



# Linking Lessons™ - Schools Fidelity Assessment Log

This log supports fidelity of program delivery for **Linking Lessons™ - Schools** (LL-S™) lesson series. Educators might find it helpful to take notes on a paper copy throughout the series. This log does not need to be submitted to Michigan Fitness Foundation (MFF) but could prompt a conversation with your local team around improving fidelity of program delivery. The evidence base for LL-S™ indicates that there was significant change in fruit and vegetable intake among middle and high school age participants.

Program Element	Fidelity Criteria	Criteria met
<b>Training</b>	Complete or view the annual MFF LL-S™ Training available on MFF's virtual platform, Connect Space.	
<b>Setting</b>	Middle or High Schools	
<b>Participant Grade(s)</b>	Grades 7 - 12 <i>Note: LL-S™ can be used with sixth graders, but the behavior change was not significant.</i>	
<b>Minimum Number of Lessons</b>	At least 5 of the 10 lessons	
<b>Minimum Lesson Length</b>	At least 20 minutes	
<b>Lesson Delivery Frequency</b>	Weekly	
<b>Lesson Order</b>	Each series must begin with the <i>MyPlate</i> Lesson. Other lessons can be used in any order.	
<b>Required Lesson Components</b>	<i>Each lesson must use/include:</i>	
	1. Ensuring Success User/Lesson Guide	
	2. Food Tasting Experience	
	3. Lesson Poster	
<b>Supplemental (Optional) Resources</b>	4. Healthy Homework	
	MFF Community Connections Activities	
<b>Supplemental (Optional) Resources</b>	Michigan Harvest of the Month™ Recipes	
<b>Modifications</b> <i>Were modifications made from your original plan for the series? (Select all that apply.)</i>	<input type="checkbox"/> Changed sequence of lessons <input type="checkbox"/> Decreased number of lessons <input type="checkbox"/> Increased number of lessons <input type="checkbox"/> Combined lessons <input type="checkbox"/> Shortened lesson time <input type="checkbox"/> Combined classrooms <input type="checkbox"/> Changed or replaced activities <input type="checkbox"/> Replaced tasting with food demo (live or video) <input type="checkbox"/> Replaced recipe <input type="checkbox"/> Delivered food to remote site <input type="checkbox"/> Tasting component was omitted <input type="checkbox"/> Other: _____	
<b>Please provide a brief explanation for any required criteria partially addressed or not met:</b>	<b>Strategies to improve fidelity of program delivery for this intervention:</b>	