

STANDARDIZED LESSON PLAN



Educator Name: _____ Date: _____

LESSON NAME: DIAGNOSTIC REPORT Group: _____

THIS LESSON SHOULD BE INSERTED UPON DISTRIBUTION OF PARTICIPANT DIAGNOSTIC REPORTS.

OBJECTIVES: By participating in today's lesson, participants will:

1. Understand how their 24 hour recall compares to MyPlate recommendations

ANCHOR

You are receiving a one-day food recall summary and a diagnostic report based on the paperwork you completed at the beginning of the workshop series. Your report is for your own personal use and does not have to be shared with anyone. I will review the report with you so you can see what it means.

Take a look at your report. **What foods and nutrients are measured in this report?**

ADD

Your Diagnostic Report tells you whether you got enough or too much of food groups and nutrients recommended according to the one-day intake you provided.

APPLY (*Required*)

Have a sample report that has been circled, underlined, checked, etc ready to show participants.

Take a look at the section that says "Food and Nutrient Summary". Here you will see if you are consuming enough or too much of each food group and nutrient than what MyPlate recommends.

- **CIRCLE** the food groups where your intake is below the recommended amount (under 100%).
- **UNDERLINE** the food groups where your intake is above the recommended amount (over 100%).

What surprises you? (*Optional*)

- **CIRCLE** the nutrients where your intake is below the recommended amount (under 100%).
- **UNDERLINE** the nutrients where your intake is above the recommended amount (over 100%).

Finally, look at the nutrients you should limit in the bottom of the report. See if calories from added sugar, fat, and sodium are below 100% of your total caloric intake.

- What nutrient or food group should you consume less of? More of?
- What questions do you have?

AWAY

Based on your report, write one or two goals you have for yourself.

- Who would like to share?

PARTICIPANT SUCCESSES/COMMENTS: (Record below)

("Progression Record")

BRING WITH YOU:

- All participants' Diagnostic Reports
- Sample Diagnostic Report that has been circled, underlined, check-marked, etc