



HOEC 105 “Community Nutrition”  
Final Project (50 points)  
**Nutrition Education Presentation for Older Adults**

*As part of the “Community Nutrition” course, all Nutrition Assistant students will develop a learner-centered lesson plan, submit the lesson to plan to instructor for review/feedback ahead of time, then present the lesson plan in class for feedback/critique from peers. Students will present the polished presentation to an audience of older adults at one of the Consumer Education Department’s “Nutrition & Health” class sites.*

*The lesson should incorporate: 1) physical activity, 2) nutrition topic, 3) handout, and 4) a cooking/tasting demonstration. The Consumer Ed class participants and faculty instructor will also give constructive feedback after the presentation.*

**Canon Kip Senior Center**

705 Natoma St., SF

**Preceptor:** Lisa Yamashiro, RD

Wednesdays, 9:00-noon

April 15, 22, 29; May 6

**Golden Gate Park Senior Center**

6101 Fulton (near 36<sup>th</sup>), SF

**Preceptor:** Lisa Yamashiro, RD

Mondays, 1:00-4:00

April 13, 20, 27; May 4

**Consumer Education Teaching Sites—Guidelines for Students**

1. Confirm your scheduled presentation date, location, and time with your faculty preceptor.
2. Make prior arrangements for AV equipment, cooking equipment, paper products, or other special needs.
3. Allow ample time for set-up before the class. Meet & greet participants! Start class on time.
4. Have each participant complete the “Nutrition Class Evaluation” form at the end of class.
5. When purchasing food ingredients for your presentation, stay within budget allocated. Submit receipts for food expenses promptly to Lisa Yamashiro. Receipts should include ONLY those items purchased for the class. DO NOT submit receipts with personal items mixed in. Receipt must clearly state the name of the vendor, and items purchased. Be sure to neatly write the items purchased next to the amount if not specified on the receipt. For multiple receipts, neatly tape them onto a sheet of paper. Failure to follow these instructions will result in you NOT getting reimbursed – NO EXCEPTIONS!



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*The lesson should incorporate learner-centered education strategies and include the following components: 1) physical activity, 2) nutrition topic, 3) handout, and 4) a cooking/tasting demonstration*

**Rubric:**

<b>Criteria</b>		<b>Points</b>		<b>Points</b>		<b>Points</b>
<b>Lesson Plan</b>	Follows the AAAA model  Organized  Submitted lesson plan to instructor for feedback PRIOR to presentation.	<b>25</b>	Lesson needs improvement in one or more areas  Needs to be more learner-centered  .	<b>20</b>	Is not learner-centered  Unorganized.	<b>15</b>
<b>Presentation</b>	Mechanics of presentation—excellent delivery and flow; interesting, engaging, and interactive; good use of visual aids	<b>10</b>	Presentation skills are of average quality  Could be improved in one or more areas.	<b>8</b>	Did not practice or prepare well enough	<b>5</b>
<b>Activity Components</b> (physical activity, relevant topic, handout, food demo)	Integrates the 4 components to complement and enhance the topic.	<b>5</b>	Lacks a component; needs improvement	<b>3</b>	Lacks 2 or more components; components seem disjointed	<b>1</b>
<b>Consumer Ed Class delivery</b>	Conducted the nutrition class at assigned site. Reviewed evaluations from preceptor & participants.	<b>10</b>		<b>-</b>	Did not present	<b>- 25</b>