

FFY18 IOE Class Description Summary

Lesson 2015 DGs/MyPlate	FBC Ques.	Behavioral Objectives Participants will be able to:	Primary Handouts	Primary Group Activities	Food Demo ¹ / PA Demo	Homework ²
<p>Build a Healthy Plate</p> <p><u>Dietary Guidelines:</u> 1, 2, 3, 4 & 5</p> <p><u>MyPlate Messages:</u> 1, 2, 3, 4, 5 & 6</p> <p>(Session 1)</p>	<p>1, 3, 5, 6, 7, 8, 9, 10, 11, 12, 13, 15, 16, 18, 19, 20, 21</p>	<p>1) Name at least 2 food assistance programs that can help families obtain additional food.</p> <p>2) Describe MyPlate and the 5 food groups.</p> <p>3) Modify a meal to reflect the MyPlate guidelines.</p> <p>4) State 2 ways to include physical activity (PA) every day.</p> <p>Skills:</p> <ul style="list-style-type: none"> • Contact food assistance programs. • Fill half a dinner plate with vegetables and/or fruits. 	<p>USDA: <i>What's on Your Plate?</i> or <i>MyPlate, MyWins: Make it Yours</i> <i>Let's Eat for the Health of It "10 Tips" tip sheet Be Active Adults (4/13)</i></p> <p>NEOP: <i>Everyday Healthy Meals</i> cookbook <i>How to Get Food Help in OC (CNAP) (2/17)</i></p> <p>WIC/USDA: (2-sided) <i>Mealtime: Who Decides What? (WIC)</i> <i>Enjoying the Family Meal (USDA Nibbles for Health)</i></p>	<p>Use the meal cards to modify meals to reflect the MyPlate guidelines, especially those related to vegetable consumption.</p> <p>Identify common family mealtime problems and discuss ways to address the issues.</p> <p>Discuss the benefits of physical activity and tips to be more physically active.</p>	<p>Veg. Quesadillas¹ or Veggie Tortilla Roll-ups¹</p> <p>Alternate: Breakfast Fruit Cup¹</p> <p>No-Prep: Whole grain cereal taste test</p> <p>Nutr Message: Highlight MyPlate food groups</p> <p>PA Tip/30-second Demo (Optional): Stretch your mind & body to increase flexibility-try new foods & move more. Optional: Conduct PA demo as an ice-breaker at beginning of class.</p>	<p>Prepare or find one recipe from the <i>Everyday Healthy Meals</i> cookbook that features vegetables.</p> <p>Save receipts from food purchases for one week to determine the weekly cost of food.</p> <p>Find on the Web: ChooseMyPlate.gov</p> <p>Post as a prompt: MyPlate symbol</p> <p>Bring a store circular to class #2 & #3.</p>
<p>Planning Healthy Meals</p> <p><u>Dietary Guidelines:</u> 1, 2, 4 & 5</p> <p><u>MyPlate Messages:</u> 1, 2, 3 & 4</p> <p>(Session 2)</p>	<p>1, 3, 5, 6, 7, 8, 9, 10, 11, 12, 13, 15, 16, 18, 19, 20, 21</p>	<p>1) Plan 2 days of healthy, budget-friendly meals and snacks.</p> <p>2) Describe at least 3 ways to include more f/v in meals and snacks.</p> <p>3) State one way to overcome a challenge to planning healthy meals.</p> <p>Skills:</p> <ul style="list-style-type: none"> • Use the <i>NEOP</i> cookbook to plan meals and snacks. • Calculate the amount of 100% juice and ground meat to purchase for a family of four. <p>Optional Enhancement: Food Waste info on pages 2 & 4.</p>	<p>USDA: <i>Cost of Food</i> <i>What's on Your Plate?</i> <i>Create a Grocery Plan</i> <i>Weekly Calendar</i></p> <p>NEOP: <i>Everyday Healthy Meals</i> cookbook <i>Eat Better-Use the Web (NEOP OC) (w/ What's Cooking website)</i> <i>The Shape of Yoga</i> <i>Power Up in 10</i></p> <p>Optional: <i>Fast & Healthy Breakfast Ideas</i> booklet or 2-sided handout</p>	<p>Determine the weekly cost of food for a female adult and a 4-5 yo child and the monthly cost to feed the participant's family.</p> <p>Use the <i>Weekly Calendar</i> worksheet to plan 2 days of meals using MyPlate guidelines. If needed, start with breakfast to ease into activity.</p> <p>Discuss solutions for challenges to meal planning, especially barriers to consuming vegetables.</p> <p>Optional: Help participants use their cell phones to access one of the websites on the <i>Eat Better-Use the Web</i> handout.</p>	<p>PA Tip/30-second Demo (Optional): Use canned foods as weights for strength training/muscle building.</p>	<p>Use the <i>Weekly Calendar</i> worksheet to plan meals for one week; include veg at most meals.</p> <p>Try 2 activities in the <i>Shape of Yoga</i> or <i>Power Up in 10</i> booklets.</p> <p>Find on the Web: Go to the MyPlate, Champions for Change or EatFresh website to find 2 recipes & 2 PA tips.</p> <p>Post as a prompt: Weekly meal plan</p>

Lesson 2015 DGs/MyPlate	FBC Ques.	Behavioral Objectives Participants will be able to:	Primary Handouts	Primary Group Activities	Food Demo ¹ / PA Demo	Homework ²
<p>Shopping on a Budget</p> <p><u>Dietary Guidelines:</u> 1, 2 & 5</p> <p><u>MyPlate Messages:</u> 1, 2 & 6</p> <p>(Session 2)</p>	<p>1, 2, 3, 6, 7, 8, 9, 12, 13, 15, 16, 17, 21</p>	<p>1) List 3 shopping tips that help families buy more nutritious foods for less money.</p> <p>2) Name 2 benefits of using a grocery store circular.</p> <p>3) Describe how to effectively use foods that are less expensive when purchased in bulk quantities.</p> <p>Skills:</p> <ul style="list-style-type: none"> • Use the meal plan to write a shopping list. • Use unit price to compare prices of two items at the grocery store. <p>Optional Enhancement: Food Waste info on pages 3 & 4.</p>	<p>USDA: “10 Tips” tip sheet <i>Eating Better on a Budget</i> <i>Create a Grocery Game</i> <i>Plan Grocery List</i></p> <p>WIC: <i>Be a Smart Shopper-Use Unit Price</i></p>	<p>Use a store circular and MyPlate to create a dinner for a family of 4 that costs less than \$10.00. Compare the cost of this meal to the cost of a meal for 4 when eating out.</p> <p>Compare the cost of homemade vs. prepared foods & beverages.</p> <p>Give examples of how bulk quantities of carrots, bread & canned or frozen f/v can be prepared different ways.</p>	<p>Asian Chicken Salad¹ <i>or</i> Corn & Green Chili Salad¹</p> <p>Alternate: e.g. Avocado Tortilla Soup¹</p> <p>No-Prep: Cut, ready-to-eat veg & ranch dressing</p> <p>Nutr Message: Highlight use of canned / frozen veg</p>	<p>Use a store circular to find f/v on sale & one other healthy item that is a bargain.</p> <p>Find on the Web: Go to the MyPlate, Champions for Change or EatFresh websites to find a new recipe for f/v on sale.</p> <p>Bring food/bev labels & packages to class #4 & #5.</p>
<p>What’s on a Label?</p> <p><u>Dietary Guidelines:</u> 2, 3, 4 & 5</p> <p><u>MyPlate Messages:</u> 3 & 6</p> <p>(Session 3)</p>	<p>14, 16, 18, 21</p>	<p>1) Name 3 items listed on the Nutrition Facts label.</p> <p>2) State at least 2 reasons it is important to read the food label when shopping for food.</p> <p>3) Use the food label to choose a cereal that is high in fiber and a snack food low in sodium</p> <p>Skills:</p> <ul style="list-style-type: none"> • Read serving size, servings per container, calories, sodium, fiber & sugar on a label. • Use the ingredient list to determine if a food has added sugar or is a whole grain. 	<p>USDA: <i>Team Nutrition Read It</i></p> <p>FDA: <i>Side-by-Side Comparison</i> <i>Food Serving Sizes Get a Reality Check</i></p> <p>USDA: “10 Tips” 3 tip sheets: <i>Salt and Sodium</i> <i>Make Half Your Grains Whole</i> <i>Cut Back on Your Kid’s Sweet Treats</i></p> <p>NEOP: <i>Flavors of My Kitchen</i> cookbook (optional)</p>	<p>Use the food label to compare foods and determine the healthier choices.</p> <p>Discussion questions: - What items on the food label are most helpful to you? - What food label are you going to read before you buy the item next time?</p>	<p>No-Prep Food Demo (Optional): Whole grain cereal taste test</p> <p>PA Tip/30-second Demo (Optional): Chair aerobics to increase heart rate</p>	<p>Read 2 cereal and 2 snack food labels during next trip to the store.</p> <p>Find on the Web: Search: “FDA changes to the nutrition facts label”</p>

Lesson 2015 DGs/MyPlate	FBC Ques.	Behavioral Objectives Participants will be able to:	Primary Handouts	Primary Group Activities	Food Demo ¹ / PA Demo	Homework ²
<p>Rethink Your Drink</p> <p><u>Dietary Guidelines:</u> 3, 4 & 5</p> <p><u>MyPlate Messages:</u> 4 & 6</p> <p>(Session 3)</p>	2, 3, 4, 5 10, 14, 16, 20	<p>1) Use the food label to choose a healthy beverage.</p> <p>2) Calculate the number of teaspoons of sugar in a beverage.</p> <p>3) Choose an appropriate cup size for beverages typically consumed.</p> <p>4) Name 2 healthy drink options and the benefits of each.</p> <p>Skills:</p> <ul style="list-style-type: none"> • Calculate the number of teaspoons of sugar in a beverage. • Identify an 8 oz (1 cup) serving size. 	<p>NEOP: <i>Beverages: Make Every Sip Count</i> <i>How Much Sugar is in Your Drink?</i></p> <p>FDA: <i>Side-by-Side Comparison</i> <i>Food Serving Sizes Get a Reality Check</i></p> <p>USDA: "10 Tips" 2 tip sheets: <i>Make Better Beverage Choices</i> <i>Got Your Dairy Today?</i></p>	<p>Review beverage containers/labels and calculate the number of teaspoons in the entire container.</p> <p>Discuss serving sizes of healthier drink alternatives and the benefits of each.</p> <p>Select 2 healthy beverages to drink more often and 2 sweetened beverages to drink less often.</p>	<p>Cucumber Mint/ LOL flavored waters <i>or</i> Tropical Eye Opener¹</p> <p>Alternate: e.g. Banana Berry Smoothie¹</p> <p>No-Prep: Whole vs. 1% milk <i>or</i> lower sodium veg juice taste test</p> <p>Nutr Message: Highlight calories & nutrients from bev.</p>	<p>Ask participants to use the milk glass on the <i>Beverages: Make Every Sip Count</i> handout to compare their cups at home with an 8-ounce portion.</p> <p>Use all handouts as a reference in the future.</p> <p>Post as a prompt: Photo of 8-oz cup</p>

¹ Recipes from the NEOP Everyday Healthy Meals cookbook

² Homework assignments will be completed individually & discussed at the beginning of the next class.

2015 Dietary Guidelines for Americans	MyPlate Messages
<ol style="list-style-type: none"> 1. Follow a healthy eating pattern across the lifespan. 2. Focus on variety, nutrient density and amount. 3. Limit added sugars and saturated fats and reduce sodium intake. 4. Shift to healthier food and beverage choices. 5. Support healthy eating patterns for all. 	<ol style="list-style-type: none"> 1. Make half your plate fruits and vegetables: Focus on whole fruits. 2. Make half your plate fruits and vegetables: Vary your veggies. 3. Make half your grains whole grains. 4. Move to low-fat or fat-free milk or yogurt. 5. Vary your protein routine. 6. Drink and eat less sodium, saturated fat and added sugars.