

Appendix P: Participant Lesson Logs

Video Lesson Log

Participant ID# _____

PA: _____

Area: _____

Lesson	Date video was watched	Video perception ☺ = 1, ☹ = 3	Phone discussion date	If no phone discussion, what was the reason?	Length of phone discussion	Length of home visit	Miles traveled for home visit	Activities conducted	Comments
1. Starting With The Basics									
2. The Food Guide Pyramid									
3. Understanding Food Labels									
Home Visit									
4. Planning Makes a Difference									
5. Making the Most of Your Food Dollars									
Home Visit									
6. Keeping Food Safe									
7. The Grain Group									
8. The Vegetable Group									
9. The Fruit Group									
Home Visit									
10. The Milk, Yogurt & Cheese Group									
11. The Meat Group									
12. Breakfast/ Choosing Healthy Snacks									

Miles Traveled for First Assessment _____ Length of First Assessment _____

Miles Traveled for Final Assessment _____ Length of Final Assessment _____

Traditional Lesson Log

Participant ID# _____

PA: _____

Area: _____

Lesson	Small Group (Yes, No)	Number of participants in small group meeting	Face-to Face Home Visit (Yes, No)	Date of visit or small group meeting	Length of visit or small group meeting	Miles traveled for visit or small group meeting	Activities conducted	Comments
1. Starting With The Basics								
2. The Food Guide Pyramid								
3. Understanding Food Labels								
4. Planning Makes a Difference								
5. Making the Most of Your Food Dollars								
6. Keeping Food Safe								
7. The Grain Group								
8. The Vegetable Group								
9. The Fruit Group								
10. The Milk, Yogurt & Cheese Group								
11. The Meat Group								
12. Breakfast/ Choosing Healthy Snacks								

Miles Traveled for First Assessment _____ Length of First Assessment _____

Miles Traveled for Final Assessment _____ Length of Final Assessment _____