

## Week 2 Discussion Board 1: Needs Assessment and Media Analysis

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### **The Need/Context:**

Students need to be familiar with MyPlate to be able to make proper nutrition choices. In the state of California, from Kindergarten to grade 12, students are expected to be exposed to Nutrition Standards. Focusing on fourth grade, Standard 1.3N (under Nutrition and Physical Activity), states that students need to describe the relationship between food intake, physical activity, and good health. Also, due to the switch from the Food Pyramid to the MyPlate Nutrition Guideline in 2011, familiarity of proper nutrition has decreased. According to Uruakpa, Moeckly, Fulford, Hollister, and Kim (2013), a study done 4 months after MyPlate had already been implemented, showed that “less than 50% of the participants knew of the switch and were also unsure of the guidelines MyPlate represented” (p. 186). Yet, those that did participate in the study and were exposed to MyPlate, 43% stated that MyPlate did influence what they ate (Uruakpa et. al, 2013, p. 186). Thus, if adults were impacted by being taught about MyPlate usage, from an early elementary age, students need to be familiar with what constitutes a healthy, well-balanced meal, and this learning object will help them do so.

### **Delivery Method:**

According to Lee and Owens (2012), “you should always consider using a blended solution consisting of whatever media is required” (p. 55). Thus, for my learning object, web deployment is a better choice since it will not only engage my fourth-grade audience, but it will allow for content to be delivered in a variety of formats. My learning object will include video links as well as reference links to other websites, such as the MyPlate website itself. According to the study of Uruakpa et. al, (2013), “health professionals may need to encourage use of MyPlate guidelines/website in order to guide consumers in making healthful food choices, per MyPlate objectives” (p. 186). Therefore, having my learning object as web-based, will enable my students to visit the MyPlate website frequently as it will be a part of my digital platform. Additionally, having my learning object be digital will allow faster updates on content changes or add-ons. Finally, for students that have Internet access at home, I can include “family” activities to involve reinforcement of my content to families as well. This learning object should serve to enable fourth-grade students to understand MyPlate nutrition guidelines and thus be able to make well-balanced nutrition choices.

### **References**

Lee, W. W., & Owens, D. L. (2012). *Multimedia-based instructional design: computer-based training, web-based training, distance broadcast training, performance-based solutions*. San Francisco, CA: Pfeiffer.

Uruakpa, F. O., Moeckly, B. G., Fulford, L. D., Hollister, M. N., & Kim, S. (2013). Awareness and use of MyPlate guidelines in making food choices. *Procedia-Food Science*, 2, 180–186.

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