reduced getting standing so all students can hear and see. This will also help to ease the students. The Teacher should be relaxed and nonverbally encourage students to talk.

Being non-judgmental: Teachers need to be non-judgmental. It is also helpful to avoid being defensive. This can be difficult when students are angry especially when not picked. It is important try to let everyone be active and engaged.

Focusing: A teacher's first focus should be on the students. Nonverbal messages include facial expressions, eye contact or lack of eye contact, interpersonal distance, hand gestures, and body language. A period of silence is necessary to allow students time to respond. Making eye contact, move or leaning toward him or her, offering nonverbal encouragement are all involved in the technique to employ a student into learning.

Reference:

Healthy People 202. Early and middle childhood. Retrieved from <https://www.healthypeople.gov/2020/topics-objectives/topic/early-and-middle-childhood>

British Medical Journal. (March 2008) Is the declaration of Alma Ata still relevant to primary health care? Retrieved from <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2265356/>