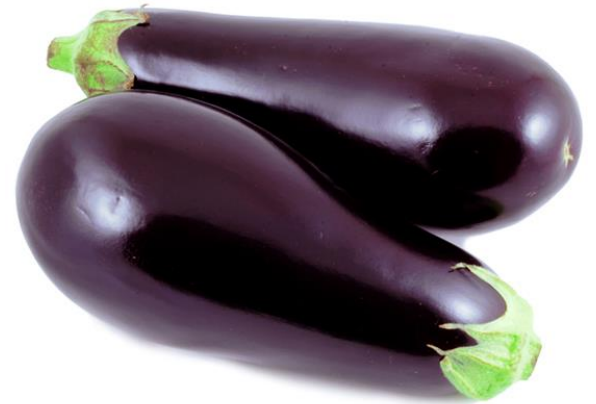
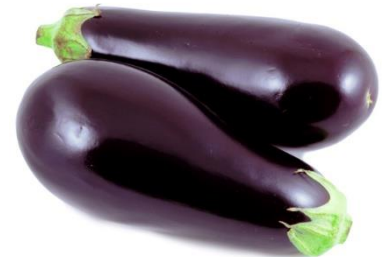


# **LINKED LEARNING OBJECTIVES USING EDIBLE TEACHING AIDS**

**John Stewart, PhD, MPH, MS**  
**February 21, 2020**





# THE PLAN...

Link multiple learning objectives to a single set of **novel teaching aids**.



# NOVEL TEACHING AIDS

## “Realia”

**Real-life items that provide immediate, often multisensory connection to our broader natural, built, and sociocultural environment**

# SOME REALIA EXAMPLES



# SOME REALIA EXAMPLES

- Comic book



# SOME REALIA EXAMPLES

- Comic book
- Travel itinerary





# SOME REALIA EXAMPLES

- **Comic book**
- **Travel itinerary**
- **Tourist brochure**
- **Satellite imagery**

# SOME REALIA EXAMPLES

- **Comic book**
- **Travel itinerary**
- **Tourist brochure**
- **Satellite imagery**
- **Subway map**



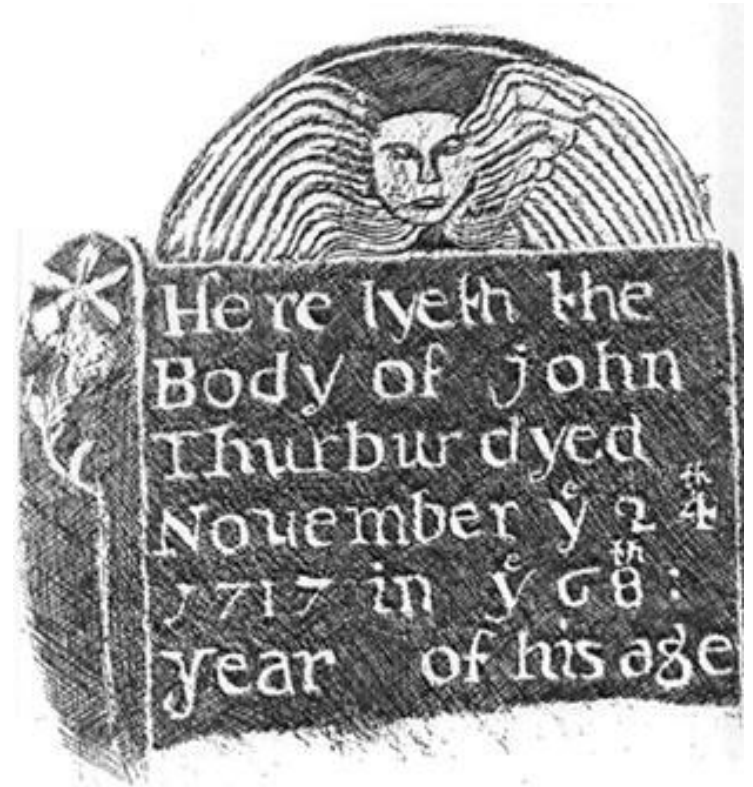
# SOME REALIA EXAMPLES

- **Comic book**
- **Travel itinerary**
- **Tourist brochure**
- **Satellite imagery**
- **Subway map**
- **Globe**



# SOME REALIA EXAMPLES

- Comic book
- Travel itinerary
- Tourist brochure
- Satellite imagery
- Subway map
- Skeleton
- Tombstone rubbing





# SOME REALIA EXAMPLES

- **Comic book**
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- **Tombstone rubbing**
- **Budget**
- **Menu**
- **Literary magazine**

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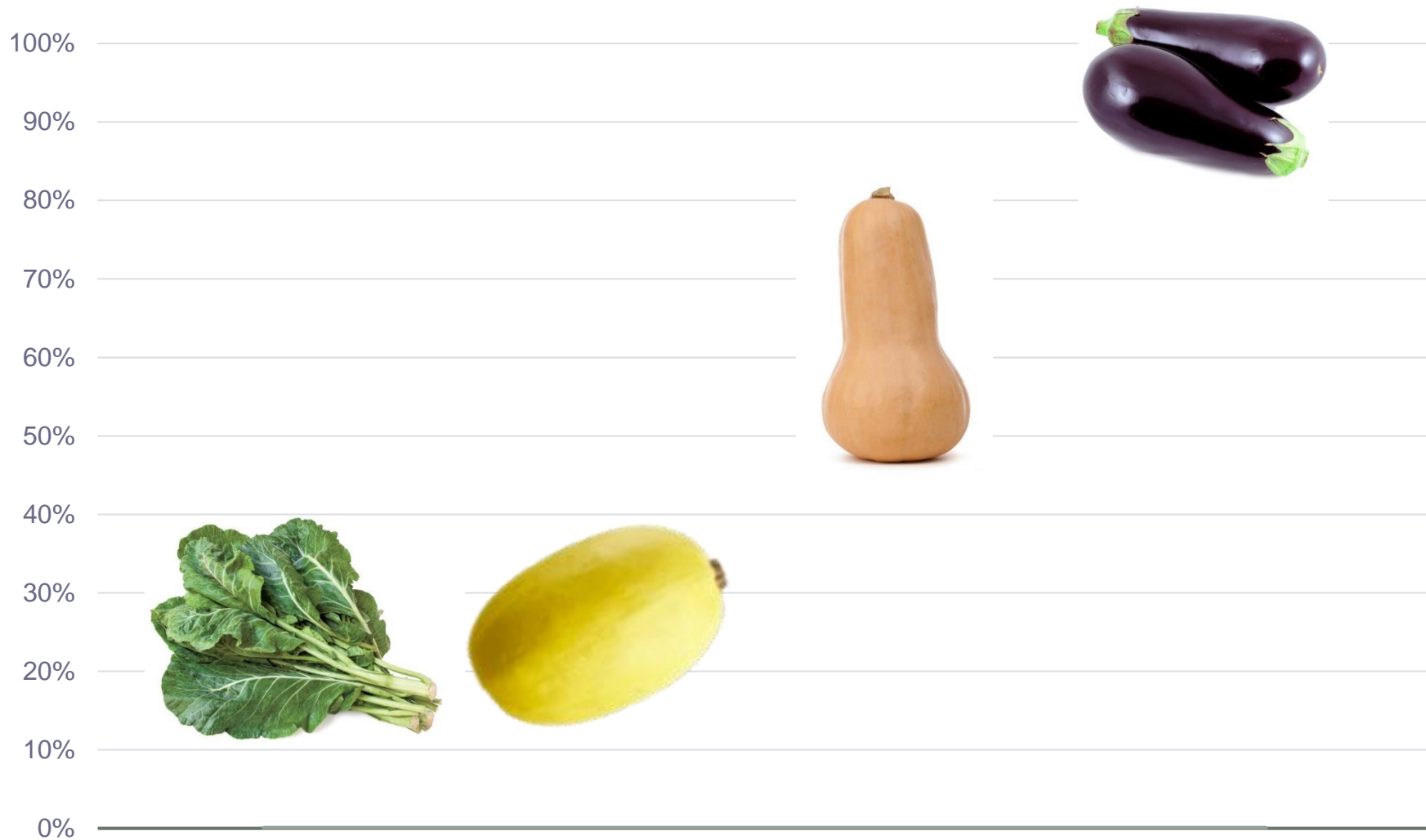


# Linked Learning Objectives

- **Assess pre-activity student knowledge of produce types**



# Student Familiarity with Produce Options



# Linked Learning Objectives

- Assess pre-activity student knowledge of produce types
- **Increase student ability to identify produce types**

# Linked Learning Objectives

- Assess pre-activity student knowledge of produce types
- Increase student ability to identify produce types
- **Enhance student knowledge of easy-to-prepare recipes using featured produce**



# Linked Learning Objectives

- Assess pre-activity student knowledge of produce types
- Increase student ability to identify produce types
- Enhance student knowledge of easy-to-prepare recipes using featured produce
- **Introduce students to a free, online recipe nutritional analysis tool**

# Linked Learning Objectives

- Assess pre-activity student knowledge of produce types
- Increase student ability to identify produce types
- Enhance student knowledge of easy-to-prepare recipes using featured produce
- Introduce students to a free, online recipe nutritional analysis tool
- **Familiarize students with the nutritional concept of % Daily Value**

# Linked Learning Objectives

- Assess pre-activity student knowledge of produce types
- Increase student ability to identify produce types
- Enhance student knowledge of easy-to-prepare recipes using featured produce
- Introduce students to a free, online recipe nutritional analysis tool
- Familiarize students with the nutritional concept of % Daily Value
- **Discuss personal preferences and cultural norms as they affect produce consumption**

# Linked Learning Objectives

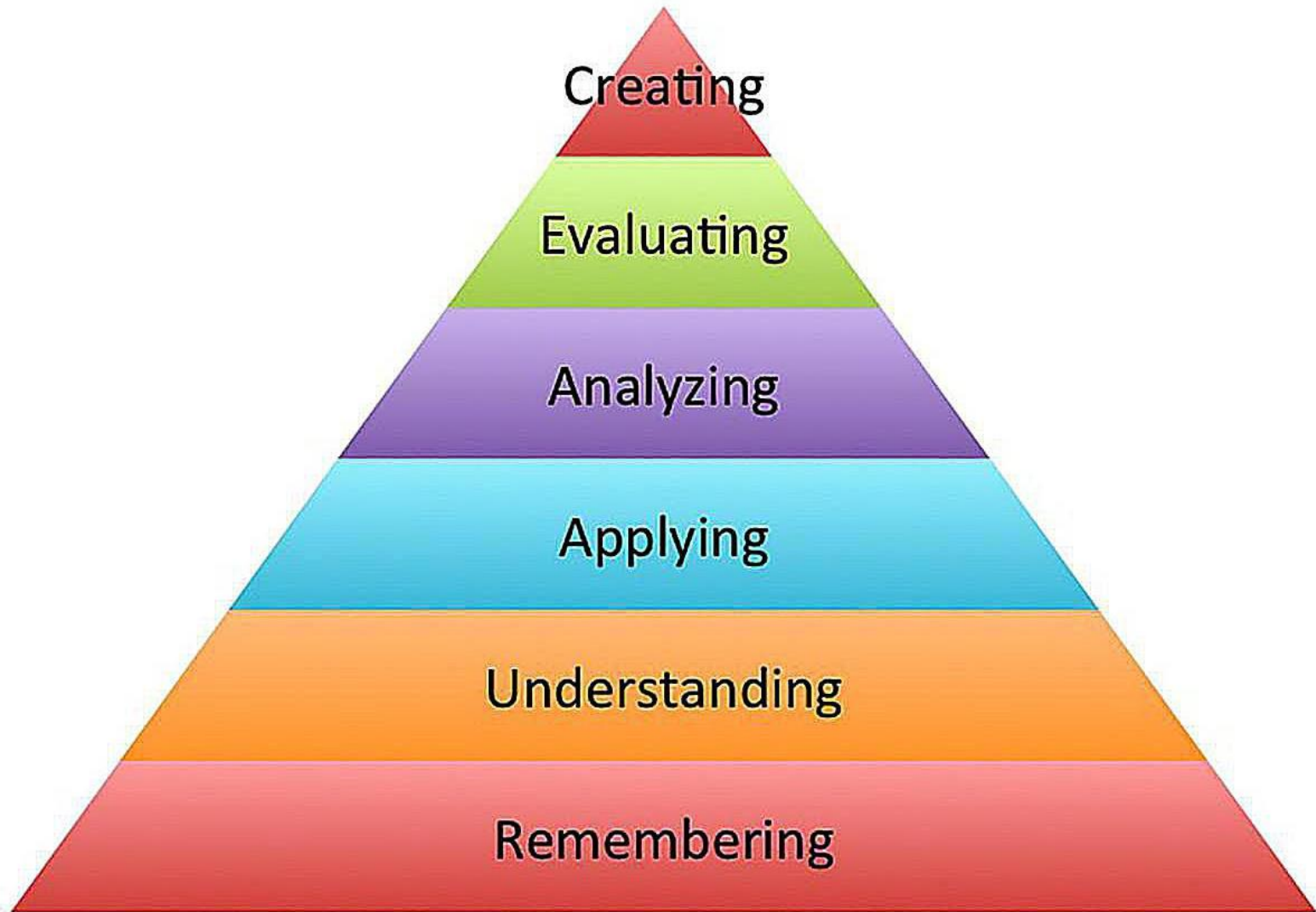


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- Introduce students to a free, online recipe nutritional analysis tool
- Familiarize students with the nutritional concept of % Daily Value
- Discuss personal preferences and cultural norms as they affect produce consumption





# Bloom's Taxonomy



# Linked Learning Objectives

## Remembering

- Assess pre-activity student knowledge of produce types
- Increase student ability to identify produce types

## Understanding

- Enhance student knowledge of easy-to-prepare recipes using featured produce

## Analyzing

- Introduce students to a free, online recipe nutritional analysis tool

- Familiarize students with the nutritional concept of % Daily Value

## Evaluating

- Discuss personal preferences and cultural norms as they affect produce consumption

# Step-by-Step Activity Worksheet

HSC 337 CONSUMER HEALTH

Spring 2020

Name \_\_\_\_\_



## EXERCISE 3

### Exploring Healthy Produce Options

**Part 3.** Use the [verywellfit](https://www.verywellfit.com/recipe-nutrition-analyzer-4157076) online recipe nutrition calculator to examine the nutritional value of the produce recipe supplied by the Instructor:

<https://www.verywellfit.com/recipe-nutrition-analyzer-4157076>

You don't need to enter the recipe name. Just enter all your ingredients as they are listed in the recipe, one ingredient per line. Enter the number of servings indicated in the recipe. If there is no indication of the number of servings, enter 4 servings as an approximation. You do not need to enter serving size.

Now click on "Analyze Recipe." A Nutrition Facts display will appear. Use this information to answer the following questions about your produce recipe.

What is the total number of calories per serving? \_\_\_\_\_

What is the % Daily Value for Total Fat? \_\_\_\_\_

What is the % Daily Value for Dietary Fiber? \_\_\_\_\_

What is the % Daily Value for Iron? \_\_\_\_\_

What is the % Daily Value for Potassium? \_\_\_\_\_

How many grams of Protein is in one serving? \_\_\_\_\_

What is the meaning (definition) of "% Daily Value?"

**Part 4.** Go online and find one more recipe that appeals to you and that uses your produce type. You might try searching [allrecipes.com](http://allrecipes.com), [foodnetwork.com](http://foodnetwork.com), [spendwithpennies.com](http://spendwithpennies.com), [yummly.com](http://yummly.com) or similar websites.

What is the name of the recipe? \_\_\_\_\_

What type of dish is it (e.g., main course, side, salad, soup, etc.)? \_\_\_\_\_

Provide a link (web address) for this recipe.



# Step-by-Step Activity Worksheet

- Defines Objectives
- Provides Recipes
- Points to Online Nutrition Analysis Tool
- Suggests Additional Online Recipe Resources

HSC 337 CONSUMER HEALTH

Spring 2020

Name \_\_\_\_\_

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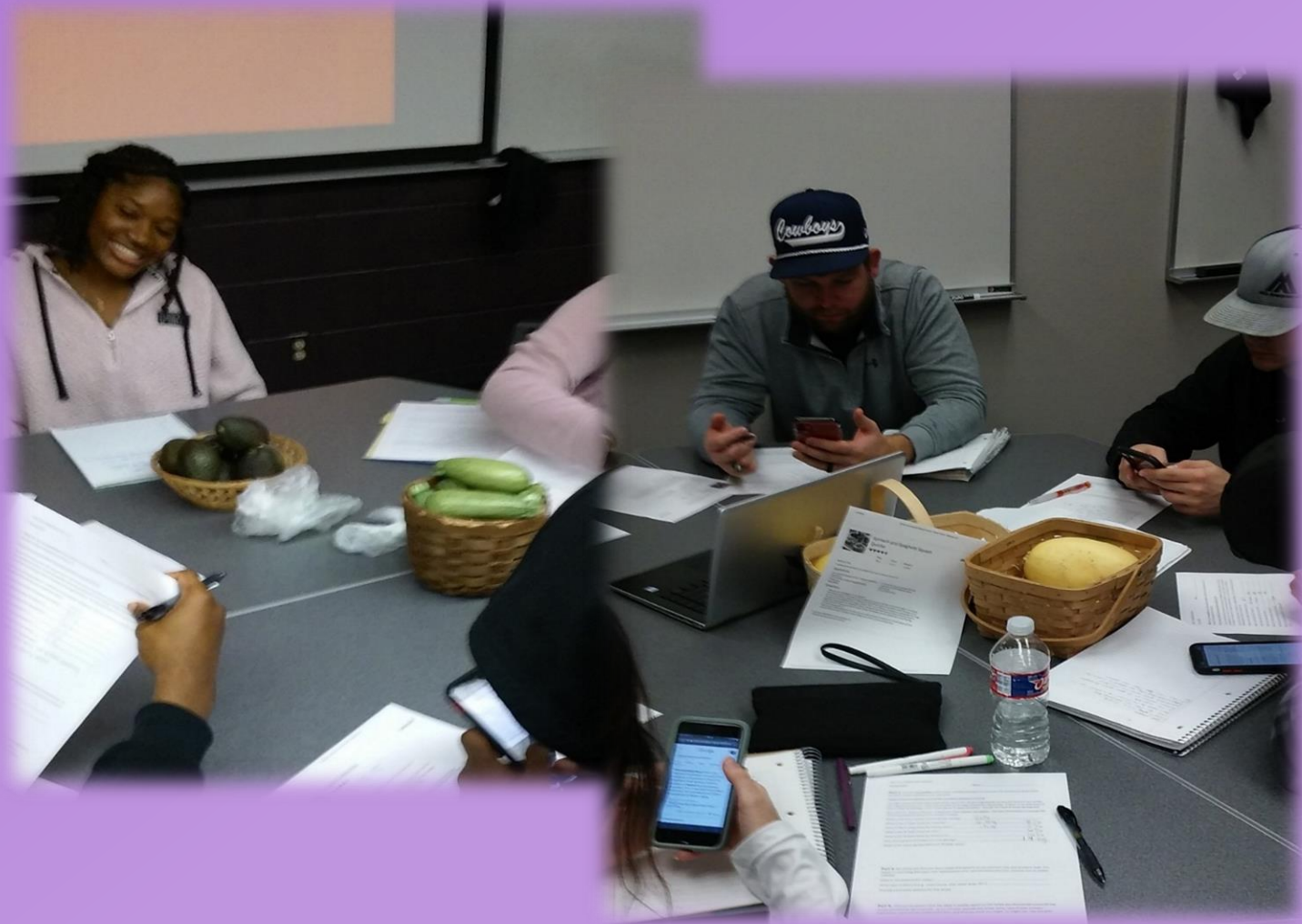
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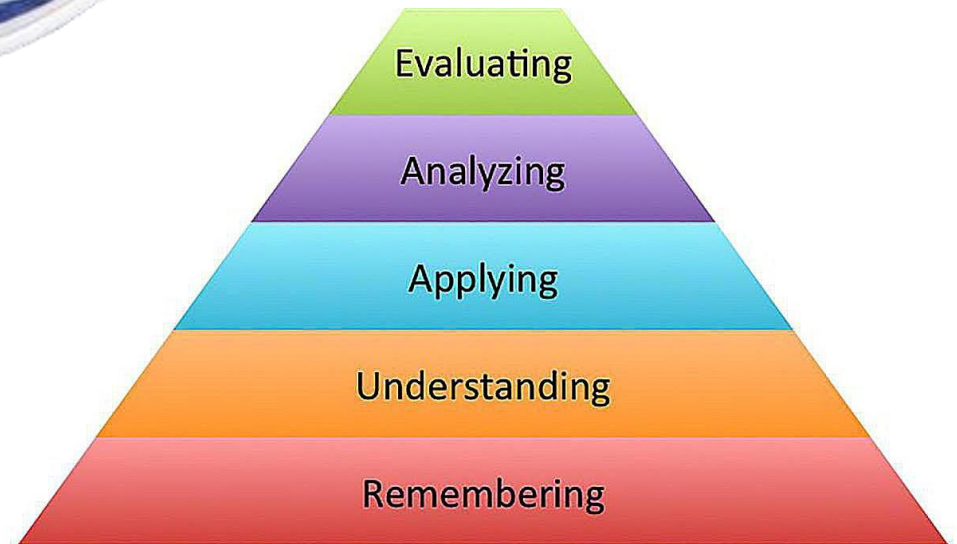
Provide a link (web address) for this recipe.

# Exploring Healthy Produce Options





# Healthy Produce Creations



# Healthy Produce Creations

