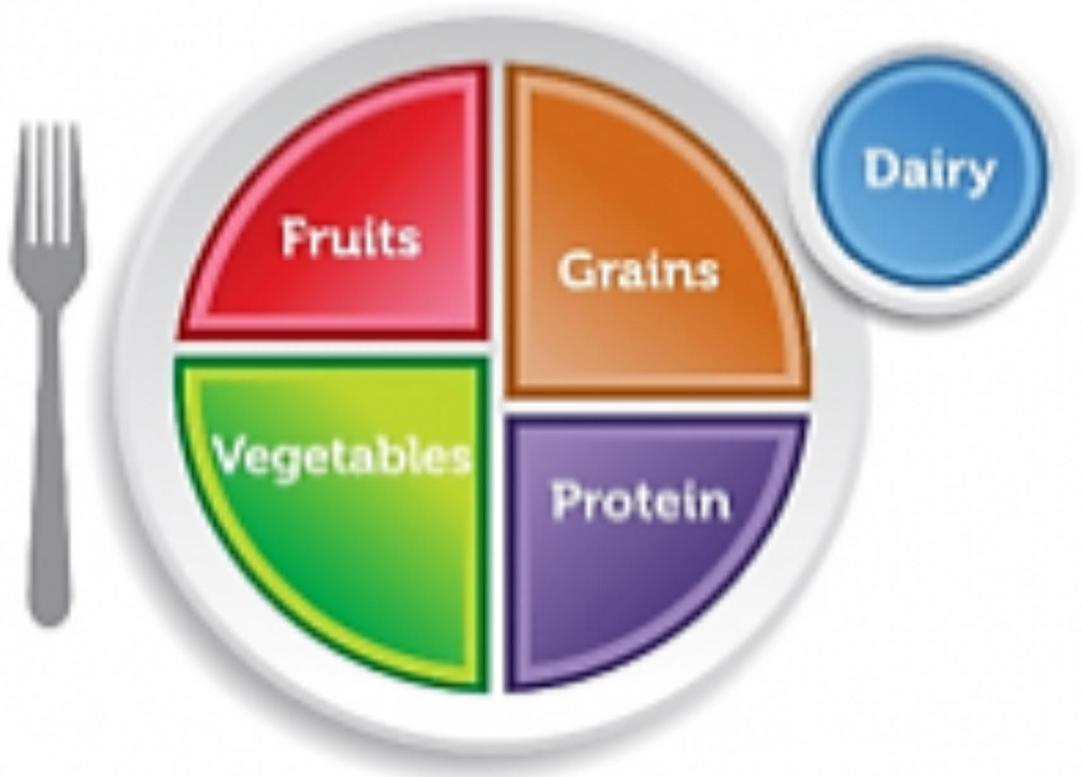




Idaho WIC Training

Basic Nutrition



IDAHO DEPARTMENT OF
HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH

WIC is an equal opportunity provider.

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

The Idaho WIC website wic.dhw.idaho.gov houses all the online materials for staff under the Staff training page.

- Definitions and acronyms (located under the policy manual area)
- State of Minnesota WIC Basic Nutrition modules:
<https://www.health.state.mn.us/people/wic/index.html>
 - a. Nutrition Basics
 - b. Micronutrients and Water
 - c. Energy Balance and Metabolism
 - d. Nutrition Related Diseases
 - e. Putting it into Practice
- Access to the website www.choosemyplate.gov (required to complete activity #6)
- Please access the National Heart, Lung, and Blood Institute and use the [BMI Calculator](#)

Recommended Time

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

Module 1: Introduction to Basic Nutrition

Go to <https://www.health.state.mn.us/people/wic/index.html>

1. Under Information for click Local Agencies
2. Then click Training Resources for Local Agencies



3. Then click [Nutrition Training Resources](#)
4. Then click [Nutrition Modules](#)

Nutrition Training Resources

MN W

Training Resources for Local Agencies



MN WIC Program

[Continuing Education Assessment, Planning and Documentation](#)

[Nutrition Continuing Education Resources](#)

[Nutrition Modules](#)

[New Staff Training](#)

[Baby Behavior Training and Tools](#)

[PCS Training and Tools](#)

[PCS Diet Assessment Tools](#)

- Click and watch Module: "Nutrition Basics" which is 30 minutes.
- 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 lesson.



Complete Activities 1 & 2 in your Activities Packet

Module 2: Micronutrients and Water

Return to the Minnesota Nutrition Modules

- Click and watch Module: "Micronutrients and Water" which is 35 minutes.
- 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 lesson.



Complete Activities 3, 4 & 5 in your Activities Packet

Module 3: Energy Balance and Metabolism

Return to the Minnesota Nutrition Modules

- Click and watch Module: “Energy Balance and Metabolism” which is 13 minutes.
- Complete Basic Nutrition Activity 6, either individually, with other learner(s), or with your trainer.
- Meet with your trainer to discuss the Energy Balance and Metabolism lesson.

NOTE: Access to the website www.choosemyplate.gov is required in order to complete activity #6.



Complete Activity 6 in your Activities Packet

Module 4: Special Considerations

Return to the Minnesota Nutrition Modules

- Click and watch Modules: “Nutrition Related Diseases and Putting it into Practice” which are 18 minutes and 13 minutes.
- Complete Basic Nutrition Activity 7, either individually, with other learner(s), or with your trainer.
- Meet with your trainer to discuss the Special Considerations lessons.



Complete Activity 7 in your Activities Packet and you are done!