



## 2b. Flashcards Activity Instructor's Guide

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### Set-up

- Make copies of "WIC Foods Flashcard Activity" sheet for each trainee
- Secure copies of current WIC Approved Foods List for each trainee
- Review answer key
- Determine if you want to lead activity or have trainees work in pairs/small groups

### During the Activity

- Explain that the following exercise will increase awareness of whether foods are WIC approved and increase familiarity with WIC Approved Foods List
- Hand out worksheet and WIC Approved Foods List to each trainee
- Read directions (using trainee worksheet as a guide) and answer questions
- Begin activity
- Assist as needed

### After the Activity

- Review correct and incorrect answers
- Discuss errors made
  - Emphasize need to carefully read labels and compare with details in WIC Approved Foods List
  - Have trainees correct errors on worksheet
- Ask for questions about WIC foods selection
- Remind trainees to use WIC Approved Foods List located at register to answer questions about food selection