

In Step 4, you translate behavioral theory into the program objectives that you need to guide the design of educational experiences and environmental-policy support activities. These objectives are directed at potential mediators of change.

At the end of the Step 4 worksheets, you will have the following product:

Step 4: Several sets of objectives for your program that cut across all components.

Use the provided worksheets as a guide to help you write educational and support objectives rooted in your theory model from Step 3. Electronic versions of these worksheets are available at <http://nutrition.jbpub.com/education/2e/>. If you are unable to access the worksheet electronically, you can write onto this blank worksheet or create a text document that uses the same flow of information.

Step 4: Nutrition education program objectives for all components

Determine the nutrition education program objectives that will cut across all program components to achieve the program behavioral goals for each of the three categories below.

Motivational objectives

Action objectives

Environmental-policy support objectives