Curriculum Overview: Eating Smart Being Active (ESBA)

Core Components

Objectives

ESBA is an evidence-based nutrition education and obesity prevention curriculum. Eight lessons engage participants in learning about healthy lifestyle choices. ESBA is designed to teach the main messages of the current research-based dietary and physical activity recommendations from the 2015 USDA Dietary Guidelines for Americans. Lesson goals (objectives) and key messages can be found in each lesson plan booklet.

Theoretical framework

Components of two different learning theories have been incorporated into ESBA: Adult Learning Theory and the Social Cognitive Theory. ESBA incorporates dialogue-based learning (often called learner-centered education) teaching methods from the book, From Telling to Teaching: A Dialogue Approach to Adult Learning by Joye Norris. Each lesson is based on the framework: anchor, add, apply, and away. This format helps to engage the participant and build confidence through discussion and practicing new skills in class. Topics covered center around healthy lifestyle choices, including physical activity, food preparation, shopping tips to save money, healthy choices at the grocery store, food safety, feeding children, and reducing fat, added sugars, and sodium.

Setting & target audience

Low income adults with young children, including pregnant and/or parenting teens, in small group settings (designed for 12 or fewer individuals). Emphasis is placed on creating a non-threatening learning environment for participants (see pages 17-18 in the introduction booklet). ESBA can be used for larger groups; however, smaller groups are encouraged for greater participant involvement and enhanced learning.

Number and duration of lessons

Eat Smart, Be Active: 8 core lessons, 60 to 90 minutes each
Eat Smart, Be Active Plus 3: Maternal and Infant Nutrition Lessons: 11 core lessons, 60-90 minutes each

Recommended pacing

Suggested time frames for each part of the lesson are outlined in each lesson plan. Frequency of lesson delivery is not specified. Best practice is to teach lessons one week apart.
**Instructional order & strategies**

Lessons should be taught in order; each lesson builds on the previous one. Lessons may not stand alone.

Each lesson plan booklet is organized into 3 sections: 1) Getting Ready; 2) Teaching the Lesson; 3) For Your Information. More detailed information may be found on pages 10-14 in the introduction booklet and in each lesson plan booklet.

- **Getting Ready**: Includes lesson goals, key messages, and practical tips to help you prepare for the lesson.
- **Teaching the Lesson**: Outlines the actual lesson and gives specific instructions for teaching.
- **For Your Information**: Contains detailed reference information to help educators better understand the information included in the lessons. This information is not meant to be read or given to participants.

**Lesson Sequence-8 Lessons**

<table>
<thead>
<tr>
<th>Lesson</th>
<th>Title</th>
<th>Reinforcement</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Get Moving!</td>
<td>Water Bottle</td>
<td>60-90 minutes</td>
</tr>
<tr>
<td>2</td>
<td>Plan, Shop, $ave</td>
<td>Grocery Shopping List</td>
<td>60-90 minutes</td>
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<tr>
<td>3</td>
<td>Fruits &amp; Veggies: Half Your Plate</td>
<td>Produce Brush</td>
<td>60-90 minutes</td>
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<tr>
<td>4</td>
<td>Make Half Your Grains Whole</td>
<td>Measuring Cup Set</td>
<td>60-90 minutes</td>
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<tr>
<td>5</td>
<td>Build Strong Bones</td>
<td>Stretch Band and PA Book</td>
<td>60-90 minutes</td>
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<tr>
<td>6</td>
<td>Go Lean with Protein!</td>
<td>Food Thermometer</td>
<td>60-90 minutes</td>
</tr>
<tr>
<td>7</td>
<td>Make a Change</td>
<td>Measuring Spoon Set</td>
<td>60-90 minutes</td>
</tr>
<tr>
<td>8</td>
<td>Celebrate! Eat Smart and Be Active.</td>
<td>Recipe Book</td>
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**Lesson Sequence-8 Lessons Plus 3: Maternal and Infant Nutrition Lessons**

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<td>Eat Smart and Be Active During Pregnancy</td>
<td>Magnet</td>
<td>60-90 minutes</td>
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<tr>
<td>10</td>
<td>Feeding Your New Baby</td>
<td>*</td>
<td>60-90 minutes</td>
</tr>
<tr>
<td>11</td>
<td>Feeding Your Baby Solid Food</td>
<td>Sippy Cup</td>
<td>60-90 minutes</td>
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*if magnet is not given in lesson 9 participants receive one in lesson 10. If given in lesson 9 there is no incentive given for lesson 10.
Core Activities
All lesson components are required.
Brand names: Two ESBA activities in Lesson 2 involve using brand name food labels. Although SNAP-Ed usually covers brand names on food packages, you are not required to do so when using this curriculum. The activities are an integral part of the evidence-base and may be taught as directed.

Reading Labels Activity: Participants find information on “Nutrition Facts” labels, using brand name food labels from a variety of food and beverages. The labels are included in the lesson activity kit.

Unit Pricing Activity: Participants compare the cost of store and national brand products using unit prices. Purchase of a store brand and national brand of the same food (e.g., canned peaches) is allowable and is part of the food tasting component of the activity.

Remember that SNAP-Ed does not promote one brand over another. Refer to the product by what it is, rather than its brand name (e.g., “canned peaches” or “whole grain cereal”).

Optional Activities
“Additional activities” included in each lesson are optional to use if you have time.

Materials
The Eating Smart – Being Active Educator Guide notebook includes a Welcome to Eating Smart – Being Active introduction booklet and lesson plan booklets for each lesson. Each lesson includes handouts, worksheets, visual posters, recipe sheets, activity bins and enhancement (reinforcement) items. Instructions for creating activity bins for each lesson are available on the Eating Smart*Being Active CD that accompanies the Educator Guide. Materials needed for each lesson are listed at the start of each lesson.

An ESBA Physical Activity DVD & Companion Guidebook is also available. The DVD and guidebook are intended to help educators understand how physical activities in each lesson should be performed and demonstrated properly.

Additional materials:
Graduate certificates and participant folders can be purchased at:
http://extension.colostate.edu/topic-areas/nutrition-food-safety-health/eating-smart-%E2%80%A2-being-active/

Training
✓ Review Curriculum Overview
✓ Review teacher’s guide and materials
✓ Practice or talk through at least one lesson with another educator, your supervisor, or your Unit
✓ Observe another educator teach an Eating Smart*Being Active lesson (if possible)

Recipes
A food activity – food preparation, food demonstration, or food tasting – is included in each lesson. See pages 21-24 in the introduction booklet to help you decide which option is best for your lesson series. Recipes are
included for each lesson. Educators are encouraged to use recipes that are provided in the curriculum. Recipes should always support core content of lessons.

Other recommended recipes resources can be found at:
- https://snaped.fns.usda.gov/basic-nutrition-everyone/healthy-low-cost-recipes
- http://growhappykids.org/
- http://www.foodhero.org/
- https://spendsmart.extension.iastate.edu/recipes/

**Fidelity is...**

The extent to which a curriculum or program is delivered in accordance with the intended (and tested) design. This means:

- Using program materials
- Adhering to recommended pacing
- Keeping the program’s instructional order
- Utilizing the program ‘routines’
- All teachers using the same materials to equalize student learning opportunities and meet instructional objectives

**Making adjustments while delivering with fidelity**

You can make some adjustments to the curriculum without impacting fidelity. Examples include:

- Supplement core lessons with appropriate additional activities.¹
- Provide participants with coaching, ongoing support, and individual instruction when needed
- Adjust group size
- Increase opportunity for participants to engage and ask questions, and provide answers

**Evaluation**

Check with your supervisor for required evaluation tool and current evaluation protocol.

**Link to Curriculum:**
http://www.ext.colostate.edu/esba/

¹ Many curricula have several options for activities. Choose from these options first. If you plan to use additional activities, outside of the written curricula, please review with your supervisor to ensure they meet Snap-Ed guidance.