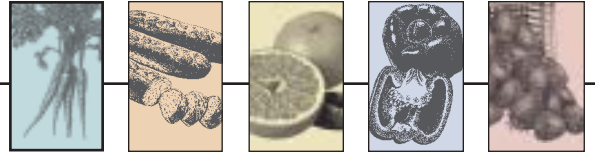


# HEALTH BY DESIGN



**H**ealth by Design is a learner-centered nutrition education curriculum. In each **Health By Design** lesson, learners actively participate in learning activities designed to help them make healthy dietary choices and increase their physical activity. The curriculum design focuses on the process of learning and the application of new information to the realities of your learners' lives. Dialogue learning provides the theoretical framework of the curriculum, encouraging participants to engage in conversation with a partner to examine how the new information relates to them. In every lesson, participants learn by practicing new behaviors NOW, not in a hoped-for-future.

**Health By Design** currently includes five lessons, and more lessons will be available in the fall 2004! Current lessons include:

- Physical Activity
- Weight Management
- Whole Grains
- Fruits and Vegetables
- Shopping

The curriculum includes a leader's guide, evaluation surveys, full color educational materials and participant booklets.

Each **Health By Design** lesson is designed to "stand alone", but the curriculum will have a greater impact on participant behavior when offered as a series of lessons.

Contact your Maryland Cooperative Extension Office for more information on how this innovative program can help your organization's clients develop new skills in eating healthy and becoming more physically active!



EQUAL ACCESS PROGRAMS

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