

Leader's Guide Notes for Pearl's Health Concern

Pearl's Health Concern includes the problem vignette with questions and evaluation, a menu planning activity sheet, and a data sheet for use by the problem facilitator. Prior to facilitating this problem, review Steps 1–7 on page two of the Omega-3s Leader's Guide. This problem follows steps nearly identical to those used for Jim's Health Concern on the Omega-3 FACS Lesson. Rather than helping with a decision about omega-3 use, the objective of this problem is to encourage learners to study and use the omega-3 food list on page 3 of the Omega-3 FACS Lesson.

Page two of this problem is a menu planning sheet. Please note that this is a suggested format; many others are acceptable. Let the group decide how they want to complete this task. You may want to provide the following suggestions, but in adhering to the problem-based learning philosophy, all decisions should be learner-driven and learner-centered.

Depending on how the group is functioning you may want to:

1. Suggest the group work as a whole to plan menus for all three, two, or only one day depending on time and interest. Likewise, the group may want to focus on particular meals instead.
2. Suggest that pairs or individuals be responsible for completing part of the sheet and then have a large group sharing of responses so that the entire sheet is completed.

As learners work on the menu planning activity, changes in group opinion about the best method to proceed are not uncommon and need not be discouraged as long as everyone agrees and has a chance to participate.

NOTES: