

**NCO Leadership Center of Excellence
Basic Leader Course**

**Lesson Plan for 805P-B125 / 5.1
Nutritional Readiness**

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1. SCOPE:

At the end of this 3-hour lesson, you will better understand how to maintain nutritional readiness, the standards of nutrition and principles of weight loss in supporting unit readiness. At the end of this lesson, you will be able to better understand Army nutrition programs, calculate energy requirements, assist Soldiers with weight loss challenges, and employ nutrition resources, tools, and techniques. This lesson will assist the learners in developing healthy habits to maintain readiness.

2. LEARNING OBJECTIVES:

TLO: This lesson supports the BLC course TLO 400-BLC; Convey clear thoughts, tasks, and purpose to leadership and subordinates through multiple communication mediums.

ELO:

Action: Maintain nutritional readiness.

Condition: As a learner, attending the BLC, using a direct level leadership perspective in new environments, given FM 7-22, handouts, activities, and classroom discussions.

Standard: Maintain nutritional readiness by:

- Reviewing Army nutrition programs,
- Calculating energy needs,
- Assisting Soldiers with weight loss challenges, and
- Understanding nutrition resources, tools, and techniques.

Learning Domain: Psychomotor

Level of Learning: Precision

3. ASSIGNED LEARNER REQUIREMENTS:

- a. **Read:** FM 7-22 Chapter 8
- b. **Scan:**
 - AR 30-22 Army Food Program July 2019
 - FM 7-22 Chapter 10
 - AR 40-25 Nutrition and Menu Standards for Human Performance Optimization
 - APHC TG 358 Dec 2017 Army Weight Management Guide

4. ASSESSMENT: Refer to B100 advance sheet for information on all assessments.