

In Step 3, you lay out the theoretical and philosophical basis for your nutrition education program. Additionally, you identify the components that will make up your program.

At the end of the Step 3 worksheets, you should have the following products:

- Step 3A:** Program theoretical model
- Step 3B:** Statement of personal philosophy of nutrition education
- Step 3C:** Statement of personal perspective on nutrition content and issues
- Step 3D:** List of program components

Use the provided worksheets as a guide to help you select your theory model and describe your program's philosophy. Electronic versions of these worksheets are available at <http://nutrition.jbpub.com/education/2e/>. If you are unable to access the worksheets electronically, you can write onto this blank worksheet or create a text document that uses the same flow of information.

### Step 3A: Theoretical model for program

**State the theoretical model you will be using for your program. Then draw a diagram of the model you selected, including the mediators you will address and how they relate to one another and your target behavior.** Use the data you included in Steps 2C and 2D to guide your theory model selection.

### Step 3B: Philosophy of nutrition education

**Describe your philosophy of nutrition education.**

**Step 3C: Perspectives on nutrition content and issues**

**Provide your perspective on nutrition content and issues relevant to your program goals.**

**Step 3D: Program components**

**List and/or diagram the components that will make up your program.**