



SCHOOL
NUTRITION
ASSOCIATION

Feeding Bodies. Fueling Minds.™



- Adults learn by being actively engaged in their learning through discussion, feedback and activities.
- Adults learn by reflecting via analogy and comparison.
- Adults need to compare their own experiences to the experiences of others.
- Adults need to link new information to what they already know.
- Adults learn through the relevance of the training to their life and work. Abstract or complicated concepts will lose the attention of the participants.
- Adults learn by practicing and applying new knowledge and strategies. Make time in the training for practice, interaction and discussion of new applications, strategies and knowledge.
- Adults learn by solving genuine problems, applying training content to their unique and specific issues and encounters.