

## **CHS 456 Nutrition Education**

### **Assignment outline**

Below is an example of how to start your assignment that we have been discussed last Sunday. Each group should answer these questions below and use the 4 theories that we have taken in our course and draw at least 2 logic models for each theory. I gave an example of using Health Believe Model and Theory of Planned Behavior with exercise behavior.

E.g.

#### **Exercising:**

- Why study Exercise?
- Why Exercise is important?
- Reasons to exercise
- Reasons for not exercise
- The problem of exercise
- Theories/models of exercise

#### **Health Believe Model**

For example:

The likelihood of exercising depends on the person's perception of the severity of health risks and appraisal of the costs and benefits of taking action.

Overall "inconsistent" support for health belief model predictions of exercise behavior.

#### **Theory of Planned Behavior:**

*Exercise behavior is made up of*

- Intentions
- Subjective norms and attitudes, and
- Perceptions of ability to perform behavior.

#### **List of topics:**

Group 1: Quit Smoking

Group 2: Increase consumption of fruits and vegetables

Group 3: Breast self examination

Group 4: Increase consumption of drinking water

Group 5: Exercising

Group 6: Breast feeding

**Group 7: Vaccination**

**Group 8: Hand washing**

**Group 9: Teeth brushing and flossing**

**Group 10: Weight control**

**Note:** This assignment required to be submitted by hard copy A4 with cover page, content and reference page. The paper should be written by APA style format. All pages must be double spaced, with a maximum of 1-inch margins around the entire page. The font used must be Times New Roman and must be 12-point height. Page numbering must be created by the word processor (no hand written page numbers).