

Appendix 1: The lesson topics and learning outcomes for the Nutrition and Physical Activity Education Model (NPAEM)

| Lesson Topic | Learning Outcomes |
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| Introduction and Assessments | At the end of the lesson students will be: <ul style="list-style-type: none"> ▪ Introduced to the program ▪ Aware of the program, its objective and the Investigator's expectations ▪ Have some baseline evaluations completed (demographics) |
| Pre-Assessment Measures | At the end of the lesson, students will have: <ul style="list-style-type: none"> ▪ Pre-test (nutrition and physical activity knowledge) completed ▪ Food Frequency Questionnaire (dietary consumption) completed ▪ Anthropometric measurements (weight, height, waist circumference) taken ▪ Physical Activity Questionnaire for Children (PAQ-C) |
| Introduction to the Human Body | At the end of the lesson students should be able to: <ul style="list-style-type: none"> ▪ Outline and discuss the body and how it works with (basic anatomy and physiology) ▪ Define body systems, how they work, and organs associated with each ▪ Complete assigned worksheets and craft activities, which illustrate a body system |
| Health, Food and Nutrients | At the end of the lesson, the students should be able to: <ul style="list-style-type: none"> ▪ Identify and define the nutrients (carbohydrates, proteins, lipids, vitamins, minerals, dietary fiber and water) ▪ Discuss what each nutrient does for the body ▪ Determine which foods give us which nutrients ▪ Complete assigned worksheets and craft activities about the nutrients |
| My Plate Food Groups | By the end of the lesson, the students should be able to: <ul style="list-style-type: none"> ▪ Explain the food groups in My Plate. ▪ Describe the Recommended Daily Allowance (RDA) for each group ▪ Complete an activity sheet, which checks comprehension of the topic |
| Healthy Eating Habits | At the end of the lesson, the students should be able to: <ul style="list-style-type: none"> ▪ Identify healthy eating habits ▪ Complete an activity sheet, which demonstrates healthy versus unhealthy eating habits |
| Physical Activity and Health | At the end of the lesson, the students should be able to: <ul style="list-style-type: none"> ▪ Define energy ▪ Explain how our bodies use and store energy ▪ Explain what is physical activity ▪ Discuss the importance of physical activity ▪ Participate in supervised physical activities |
| Diet and Obesity | At the end of the lesson, the students should be able to: <ul style="list-style-type: none"> ▪ Define obesity ▪ Explain how obesity affects our bodies ▪ Describe what we can do to prevent obesity ▪ Participate in a hands-on activity to demonstrate the difficulty caused by obesity |
| Diet and Cancer | At the end of the lesson, the students should be able to: <ul style="list-style-type: none"> ▪ Discuss what is cancer ▪ Describe how cancer affects our bodies ▪ List the important association between food and cancer risks ▪ Participate in an activity that will help to apply our knowledge of cancer |

| Lesson Topic | Learning Outcomes |
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| Reading Food Labels | At the end of the lesson, the students should be able to: <ul style="list-style-type: none"> ▪ Locate food labels ▪ Read food labels correctly ▪ Compare food labels to help them make the right choices ▪ Participate in an activity which will help them to locate, read and compare food labels |
| Food Safety | At the end of the lesson, the students should be able to: <ul style="list-style-type: none"> ▪ Explain the importance of food safety ▪ Articulate the importance of hand washing ▪ Engage in an activity, to demonstrate their understanding of food safety, including correct hand-washing technique |
| Food Preparation | At the end of the lesson, the students should be able to: <ul style="list-style-type: none"> ▪ List healthy ways to prepare food ▪ Demonstrate how to make nutritious snacks on their own |
| Finding Nutrition and Physical Activity Information | At the end of the lesson, the students should be able to: <ul style="list-style-type: none"> ▪ Describe where and how to find nutrition and physical activity related information ▪ Discuss why it is important to be able to find nutrition and physical activity related information ▪ Engage in an activity, which will demonstrate their understanding of the topic |
| Assessments and Closing | At the end of the lesson, the students should be able to: <ul style="list-style-type: none"> ▪ Review the program's objectives ▪ Complete the post-assessment measures (same as for the pre-assessment) ▪ Complete an evaluation of the program |