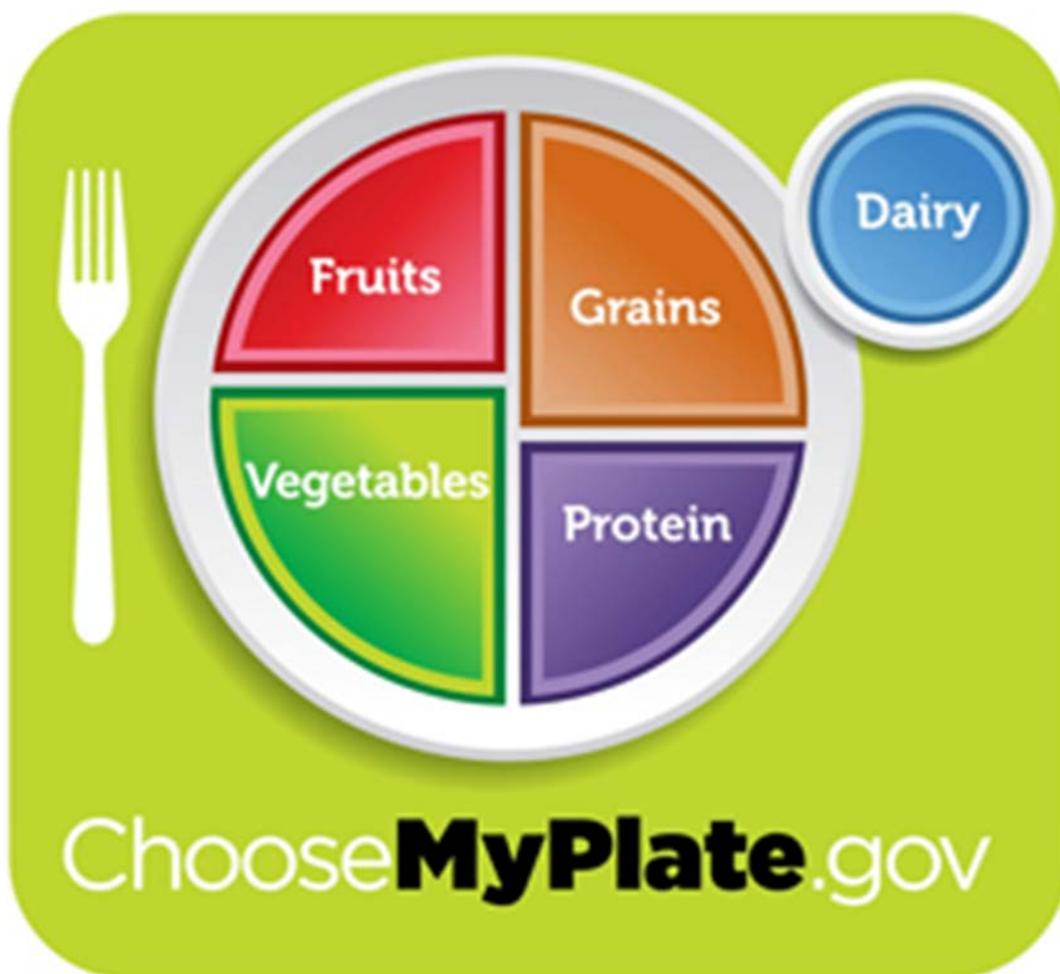




IDAHO DEPARTMENT OF HEALTH & WELFARE  
DIVISION OF PUBLIC HEALTH

# Idaho WIC Training **Basic Nutrition Course**

## **Trainer**



## Module 1: Intro to Nutrition

**NOTE:** This course requires a pre and post-test assessment.

### Lessons:

- Nutrition Basics
- Carbohydrates, Fats, and Proteins



### Activity 1

The learner will be asked to identify food sources of saturated, polyunsaturated, monounsaturated, and trans-fat (*Refer to Module 1, Slides 29, 30, 31, and 32*).

Food Source	Type of Fat(s)
<i>Ex. Olives</i>	<i>Ex. mono</i>
Whole Milk and Cheese	sat
Stick Margarine	trans
Fried foods such as French fries	trans
Canola oil	mono (contains omega-3's)
Nuts	mono
Beef and Pork (certain cuts)	sat
Fatty Seafood (ie: salmon and tuna)	poly (contains omega-3's)
Avocado	mono
Butter and cream	sat
Peanut Butter (non-hydrogenated type)	mono
Baked goods such as cookies and crackers	trans
Soybeans	poly (contains omega-3's)

1. When talking to a WIC participant, what are some suggestions for starting a conversation about dietary fat intake?

Possible responses:

- What have you heard about consuming dietary fat?
- If dietary fat is mentioned, what information or questions come to mind?
- What are your thoughts about fat intake for you or your child?
- Can you tell me a little bit about mealtime at your home? What foods do you typically eat? Probing question: What about meats and sides? What about snacks?
- Some moms have told me they were able to make small changes in food choices that made a big difference in their family's health. They said they were surprised at how easy it was to cut fat in some places. May I share those tips with you? What do you think?

**2. What can a WIC participant do to keep fat in the diet at an acceptable level (Module 1, Slide 33)?**

Possible responses:

- Use lean meats (removing visible fat) and skim or low-fat dairy products.
- Use liquid, unsaturated vegetable oils, like olive oil or canola oil for cooking instead of lard, shortening, butter or margarine.
- Read nutrition labels on food packages to check for kinds and amounts of fat. Look for 'low-fat' or 'lean' on labels.
- Enjoy fish or beans as a main dish.
- Watch portion sizes. Consume high fat foods in moderation.
- Bake, broil, steam, and grill, rather than frying.
- Eat plenty of fruits, vegetables, and whole grains, the foods naturally low in total fat.
- Limit egg yolks
- Add flavor using herbs and spices instead of fat.



**Activity 2**

The learner will be asked to create a sample Breakfast and Lunch meal for a 3-4 year old. Both meals shall be well-balanced and include at least one high fiber, carbohydrate containing food, and at least one protein containing food (Refer to Module 1, Slides 24, 25, 26, 27, and 39).

<b>Ex. Lunch</b>	<b>Turkey/Cheese Quesadilla:</b> 1 slice turkey breast, 1 slice cheese, 2 small whole wheat tortillas (6" diameter), 1/4 cup chopped tomatoes. <b>Carrots Sticks with Dip:</b> 1/2 cup carrot sticks and Tbsp. low fat ranch dip. <b>Drink:</b> 1 cup of low-fat milk or ½ cup juice.
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**Once the learner has finished creating the sample meals, here are possible questions to assist in assessing their competency of the activity.**

- How did you go about creating your meals?
- What made you choose those particular foods for the breakfast meal? The lunch meal?
- What are your fiber choices in each meal? What are your protein choices in each meal?

**1. What does "well-balanced" mean to you?**

Possible response: A well-balanced diet means getting the right types and amounts of foods and drinks to supply nutrition and energy for maintaining body cells, tissues, and organs, and for supporting normal growth and development.

**2. Why is it important to include fiber in the diet regularly? (Refer to Module 1, Slide 24 and 26)**

- Insoluble fiber reduces constipation, hemorrhoids, diverticulosis, and may help prevent diseases, such as colorectal cancer.
- Soluble fiber helps lower blood cholesterol and glucose levels. A high fiber diet increases a person's feeling of fullness, resulting in less food eaten and chances of obesity.

**3. Why is it important to include protein in the diet regularly? (Refer to Module 1, Slide 38)**

Protein builds and maintains body tissue, is a part of enzymes and hormones, repairs cells, helps transport nutrients and oxygen through the body, and provides energy when there are not enough carbohydrates and fat available.

**Lessons:**

- **Vitamins**
- **Minerals**
- **Water**



**Activity 3**

The learner will be asked to identify whether each food contains Vitamin C, Vitamin A, Folic Acid, or none of the three after analyzing the eating pattern for a pregnant WIC participant. Some food items have *more than one* or *no* answers (Refer to Module 1, Slides 49, 50, 52, and 53).

Meal	Foods Eaten	Vitamin C	Vitamin A	Folic Acid
7:30am	Oatmeal prepared with skim milk		x (milk)	x (oatmeal)
	1 Egg		x	
	Orange slices	x		x
10:00am	1 slice Whole Wheat bread			x
	1 Tbsp. Peanut butter			x
	½ c. Mango	x	x	
	Water			
12:00pm	Turkey sandwich made with: Whole wheat bread			x
	Turkey			
	Cheddar cheese			
	Spinach leaves		x	x
	1 c. Yogurt			
	1 c. Strawberries	x		
	Water			
3:30pm	Handful of Almonds			x
	1 c. Skim Milk		x	
6:30pm	2 Corn Tortillas			x
	Pinto Beans			x
	Shredded Chicken			
	Sautéed Green and Red Peppers	x	x	
	Brown Rice			x
	Water			

**1. What are the benefits of including Vitamin A in your diet? (Refer to Module 1, Slide 49)**

Helps the body resist infection and keeps the eyes, skin, and internal organs healthy.

**2. What are the benefits of including Vitamin C in your diet? (Refer to Module 1, Slide 50)**

Helps the body resist infection, increase iron absorption, helps heal wounds, gives structure to blood vessels, and helps mend broken bones.

**3. What are the benefits of including Folic Acid in your diet? (Refer to Module 1, Slide 52)**

Helps your body make new cells, helps form hemoglobin, protects against heart disease, and reduces the risk of neural tube birth defects.



**Activity 4**

The learner will be asked to list at least three foods rich in each nutrient in the table below. They should try to avoid listing foods already reviewed in Activity 3 (Refer to Module 1, Slides 39, 49, 50, 68, and 72).

<b>Protein</b>	<b>Calcium</b>	<b>Iron</b>	<b>Vitamin A</b>	<b>Vitamin C</b>
<i>Poultry, seafood, meats Milk products Soy milk Eggs Tofu Dried beans/peas Nuts &amp; Seeds</i>	<i>Calcium-fortified foods (ie: orange juice, soy milk, bread) Milk products (milk, cheese, yogurt) Corn tortillas (made with Calcium) Salmon and small fish eaten with bones Tofu (processed using calcium) Leafy green vegetables (spinach, collard greens) Broccoli Dried beans/peas</i>	<i>Poultry, seafood, meats Dried beans/peas Peanut butter Dried fruit Leafy Green vegetables (spinach, swiss chard, turnip greens) Iron-fortified bread, cereal, rice, pasta Peas</i>	<i>Orange-red vegetables (carrots, yams, peppers, sweet potatoes) Dark green vegetables (spinach, collards, kale, broccoli) Orange fruits (mango, papaya, apricot, cantaloupe) Butter Milk Cheese Egg yolk</i>	<i>Citrus fruits (orange, grapefruit, lemon) Citrus juices Broccoli Strawberries Kiwi Cantaloupe Guava Mango Papaya Cabbage Snow peas Peppers</i>



**Activity 5**

The learner will be asked to review the *Mock Scenario* and answer the following questions. Please refer to the *Mock Scenario* provided in the Learner Guidebook.

**1. What iron containing foods does this child eat? (Refer to Module 1, Slides 72 and 73).**

- Iron fortified WIC cold cereal
- Green peas

**2. What factors put this child at risk for iron deficiency? (Refer to Module 1, Slide 74 and 75).**

**Possible responses:**

- Low intake of heme-iron containing foods (ie: meat, poultry, fish, and seafood).
- Consumption of more than 24 ounces of cow's milk daily (iron binds with calcium).
- Frequent consumption of iron-poor foods, such as chips, cookies, sweetened beverages, and candies, which replace iron-rich foods in the diet.
- Low intake of foods rich in Vitamin C.
- Child is a picky eater, which may lead to restricted eating and therefore a low iron intake.
- Child is possibly experiencing rapid growth.

**3. What are two possible topics you could discuss with the child's authorized representative for increasing iron intake? (Refer to Module 1, Slides 72, 73, 74, and 75).**

**Possible responses:**

- Discuss adding iron-rich foods to the child's diet, such as iron fortified cereals and grains, beans, lentils, and dried fruit (ie: raisins, figs, apricots).
- Teach the authorized rep the importance of combining an iron-rich food with a Vitamin C containing food.
- Discuss the recommended daily portions for dairy intake for a 3 year old.
- Discuss foods high in Vitamin C. Based off the child's food preferences, offer foods rich in Vitamin C more frequently.
- Discuss possibilities for including meat, poultry, fish, and seafood in the child's diet.

**4. What is the relationship between calcium intake and iron absorption? (Refer to Module 1, Slide 75).**

**Possible responses:**

- Calcium interferes with iron absorption when the two minerals are consumed together.
- Toddlers who consume more than 24 ounces of cow's milk daily may have irritation to the stomach lining, causing blood loss.

## Module 2: Guidelines & Standards

**NOTE:** Access to the website [www.choosemyplate.gov](http://www.choosemyplate.gov) is required in order to complete activity #6.



### Activity 6

#### ChooseMyPlate.gov Scavenger Hunt

The learner will be asked to navigate to the website [www.choosemyplate.gov](http://www.choosemyplate.gov) to find the answers below and encouraged to bookmark the website on their computer to share with participants later or use as a resource.

**1. Name three tips for eating healthy on a budget.**

Possible responses:

Stick to your list	Purchase items on sale
Use coupons	Buy in bulk when items are on sale
Buy store brands	Buy foods in-season
Plant your own food	Buy frozen or canned food so it lasts longer
Cook from scratch rather than purchase convenient versions of the same food (ie: oatmeal, beans, rice, pasta)	

**2. Name three tips for helping picky eaters try new foods (preschoolers section).**

Possible responses:

- Offer new foods many times
- Offer small portions of new foods
- Parents should be a good role model by trying new foods themselves
- Offer only one new food at a time
- Serve a favorite food alongside a new food
- Offer new foods first, at the beginning of a meal, when your child is the hungriest
- Serve food plain if that is important to the child

**3. What foods are examples of whole grains?**

Possible responses:

100% whole wheat breads, tortillas, English muffins	Oatmeal
100% whole wheat crackers	Brown rice
Shredded wheat cereal	Whole grain pasta
Whole wheat bulgar	

**4. What are three tips for parents to cut back on their child's sweet treats?**

Possible responses:

Serve small portions of sweets	Make nutrition foods fun
Drink non-sugar beverages	Encourage kids to invent new snacks
Choose not to offer sweets as rewards	Make fruit the everyday dessert
Use the check-out lane that does not display candy	Offer low-sugar cereals

5. What is the recommended intake for vegetables for a preschooler?

1 cup

## Module 3: Special Considerations



### Activity 7

The learner will be asked to review the *Mock Scenario* and answer the following questions. Please refer to the *Mock Scenario* provided in the Learner Guidebook.

1. After offering various education topics, you discover the participant is interested in energy balance and calories. What can you tell the participant about these topics? (**Refer to Module 3, Slide 11**).

Possible responses:

- Perfect energy balance occurs when the calories eaten equal the calories used, and body weight remains steady.
  - Positive energy balance occurs when the calories eaten are greater than the calories used, which causes weight gain.
  - Negative energy balance occurs when the calories eaten are less than the calories used which results in weight loss.
2. . **What is the participant's current BMI weight status? (Refer to Module 3, Slide 7).**  
Overweight
  3. **If the WIC participant asks for suggestions to promote weight loss, what are some possible responses? (Refer to Module 3, Slides 9 and 12).**

Possible responses:

- Increase water intake
- Increase vegetable intake
- Educate about sweetened beverages (ie: juice, soda, and kool-aid)
- Decrease fast food intake
- Replace sweets with alternative, healthier choices

## Basic Nutrition Post Test

1. The six classes of nutrients are \_\_\_\_\_. [1 pt.]
  - a. carbohydrates, proteins, fats, starches, fiber, and omega-3
  - b. starches, milks, fruits, proteins, non-starchy vegetables, and fats
  - c. starches, sugars, proteins, fats, vitamins, and minerals
  - d. **carbohydrates, proteins, fats, vitamins, minerals, and water**
2. Which has the most calories? [1 pt.]
  - a. 1 gram protein
  - b. **1 gram fat**
  - c. 1 gram carbohydrate
  - d. B and C only
  - e. They all have the same amount of calories.
3. How many calories per gram do carbohydrates have? [1 pt.]
  - a. 1 calorie per gram
  - b. **4 calories per gram**
  - c. 9 calories per gram
  - d. 7 calories per gram
4. Select the nutrient(s) that do NOT provide calories. (Select all that apply.) [1 pt.]
  - a. Carbohydrate
  - b. Protein
  - c. Fat
  - d. **Vitamins**
  - e. **Minerals**
  - f. **Water**
5. Which of the following foods are significant sources of carbohydrate? [1 pt.]  
(Select all that apply.)
  - a. Steak
  - b. Cheese
  - c. **Milk**
  - d. **Bread**
6. Which of the following are significant sources of protein? [1 pt.]  
(Select all that apply.)
  - a. Grapes
  - b. **Almonds**
  - c. **Fish**
  - d. Crackers
7. Which of the following is the best source of iron? [1 pt.]
  - a. **Roast Beef**
  - b. Broccoli
  - c. Chicken
  - d. Milk

8. If a client is concerned about high blood pressure, the first thing you would want to talk to her about is her intake of \_\_\_\_\_. [1 pt.]
- saturated fat
  - protein
  - sodium**
  - total fat

**Use the food label to answer questions 9-13:**

9. What is the serving size of this food? [1 pt.]
- 4 oz.**
  - 16 oz.
  - 8 oz.
  - 130 g
10. How many calories are in this entire package? [2 pts.]
- 520
  - 1120**
  - 1300
  - 280
11. How many grams of fat are in ONE serving of this food? [2 pts.]
- 3.5
  - 56
  - 120
  - 14**
12. How many grams of protein are in TWO servings of this food? [2 pts.]
- 4
  - 24
  - 48**
  - 96
13. How much fiber is in this entire package of food? [2 pts.]
- 13g
  - 1g
  - 4g**
  - 12g

<b>Nutrition Facts</b>	
Serving Size 4 oz. (113g)	
Servings Per Container 4	
<b>Amount Per Serving</b>	
<b>Calories 280</b>	Calories from Fat 130
<hr/>	
	% Daily Value*
<b>Total Fat 14g</b>	<b>22%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 2.5g	
<b>Cholesterol 120mg</b>	<b>40%</b>
<b>Sodium 640mg</b>	<b>27%</b>
<b>Total Carbohydrate 13g</b>	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 0g	
<b>Protein 24g</b>	
<hr/>	
Vitamin A 2%	• Vitamin C 2%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

14. Which BMI would be considered “ideal” or “healthy?” [1 pt.]
- 27.5
  - 17.9
  - 23.1**
  - 36.2

15. The WIC participant you are working with would like some help making her meals healthier. You complete this food recall with her to get an idea of what typical meals are for her.

**Breakfast:** Toast, milk

**Lunch:** Sandwich with turkey and cheese, chips, banana, water

**Dinner:** Hamburger on a bun with ketchup and mustard, canned mandarin oranges, milk

Which food(s) would be the MOST appropriate for her to add to her daily meal plan? [2 pts.]

- a. A serving of low-fat yogurt
- b. Carrot and celery sticks
- c. A small apple
- d. A serving of tuna

16. Choose the foods that would be appropriate for a lacto-vegetarian. (Select all that apply.) [3 pts.]

- a. Garden salad with ranch dressing
- b. Lentil stew with turkey sausage
- c. Veggie omelet
- d. Granola cereal with 2% milk
- e. Cheese pizza
- f. Boneless, skinless chicken breast

17. Salmon is a great source of: [1 pt.]

- a. trans fat.
- b. omega-3 fatty acid.
- c. whole grain.
- d. vitamin C.

18. Dried beans are a good source of all of the following EXCEPT: [1 pt.]

- a. Fiber
- b. Protein
- c. Carbohydrates
- d. Vitamin K

19. A participant comes in to your clinic. She is concerned that her son may have a milk allergy. When he drinks too much milk, he gets a "tummy ache" and has gas. Do you think this is more likely a milk allergy or lactose intolerance? [1 pt.]

- a. Milk allergy
- b. Lactose intolerance

20. The fat in salmon, walnuts, and canola oil: (Select all that apply.) [2 pts.]

- a. is mainly unsaturated fat.
- b. can raise cholesterol and should be limited in the diet.
- c. has less calories than the fat in butter, cheese, and lard.
- d. can help reduce the risk of cardiovascular disease.

21. Digestion begins in the: 1

- a. stomach.
- b. small intestine.
- c. mouth.
- d. pancreas.

22. \_\_\_\_\_ are at high risk for iron-deficiency anemia. [1 pt.]

- a. Women
- b. Infants
- c. Children
- d. All of the above

23. All of the following statements about dietary fiber are true EXCEPT: [2 pts.]

- a. It can help reduce constipation.
- b. It is absorbed in the small intestine.
- c. It provides no energy to the body.
- d. Enriched flour is not a good source of fiber.
- e. It absorbs water as it moves through the gut.
- f. Fruits and vegetables are good sources of fiber.

24. Carbohydrates: [1 pt.]

- a. are mainly found in foods like meat and eggs.
- b. are the body's main energy source.
- c. are unhealthy, and should be eaten in very limited amounts.
- d. build and repair muscle tissue.

25. If a client is taking in an average of 2500 calories per day and burning 2200 calories, you would expect her weight to: [1 pt.]

- a. increase.
- b. decrease.
- c. stay the same.

26. Trans fats: (Select all that apply.) [2 pts.]

- a. are found mainly in foods like hamburger, bacon, and butter.
- b. can help lower your cholesterol.
- c. help with brain function.
- d. are found in processed foods.
- e. should be eaten in very limited amounts.

27. Which is a fat-soluble vitamin? [1 pt.]

- a. Vitamin C
- b. Folic acid
- c. Vitamin D
- d. Vitamin B6

28. The main function of iron is: [1 pt.]
- to carry oxygen in the blood.
  - to break protein down into amino acids.
  - to carry nutrients to cells.
  - to help repair connective tissue.
29. \_\_\_ can build up and clog arteries, while \_\_\_ can help lower cholesterol levels in the blood and reduce the risk of heart disease. [2 pts.]
- HDL, HDL
  - HDL, LDL
  - LDL, LDL
  - LDL, HDL
30. A client tells you that she heard that eating “good” fats can help decrease her risk of heart disease. She wants to know what foods she should eat to increase her intake of these “good” fats. Which foods would you suggest to her? (Select all that apply.) [2 pts.]
- Lean ground beef
  - Canned salmon
  - Avocado
  - Low-fat cheese
  - Olive oil
31. You are talking to a mom with a four-year-old daughter, Sarah. The mom describes a typical day of meals for her daughter:
- Breakfast:** One egg, whole wheat toast with fruit jam, orange juice, skim milk  
**Snack:** Grape juice, whole wheat crackers  
**Lunch:** Peanut butter sandwich on whole wheat bread, carrot and celery sticks, pretzels, apple juice  
**Snack:** Pudding made with skim milk  
**Dinner:** Tacos with beef and cheese, pinto beans, brown rice, steamed vegetables, water
32. What is the best recommendation you can give to this mom for feeding Sarah? [3 pts.]
- Add some kind of vegetable at breakfast.
  - Replace some of the juice with whole fruit.
  - Try replacing the pudding with a high fiber snack.
  - Give milk at dinner instead of water.
33. You are working with a mom with a two-year-old son, Joey. The mom tells you that she is concerned because Joey is a very picky eater. She tells you that he will not eat any meat or fish, but he eats eggs every day. After asking probing questions, you find that Joey eats bananas, strawberries, carrots, broccoli, peanut butter, oatmeal, and milk. At this point, you are most concerned that Joey: [3 pts.]
- may not be getting enough protein.
  - could have heart disease and high cholesterol from eating so many eggs.
  - may not be getting enough iron.
  - could have constipation from low fiber intake.
  - may not be getting enough vitamin C.

34. You are counseling a working mom of four who tells you that she only buys “convenience” foods like boxed meals, canned vegetables, and frozen dinners. She tells you that she wants her family to have a healthier diet, but she doesn’t know where to start. What should you talk about first? (Select the best answer.) [3 pts.]
- a. Suggest that she plan ahead and write out a menu for the week.
  - b. Encourage her to find creative recipes and try new things.
  - c. Tell her that it is very important to take the time to prepare every meal with fresh ingredients.
  - d. Advise her to make a list before she goes to the store because it will help her to save money.
35. You are talking to a young, breastfeeding mother, and you suspect that she has an eating disorder. What should you do? [2 pts.]
- a. Tell her that she has to eat, and she should not be restricting her intake.
  - b. Refer her to a nutritionist or physician.
  - c. Explain the dangers of anorexia nervosa.
  - d. Ask her if she thinks she is overweight.
36. You are speaking with the Smith family. Dad is concerned that he will lose his job soon and mom stays at home with their five children. Four of their children are WIC participants, but the family is not eligible for SNAP benefits (food stamps). You notice that they are all very overweight. Most likely, this family’s biggest concern today is: [3 pts.]
- a. reducing the amount they eat for good weight control.
  - b. finding ways to save time when grocery shopping.
  - c. making sure they are buying the healthiest food possible.
  - d. saving money and getting the most for their food dollars.