

Target Audience:

Nurses at MTH

Audience Characteristics:

Males and females, aged 18-65. Minimal background in nutrition, easily influenced by diet culture and myths.

Education Level:

High school or GED plus college. Lessons must be easily understood at a 12th grade level.

Concerns:

Advance arrangements/contacts:

- Assess the needs of the target audience.
- Determined the date of presentation and advertise via email and posters
- Meet with preceptor, Jen Palauskas, RDN, for final approval of lesson

Behavioral Objectives:

- Instill the knowledge of how to craft a balanced snack that is satiating
- Explain the importance of snacking to maintain energy levels and cognitive function during long shifts
- Encourage future use of the methods to build a balanced snack
- Correct myths around diet culture and snacking that nurses may have previously believed/heard
- Answer questions pertaining to nutrition and the lesson

Visuals:

- Infographic Handout
- Copy of quick facts from the in-service

Literature and Materials:

- eatright.org for information the Academy's methods to build snacks

- Canva for infographic creation
- Microsoft Office for planning and summarizing
- Print shop at MTH to print materials and handouts
- Space to present the lesson

Pre/Post Test:

- Verbal pre-test to determine previously learned information of the top 8 allergens
- Optional written post-test to determine effectiveness of in-service, with a completion incentive to receive a free snack box (cheese, raisins and cashews) as an example

Schedule of Topics:

- Each topic will be covered for 2-3 min, totalling an in-service time of ~15 min

Attendance:

- sign-in sheet provided at the beginning of in-service
- Post-tests distributed after in-service

Welcome/Intro, Body of Presentation

- Welcome, introduction
- Verbal quiz, assess the audience's knowledge
- Explain the importance of a balanced snack
- energy levels
- cognitive function
- Components of a balanced snack
- protein
- fat
- carbohydrate
- Examples of easy snacks (infographic handout now)
- Questions

Conclusion/Post-Test:

-Conclude at 15 min

-Restate main objectives and topics

-Invite participants to take the post-test and offer snack incentive