



Washington WIC – Certifier Competency Training Worksheet

11. Basic Nutrition

Competency	Certifier is able to:	Training Requirements
<p>Understand and explain basic nutrition concepts.</p> <p>Recognize safe and unsafe food and nutrition practices.</p>	<ul style="list-style-type: none">• Identify WIC target nutrients, their functions, and food sources for each.• Identify and use federal nutrition guidance and resources to support nutrition education with participants (i.e. Dietary Guidelines for Americans, MyPlate).• Identify essential food safety practices in the setting of a family home.	<ol style="list-style-type: none">1. Complete the following in the Learning Center (LC)<ul style="list-style-type: none">• DOH STATE WIC Basic Nutrition Curriculum<ul style="list-style-type: none">○ For issues with images during the post test, contact: wawictraining@doh.wa.gov• Complete the post-test with 80% or higher score2. Review all information below: <p>Participant Nutrition Education Handouts</p> <ul style="list-style-type: none">• The Facts About Constipation• 55 Ways to Add More Fruits and Vegetables Every Day <p>Food Safety</p> <ul style="list-style-type: none">• FDA – Produce: Selecting and Serving it Safely• Fight Bac: Partnership for Food Safety Education – The Core Four Practices• WIC Works – Food Safety for Children and Pregnant and Breastfeeding Women <p>Other Web Sources</p> <ul style="list-style-type: none">• 2020-2025 Dietary Guidelines for Americans• USDA - ChooseMyPlate• FoodHero.org• Diet and Health Conditions Nutrition.gov



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Additional Training Resources
<ul style="list-style-type: none">• DOH - Food Safety <p>National Institute of Health – BMI Calculator Note: BMI Calculator link in the online course doesn't work - use this one instead.</p>

Be sure to discuss any outstanding questions or issues with certifier. Document completion of this competency on Certifier Competency Training Documentation Form.

For persons with disabilities, this document is available on request in other formats.
To submit a request, please call 1-800-841-1410 (TDD/TYY 711).
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