



TRACKS Lesson Plan

Making Healthy Food Choices

Caregiver Workshop – Healthy Eating: Tips for the Whole Family

Audience: Caregivers

I. Nutrition Education Objectives:

- A. Know the key messages from MyPyramid.
- B. Consume recommended amounts and variety of fruits and vegetables daily.
- C. Be physically active each day.

II. Content

- A. Participants will understand the benefits of healthy eating.
- B. Participants will be able to identify ways to decrease calories on a daily basis (through moderation)
- C. Participants will learn the recommended amounts of different foods according to MyPyramid (i.e., variety, proportionality).
- D. Participants will learn the importance of physical activity.

III. Materials

- A. PowerPoint presentation: “Healthy Eating: Tips for the Whole Family”, laptop and projector; mini projector screen (optional)
- B. Visuals: *MyPyramid* poster, Portion kit (Nasco™), Anatomy of MyPyramid
- C. Supplies: Masking tape, Roll of toilet paper for TP surprise icebreaker, pencils, pens
- D. Handouts:
 - 1. “*Your Personal Path to Health: Steps to a Healthier You*” brochure
 - 2. MyPyramid mini poster
 - 3. “*We Can- Families Finding the Balance: A Parent Handbook*”
 - 4. ERN information sheet
 - 5. Goal Setting Sheet
 - 6. Parent Newsletter- MyPyramid or Physical Activity
- E. Food Tasting: Fruit and Yogurt Parfait
 - 1. Low fat vanilla yogurt, low fat granola, fruit
 - 2. Measuring spoons
 - 3. Plastic spoons
 - 4. Plastic cups
 - 5. Paper napkins
 - 6. Paper plates
 - 7. Water

8. Individual hand wipes
9. Gloves
- F. Reinforcements (or any other appropriate reinforcements)
 1. MyPyramid magnets
 2. Pedometers

IV. Procedure

A. Introductory:

1. Ice Breaker: TP surprise.
 - a. Welcome the participant at the door, holding a roll of toilet paper.
 - b. Instruct each participant to take as many sheets as he/she wants. Do not explain the purpose.
 - c. Instruct participants to write one way they can eat more fruits and vegetables on each sheet.
 - i. Variation: Have each participant write one interesting fact about the topic of the day on each sheet of paper they took.
 - ii. Variation: Have each participant write one fruit (or vegetable, healthy snack, or other selected 'fact') on each sheet.
 - d. When participants are finished, they introduce themselves by reading the facts on their TP.
2. Lesson Introduction
 - a. Introduction of Nutrition Educator
 - b. Explain the Eat.Right.Now. Nutrition Education program and general goals. Give specifics on what we do in the schools and why nutrition education at this age is so important. Explain how the prevalence of overweight and obesity in children and adolescents has increased over the years. Research has shown that children who are overweight at a young age tend to be overweight as adults. Prevention is necessary to keep this trend from increasing.

B. Developmental

1. Review the benefits of healthy eating for children
 - a. Better school performance
 - b. Developmental growth
 - c. Prevention of overweight
 - d. Prevention of chronic disease- A healthy diet helps prevent many chronic diseases. The slide shows a healthy artery and what happens to it when plaque deposits form on the walls. This is what leads to clogged arteries and heart attacks.
2. Discuss the link between food intake and weight gain
 - a. Explain the concept of energy balance. The calories you take in through food should equal the calories you expend through physical activity. If you take in more calories than you expend, you will gain weight. If you take in less calories than you expend, you will lose weight.

- b. There are many reasons for an increased energy (or calorie) intake. More foods are available, people eat more meals out at restaurants, restaurants serve larger portions than necessary, competition among manufacturers, and advertising are some of the more common reasons. There are also numerous reasons for decreased energy expenditure, which is what ultimately leads to weight gain. Children are watching more television, playing video games or on the computer. Schools have limited physical education classes or extracurricular activities. Some neighborhoods are unsafe, which leads to less outdoor play.
 - c. Bad news... 100 extra calories per day = 10 lb weight gain per year. Calories add up very quickly. It is easy to gain weight if you are not careful.
 - d. Good news ... Weight gain can be prevented
 - i. Eat less
 - ii. Move more
 - iii. Strive for 2-1-5
- 3. Eat Less
 - a. Review some common ways to cut 100 calories from your diet.
 - b. *Activity*- Guess how many calories.
 - i. Have participants guess amount of calories in individual foods (soda, candy bar, donut, French fries).
- 4. Move More
 - a. Review recommendations for physical activity
 - i. 30 minutes-good health
 - ii. 60 minutes-prevent weight gain
 - iii. 60 to 90-maintain weight loss
 - iv. 60 minutes-children and teenagers
 - b. Ways to add 2000 steps
 - i. Using a pedometer (step counter)
 - ii. Instruct participants to wear the pedometer for three days. After three days, record the number of steps displayed on the pedometer. Calculate the average steps per day.
 - iii. Set a goal to gradually increase steps by at least 2000 per day (2000 steps = 1 mile).
 - iv. Goal: 10,000 steps (5 miles) per day recommended for adults.
 - c. Strive for 2-1-5
 - i. 2 hours or less of screen time
 - ii. 1 hour physical activity
 - iii. 5 servings of fruits and vegetables
- 5. MyPyramid and Dietary Guidelines
 - a. MyPyramid is a roadmap to guide you along the path to a healthier you. You can use MyPyramid to help develop your personal path to eat healthy and to be physically active. Refer to “Your Personal Path to Health: Steps to a Healthier You” brochure.

- i. Encourage participants to visit the MyPyramid website, <http://www.MyPyramid.gov> to calculate daily calorie needs, learn recommended amounts from each food group and find sample menus.
 - ii. Ask if participants have visited the website, and what they know about MyPyramid. Record responses.
 - iii. Discuss each food group and tips for healthy eating. MyPyramid is made up of five groups and oils. Each group is color coded.
 - iv. Review recommended amounts for each food group. Refer to MyPyramid handout.
 - v. Stress importance of variety, moderation and portions by reviewing Anatomy of MyPyramid handout.
6. Serving Sizes and Portions
 - a. Show examples of a serving size. Use Portion Kit.
 - i. Discuss difference between a serving and a portion.
 - ii. *Activity:* Portion distortion – Have participants guess how many calories in portions of different foods.
7. Reading Food Labels
 - a. Review where to find serving size, servings per container, calories, and percent daily value. More on reading labels will be covered in a parent workshop called “Eating Healthy When Eating Out.”
8. Healthy eating tips for parents
 - a. These are great ways to improve your child’s eating habits. Remember that your children model their eating behaviors after what they see at home. So if you, the parents, follow healthy eating habits, your children may be more likely to as well.
9. Activities
 - a. *Making Smart Choices From MyPyramid Food Groups*
 - i. Have participants use the Goal Setting Sheet to record one action step they can take to make a smarter choice from one of the food groups.
 - ii. Participants can use the “*Your Personal Path to Health: Steps to a Healthier You*” brochure for suggestions.
 - iii. Allow participants to discuss their choice with the group.
 - b. *How to move more and eat less*
 - i. Have participants use the Goal Setting Sheet to record one action step they can take to eat 100 calories less per day.
 - ii. Have participants use the Goal Setting Sheet to record one action step they can take to add 2000 steps to their day.
 - iii. Allow participants to discuss their choice with the group.

V. Conclusion:

- A. Thank the participants for their time and answer any questions they may have.
- B. Distribute hand wipes.
- C. Provide each participant with a food tasting and encourage him or her to make small changes in his or her diet now. Explain why the food is a healthy option.

- D. Distribute parent handouts
- E. Distribute reinforcements and explain the reasoning for it.



Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACKS, as part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact DPW's toll-free Helpline at 800-692-7462. This institution is an equal opportunity provider and employer.



Goal Setting Sheet

Setting goals helps you make positive changes in your life. Make sure you set healthy, realistic goals and you will be more likely to reach them. Think about some healthy changes you would like to make for you and your family. Write down a few short-term goals that are measurable, attainable and relevant for you and your family. Then write down an action step you can take to actually carry out that goal.

Some examples of short-term goals would be:

- Eat 2 cups of fruit each day.
- Eat whole wheat bread instead of white bread.
- Bake or grill foods instead of frying.
- Limit dining out to twice per week.
- Exercise for 30 minutes three times per week.

My personal short-term goals:

1. _____

Action step _____

2. _____

Action step _____

3. _____

Action step _____



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Anatomy of MyPyramid

One size doesn't fit all

USDA's new MyPyramid symbolizes a personalized approach to healthy eating and physical activity. The symbol has been designed to be simple. It has been developed to remind consumers to make healthy food choices and to be active every day. The different parts of the symbol are described below.

Activity

Activity is represented by the steps and the person climbing them, as a reminder of the importance of daily physical activity.

Moderation

Moderation is represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats or added sugars. These should be selected more often. The narrower top area stands for foods containing more added sugars and solid fats. The more active you are, the more of these foods can fit into your diet.

Personalization

Personalization is shown by the person on the steps, the slogan, and the URL. Find the kinds and amounts of food to eat each day at MyPyramid.gov.

Proportionality

Proportionality is shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions. Check the Web site for how much is right for you.

Variety

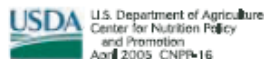
Variety is symbolized by the 6 color bands representing the 5 food groups of the Pyramid and oils. This illustrates that foods from all groups are needed each day for good health.

Gradual Improvement

Gradual improvement is encouraged by the slogan. It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.



MyPyramid.gov
STEPS TO A HEALTHIER YOU



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