

Lesson Requirements for Program Completion

What counts as a lesson?

A lesson must be at least 30 minutes in length and must be taught from approved EFNEP curriculum. Lessons are face-to-face interactions with EFNEP participants, however, non face-to-face lessons can be offered to participants in accordance with EFNEP Policy and NC State EFNEP Technology and Social Media Guidelines. Both Adult and Youth participants must complete the approved pre- and post-evaluations to graduate from EFNEP.

EFNEP Educators should follow the recommendations included in the Leader Guide for the approved curriculum for lesson delivery. While innovation is encouraged, lesson delivery strategies (as outlined below) should not be altered without prior approval of a detailed lesson plan by your RNEA.

Graduating adult participants:

North Carolina has ten lessons identified as CORE lessons for the curriculum, *EFNEP's Families Eating Smart and Moving More*. The CORE lessons represent each of the topic areas addressed in food intake and food behavior surveys. CORE lessons are indicated by an asterisk beside the name of the lesson in the EFNEP teaching record.

The CORE lessons are:

1. Introduction to EFNEP
2. Choosing More Fruits and Vegetables
3. Fix it Safe
4. Plan: Know What's for Dinner
5. Shop for Value, Check the Facts
6. Shop: Get the Best for Less
7. Fix it Fast, Eat at Home
8. Making Smart Drink Choices
9. Choosing to Move More Throughout the Day
10. Choosing a Healthier You for Life

A review of the 2011 impact report data for the adult program revealed that the highest impacts occurred for participants who received 10 lessons. This is consistent with the findings in 2006 conducted prior to implementation of the curriculum.

Although ten lessons are considered CORE, it is recognized that new challenges in securing time for ten different sessions for each and every eligible group has been a consistent problem since 2008. As program partners have new requirements of their own, time has become a significant issue affecting our state's outreach. In consideration of these changes, EFNEP Educators are encouraged to do the following when recruiting groups:

1. Seek first to partner with groups with whom at least ten lessons can be delivered. This will result in higher impact.

2. For groups that can provide time for six lessons, but are unable to commit to the full ten sessions, these groups may be recruited and graduated under the following guidelines:
 - Effort was made to negotiate ten lessons and this is documented in the teaching record.
 - The following core lessons are to be used when teaching a six-lesson series:
 - a. Introduction to EFNEP
 - b. Fix it Safe
 - c. Plan: Know What’s for Dinner – (Incorporate some messages from Shop: Get the Best for Less and all food groups, especially dairy)
 - d. Shop for Value, Check the Facts
 - e. Choosing More Fruits and Vegetables
 - f. Choosing to Move More Throughout the Day
 - Additional non face-to-face contacts occur such as emails, newsletters, phone calls, etc. to share key messages of the four CORE lessons not covered and to reinforce the teaching of the previous lesson. Document this interaction on the EFNEP Record of Teaching.

3. Establish a blended teaching plan that uses face-to-face AND online (non face-to-face) lessons through NC EFNEP’s Moodle site. According to the [federal EFNEP Technology policy](#), participants have the option to *complete up to 1/3 of EFNEP lessons online. For example, if you plan to teach 10 lessons, participants may choose to complete up to 3 lessons online and 7 lessons face-to-face. When teaching the 6-lesson format, participants can complete up to 2 lessons online and 4 lessons face-to-face. See chart below for other examples.

| Total lessons in the series | Maximum number of online lessons |
|-----------------------------|----------------------------------|
| 6 - 7 | 2 |
| 9 - 10 | 3 |
| 12 | 4 |

*An online lesson is considered complete if a participant views more than 70% of the videos provided. The number of videos within a lesson varies and 70% completion can be determined using the following chart:

| Number of videos in the online lesson | Number required to complete lesson |
|---------------------------------------|------------------------------------|
| 7 | 5 |

| | |
|----|---|
| 8 | 6 |
| 9 | 7 |
| 10 | 8 |

Graduating youth participants:

Only approved curricula should be used for program delivery in schools, after-school, summer programming, and/or special projects. EFNEP requires 6 lessons for completion of the youth program. EFNEP Educators should teach six lessons which address the primary goals for EFNEP. If time allows, additional lessons can be taught.