

Teaching Strategies for Nutrition

Strategy 1: Group Work

This teaching strategy involves dividing the class into groups, allowing them to discuss the topic at hand and develop conclusions from it. Doing so can help the group to make conclusions based on the insight of others as well as their own knowledge. The topic can be almost anything educational. Close monitoring of the groups is necessary to ensure that they stay on the subject matter.

Strategy 2: Demonstration

This teaching strategy provides visual action that the students can witness and learn from. A demonstration can consist of almost any visual process that opens the eyes of the student and reinforces what would have been difficult to comprehend in a lecture. Being able to see information in action helps reinforce knowledge more effectively than simply being told.

Strategy 3: Lecture

A lecture simply consists of a teacher relaying information to a body of students, usually through dialogue. Lecture is one of the most widely used teaching strategies because it enables the teacher to easily distribute large amounts of information to many students at a time. However, many feel that information is not processed at a high percentage with this strategy. A good lecturer finds ways to maintain the student's attention and knowledge retention through animation and visual aid. Something as simple as showing a slide show with the main points highlighted may help visual learners grasp the concepts being displayed during lectures.