



Experiential Learning Model

Concrete Experience

Do/Experience/Share:

What did you do in this workshop?
What was the most fun during this activity?
What did you observe during this activity?
What were some of the things that were hard to understand when you started?

Reflective Observation

Reflect/Process:

What was the most challenging part of the activity?
How did your group work together at the various stations?
How were the stations organized?
How did you know what to do?

Abstract Conceptualization

Conclude/Generalize:

What is one thing you learned or experienced that was new to you?
What did you learn about experiential learning methods?
What did you learn about modeling your plate after MyPlate

Active Experimentation

Plan/Try Out/Apply:

How might you help your family learn what you learned today?
What advice would you give someone who wants learn about healthful food selection?
What will you share with others from this activity?