

National Nutrition Paraprofessional Certification Program

Utah State University
Food \$ense Program

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Purpose of the training

- Educate Utah's paraprofessionals with concepts of Nutrition Education (raise the bar)
- Insure that NEAs are teaching the correct concepts and principles that are allowed by FNS and NIFA.
- Provide an opportunity for NEAs to gain some formal education that provides them with job satisfaction and understanding.



How to be a certified paraprofessional . . .

- Pre-test
- Lessons, notes, handouts. . .
- Quizzes
- Post-test
- Satisfaction survey (print, email &/or fax)
- Certificate will be mailed



National Nutrition Paraprofessional Certification Program

Tier I – Nutrition Education

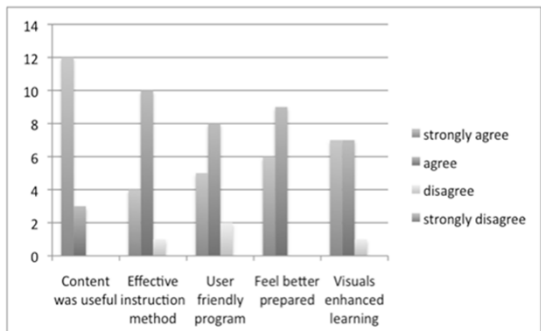


Course Content

- 14 Lessons
 - Scope of Practice
 - Art of Teaching
 - Basic Nutrition
 - Vitamins, Minerals, Water and Phytochemicals
 - Carbohydrates
 - Fats & Lipids
 - Protein
 - Nutrients & Metabolism
 - Nutrition and Energy Balance
 - Menu Planning and Smart Shopping
 - Nutrition and Chronic Disease
 - Nutrition During Pregnancy, Lactation and Infancy
 - Nutrition During Childhood
 - Food Safety



Survey Results



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Tier II – Culinary Basics & Cooking Skills



QUIZ

Identify each of these cooking techniques as a *Dry Heat, Moist Heat, or Combination method*:

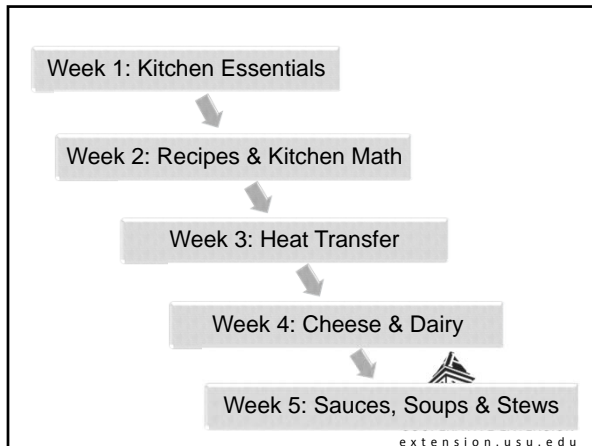
- | | | |
|--------|-----------|------------|
| Braise | Broil | Deep Fry |
| Grill | Pan Broil | Pan Fry |
| Poach | Sauté | Simmer |
| Steam | Stew | Roast/Bake |



Need for Culinary Curriculum


- SNAP-Ed Implementers Conference panel stated that cooking classes are necessary for SNAP participants
- Comment from out-of-state trainer:
"I am extremely excited to hear about...the Tier II Certification. It is wonderful to hear that you are providing us with the necessary tools...for our paraprofessionals to become knowledgeable and confident..."
- Southern Region EFNEP Training has already agreed to adopt Tier II curriculum






Weeks 6 – 18
Two weeks each, take in any order

Meat Cookery	Poultry Cookery	Egg Cookery
Vegetable Cookery	Legumes, Grains & Pasta	Breads & Quick Breads


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But what about Labs?

- When should they be taught?
- What topics must be included?
- Where can they be taught?
- Who will teach them?


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