



Learner–Centered Nutrition Programs Maryland FSNE

Lisa Lachenmayr



What are your plans?

- ▶ Community
- ▶ Clinical



**What do nutrition professionals want
from our “clients”?**

Do we want

**Knowledge Gained
or
Behavior Changed?**



Who has attended.....

- ▶ Elementary School
- ▶ Middle School
- ▶ High School
- ▶ College

Teacher–Centered Education

- Education is like a banking system. The teacher deposits information into the minds of learners who receive, file, and store the deposits.





**Did that change your
behavior?**



Dialogue Education

- A form of **problem solving** education in which information, concepts, and skills are presented as open questions for reflection and **integration**



Monologue

- How will I teach this information?

Dialogue

- How will they learn this information?

Making **personal meaning** of new information is the central element of dialogue learning



Key Philosophy

- The most central point of learner-centered education is that the learner is a decision-maker.
- They choose if they learn and if they will change their behavior. We cannot decide for them.
- The learning is in the doing and the deciding.

The Basic of Dialogue Learning

- The Learning Environment
- Activation of Prior Learning
- Learning Styles
- Open Questions
- Partner Interactions





Learning Styles

- 60% have a strong preference for visual
- 25% have a strong preference for kinesthetic
- 15% have a strong preference for auditory



Open Questions

- Open questions avoid “Guessing and Correcting”
- “What foods are good sources of calcium?”
- Enables learners to make personal meaning of new information
- “Look at the list of foods that are high in calcium, what are some of the ways you could include these in your child’s diet?”

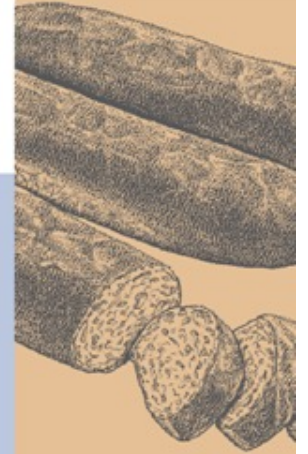


Examples of Open Questions

- What surprised you about that?
- What are some examples of
- What would you do if
- Tell me more about

Content in Dialogue Education





HEALTH BY DESIGN

