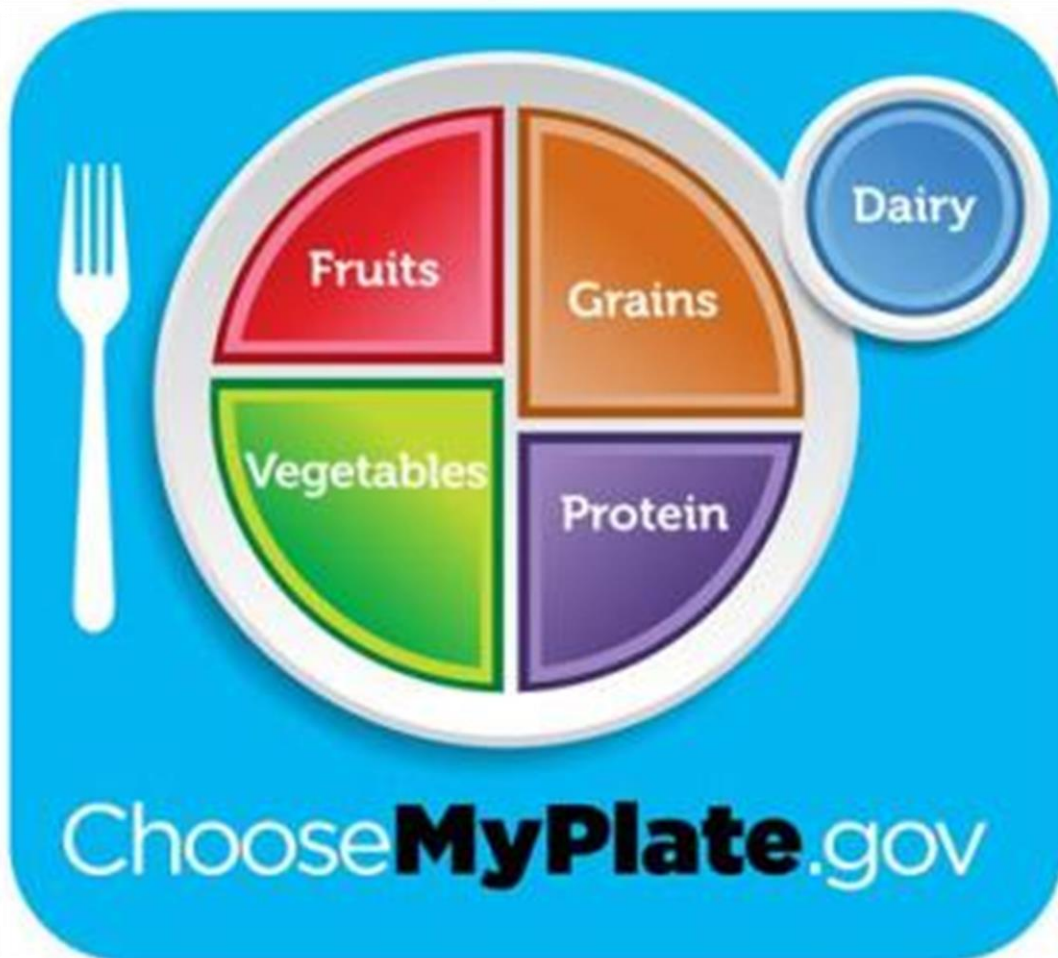




IDAHO DEPARTMENT OF HEALTH & WELFARE  
DIVISION OF PUBLIC HEALTH

# Idaho WIC Training **Basic Nutrition**



## What Will You Learn?

Understanding basic nutrition is a powerful way to make a difference in your WIC participants' lives. You will be able to help WIC participants make choices to help them achieve their goals for better health.

## Instruction Level

Prerequisite for taking the Basic Nutrition course: None

## Items Needed for this Course

- Access to Idaho TRAIN LMS, this course content is all online.
- Access to the website [www.choosemyplate.gov](http://www.choosemyplate.gov) (required to complete activity #6)
- If the link for the BMI Calculator in the Basic Nutrition Online Course (Module 3) is not working, then access the ChooseMyPlate.gov [BMI Calculator | Choose MyPlate](#).

## Recommended Time

- Approximate time it takes to complete the Basic Nutrition LMS course: 2-3 hours
- Approximate time it takes to complete the face-to-face activities and discussion: 2-3 hours

## Basic Nutrition Pre-Test Completion

Begin the LMS Basic Nutrition Course.

- Log onto <https://id.train.org/DesktopShell.aspx>
- Open the Basic Nutrition Online Course.
- Complete the Basic Nutrition Pre-Test (required before beginning this course, also known as the Assessment or Pre-Assessment).
- Share the results of your Pre-test with your trainer.**

## Module 1: Introduction to Nutrition

**Lessons:**

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- **Nutrition Basics**
- **Carbohydrates, Fats, and Proteins**

Return to the LMS Basic Nutrition Course. Please complete the steps in the following order:

- If necessary, log back onto <https://id.train.org/DesktopShell.aspx>
- Optional:* Open the Basic Nutrition Course Companion Manual to reference throughout the course. Locate the Course Companion Manual by clicking on the “Resources” button within the LMS course (located on the bottom, middle of the screen).
- Complete the following **two** lessons in Module 1: Nutrition Basics & Carbohydrates, Fats, and Proteins
- Complete Basic Nutrition Activities 1 and 2, either individually, with other learner(s), or with your trainer.
- Meet with your trainer to discuss the Nutrition Basics & Carbohydrates, Fats, and Proteins lessons.**



**Complete Activities 1 & 2 in your Activities Packet**

**Lessons:**

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

Return to the LMS Basic Nutrition Course. Please complete the steps in the following order:

- If necessary, log back onto <https://id.train.org/DesktopShell.aspx>
- Complete the following **three** lessons in Module 1: Vitamins, Minerals, and Water
- Complete Basic Nutrition Activities 3, 4, and 5, either individually, with other learner(s), or with your trainer.
- Meet with your trainer to discuss the Vitamins, Minerals, and Water lessons.**



**Complete Activities 3, 4 & 5 in your Activities Packet**

## Module 2: Guidelines & Standards

Return to the LMS Basic Nutrition Course. Please complete the steps in the following order:

- If necessary, log back onto <https://id.train.org/DesktopShell.aspx>
- Complete Module 2: Nutrition Guidelines and Standards
- Complete Basic Nutrition Activity 6, either individually, with other learner(s), or with your trainer.
- Meet with your trainer to discuss the Nutrition Guidelines and Standards module.**

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



**Complete Activity 6 in your Activities Packet**

## Module 3: Special Considerations

Return to the LMS Basic Nutrition Course. Please complete the steps in the following order:

- If necessary, log back onto <https://id.train.org/DesktopShell.aspx>
- Complete Module 3: Special Considerations
- Complete Basic Nutrition Activity 7, either individually, with other learner(s), or with your trainer.
- Meet with your trainer to discuss the Special Considerations module.**



**Complete Activity 7 in your Activities Packet**

## Basic Nutrition Post-Test Completion

Return to the LMS Basic Nutrition Course. Please complete the steps in the following order:

- If necessary, log back onto <https://id.train.org/DesktopShell.aspx>
- Complete the Basic Nutrition Post-Test (also known as the Assessment or Post-Assessment).
- Share the results of your Post-test with your trainer.**