

CNEP Produces Nationally Recognized Learning Packages

The need for nutrition education assistants' in-service education has resulted in the development of three learning packages. Each includes a facilitator's guide and videotape produced by Community Nutrition Education Programs (CNEP) of the Oklahoma Cooperative Extension Service. The learning packages have been well received by the nutrition education community in Oklahoma and across the nation, confirming CNEP is helping NEAs improve their skills as nutrition educators. Nutrition Education which has garnered a "thumbs up" review by the Journal of Nutrition Education.

The 24-Hour Food Recall:

An Essential Tool in Nutrition Education (2nd Edition)

A remake of our most popular training package, The 24-Hour Food Recall: An Essential Tool in Nutrition Education keeps pace with emerging research and the changing needs of community nutrition education.

The training package utilizes the USDA 5-Step Multiple Pass Method and provides guidance on conducting recalls with groups, setting goals, and other skills to ensure an accurate dietary recall.

Developed with the training needs of nutrition educators in mind, the hands on activities and discussion topics are effective with all adult learners. This is an excellent training resource for all facilities and professionals that rely on accurate dietary recalls to meet their objectives.

"...highly recommended as a resource for all facilities and professionals that rely on accurate dietary recalls to meet their objectives."



Visit www.fcs.okstate.edu/cnep/tools
to download an order form, preview video clips,
or read the curriculum review.

The Learning Journey



Perhaps the largest audience an NEA faces today is the adult learner. Strengthening the learner-educator relationship and developing mutual respect brings a wealth of experience to the learning environment. *The Learning Journey* reinforces the importance of building these relationships and translating knowledge learned into positive behavior changes.

Tailoring Nutritional Education to Older Adults

There are more older adults now than at any other time in history. Today, one out of every eight Americans is 65 years or older. NEAs who understand the aging process and challenges faced by older adults can adapt a teaching style to improve the amount of learning and behavior changes achieved by the older enrolled families.

"...a useful resource, with reliable, interestingly presented information that nutrition education assistants can put to use..."

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24-Hour Food Recall (Second Edition DVD, 2010)		\$40	
Tailoring Nutritional Education to Older Adults (VHS only, 1999)		\$35	
The Learning Journey (VHS only, 2003)		\$35	
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