

## **Verbs to use for learning objectives in the cognitive, affective and psychomotor domains**

General educational objectives are what you would like your participant to think (cognitive) feel (affective) or do (psychomotor) differently as a result of your educational session.

The tables below have useful verbs for writing objectives in the cognitive, effective, and psychomotor domains for nutrition education.

<b>Cognitive domain</b>	
<b>Level of thinking</b>	<b>Useful verbs</b>
Remember	List, record, state, define, name, describe, tell, recall
Understand	Explain, describe, summarize, classify, discuss, compare, illustrate
Apply	Sketch, perform, use, solve, construct, role-play, demonstrate, conduct
Analyze	Test, distinguish, critique, appraise, calculate, measure, debate
Evaluate	Review, appraise, justify, argue, conclude, assess, rate, defend
Create	Develop, plan, collect, build, construct, create, design, integrate

See next page for the affective and psychomotor domains.

<b>Affective domain</b>	
<b>Level of thinking</b>	<b>Useful verbs</b>
Receiving (paying attention)	Answers, chooses, describes, follows, locates, names, points to, selects
Responding (active participation)	Assists, aids, helps, compiles, conforms, discusses, labels, tells, reads, performs, reports, writes, recites, selects
Valuing (behaving based on positive regard for something)	Completes, demonstrates, explains, initiates, joins, proposes, reports, shares, studies, works
Organization (behaving according to a set of principles)	Adheres, alters, arranges, combines, defends, explains, generalizes, integrates, modifies, orders, organizes, relates, synthesizes
Internalizing values (behaving according to a consistent worldview)	Acts, discriminates, displays, influences, modifies, performs, practices, proposes, qualifies, questions, revises, solves, verifies

<b>Psychomotor domain</b>	
<b>Level of performance or skill</b>	<b>Useful verbs</b>
Observing	Observes, watches
Imitating	Imitate, mimic
Practicing	practices, carries out
Adopting	adapts, modifies, revises