

# IMPLEMENTATION GUIDE

## Nutrition Pathfinders

*Using an Evidence-Based Program to develop  
a process model for program delivery in the practice setting*

**Note:** Refer to “Putting Public Health Evidence in Action”. Review the appropriate Modules and the handouts provided in each, in order to modify and evaluate this program to meet the needs of your organization and audience.

“Putting Public Health Evidence in Action” is available online at:  
<http://cpcrn.org/pub/evidence-in-action/>

### I. Program Administration (Type of Staffing and Functions Needed)

#### **Classroom or Health Educator**

- Delivers the program to students

#### **Administrator (School Principal or Curriculum Director)**

- Approves nutrition education at the school or district level to increase participation

### II. Program Delivery

#### **A. Program Materials** (*All listed materials can be viewed and/or downloaded from the RTIPs Products Page*):

- **Nutrition Pathfinders website (<https://www.healthyeating.org/Schools/Classroom-Programs/4th-Grade>):** The website provides access to all the materials needed for training and implementation, including the teacher guide (which can be downloaded and printed) and the student workbook (which can be ordered).

#### **B. Program Implementation:**

The steps used to implement this program are as follows:

Step 1: The classroom educator gathers and reviews all the training and implementation materials on the program website.

Step 2: The classroom educator sends the family letter home with students to alert families about the intervention and encourage dialogue around nutrition.

Step 3: The classroom educator distributes the program pre-assessment to students found in the Student Workbook.

Step 4: The classroom educator begins the lesson plan using the Teacher Guide, starting with the anticipatory set to introduce each of the lesson concepts. The educator follows the Step-by-Step Procedures to explain the lesson content and confirms the students' understanding with a group activity.

Step 5: The classroom educator assigns family homework and practice exercises found in the Student Workbook. The curriculum connections to extend learning are optional assignments.

Step 6: The classroom educator distributes the program post-assessment to students.

### **III. Program Evaluation**

**For additional information on planning and adapting an evaluation, review the appropriate Modules for program implementation and evaluation from “Putting Public Health Evidence in Action”.**

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