

Nutrition Class Series – Food Behavior Checklist IOE FFY14

Lesson DG Topics	FBC Ques.	Behavioral Objectives Participants will be able to:	Primary Handouts	Primary Group Activities	Food Demo	Homework*
<p>Build a Healthy Plate</p> <p><u>Dietary Guidelines:</u></p> <ul style="list-style-type: none"> Enjoy your food but eat less Avoid oversized portions Make half your plate f/v Switch to fat-free or low-fat milk Make half your grains whole Compare sodium in foods Drink water instead of sugary drinks <p>(Session 1)</p>	<p>1, 3, 5, 6, 7, 8, 9, 10, 11, 12, 13, 15, 16, 18, 19, 20</p>	<p>1) Estimate how much it will cost to feed their family healthy meals and snacks.</p> <p>2) Name at least 2 food assistance programs that can help families receive additional food.</p> <p>3) Describe MyPlate and the 5 food groups.</p> <p>4) Modify a meal to reflect the MyPlate guidelines.</p> <p>5) Explain the difference between the role of the parent and child at mealtimes.</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>Cost of Food</i> <i>What's on Your Plate?</i> <i>Let's Eat for the Health of It</i> <i>10 Tips</i> – handout packet</p> <p>Network: <i>Everyday Healthy Meals</i> cookbook <i>How to Get Food Help in OC (CNAF)</i></p> <p>WIC/USDA: (2-sided) <i>Mealtime: Who Decides What?</i> (WIC) <i>Enjoying the Family Meal</i> (USDA <i>Nibbles for Health</i>)</p>	<p>Determine the weekly cost of food for a female adult & a 4-5 yo child and the monthly cost of food for their family.</p> <p>Use the meal cards to modify meals to reflect the MyPlate guidelines.</p> <p>Identify common family mealtime problems and discuss ways to address the issues.</p>	<p>Corn & Green Chili Salad <i>or</i> Vegetable Quesadillas from <i>Everyday Healthy Meals</i> cookbook</p>	<p>Create the “MyPlate” symbol at home with children using paper or paper plates and markers.</p> <p>Prepare one recipe from the <i>Everyday Healthy Meals</i> cookbook.</p> <p>Find on the Web: ChooseMyPlate.gov</p> <p>Post as a prompt: MyPlate symbol</p>
<p>Planning Healthy Meals</p> <p><u>Dietary Guidelines:</u></p> <ul style="list-style-type: none"> Make half your plate f/v Make half your grains whole Switch to fat-free or low-fat milk <p>(Session 2)</p>	<p>1, 3, 5, 6, 7, 8, 9, 10, 11, 12, 13, 15, 16, 18, 19</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 personal barrier to planning healthy meals.</p> <p>Skills:</p> <ul style="list-style-type: none"> Calculate the amount of 100% juice and turkey to purchase for a family based on the meal plan. 	<p>USDA: <i>What's on Your Plate?</i></p> <p>Network: <i>Everyday Healthy Meals</i> cookbook</p> <p>WIC: <i>Meal Planner</i> worksheet</p>	<p>Use the <i>Meal Planner</i> worksheet to plan 2 days of meals. Plan each meal around f/v.</p> <p>Discuss solutions for challenges to meal planning.</p>		<p>Use the <i>Meal Planner</i> worksheet to plan meals for one week.</p> <p>Calculate the amount needed for one of the fruits or vegetables in their meal plan.</p> <p>Post as a prompt: Weekly meal plan</p>
<p>Shopping on a Budget</p> <p><u>Dietary Guidelines:</u></p> <ul style="list-style-type: none"> Make half your plate f/v <p>(Session 2)</p>	<p>1, 6, 7, 8, 9, 11, 12, 13, 15, 16, 17, 20</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>WIC: <i>Smart Shopping Tips/ Be a Smart Shopper-Use Unit Price.</i> 2-sided handout <i>Smart Shopping List</i></p>	<p>Use a store circular and MyPlate to create a dinner for a family of 4 that costs less than \$10.00.</p> <p>Give examples of how bulk quantities of carrots, bread and canned fruit can be prepared in different ways.</p>	<p>Breakfast Fruit Cup <i>or</i> Zucchini Sauté from <i>Everyday Healthy Meals</i> cookbook</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 or Champions for change website to find a new recipe for f/v on sale.</p>

Lesson DG Topics	FBC Ques.	Behavioral Objectives Participants will be able to:	Primary Handouts	Primary Group Activities	Food Demo	Homework*
<p>What's on a Label?</p> <p><i>Dietary Guidelines:</i></p> <ul style="list-style-type: none"> • Make half your grains whole • Compare sodium in foods • Avoid oversized portions <p>(Session 3)</p>	<p>14, 16, 18, 20</p>	<p>1) Name 3 items listed on the Nutrition Facts label.</p> <p>2) State at least 2 reasons why 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 and sugar on a label. • Use the ingredient list to determine if a food has added sugar or is a whole grain. 	<p>USDA Team Nutrition: <i>Read It</i> mini poster</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> (new)</p> <p>Network: <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>Read at least 2 cereal and 2 snack food labels during next trip to the store.</p> <p>Find on the Web: Google “Eat for a healthy heart FDA consumer update video” for more information on label reading</p>
<p>Rethink Your Drink</p> <p><i>Dietary Guidelines:</i></p> <ul style="list-style-type: none"> • Switch to fat-free or low-fat milk • Drink water instead of sugary drinks • Avoid oversized portions <p>(Session 3)</p>	<p>2, 3, 4, 5 10, 14, 16, 19</p>	<p>1) Use the food label to choose a healthy beverage.</p> <p>2) Choose an appropriate cup size for beverages typically consumed.</p> <p>3) 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>Network / Dairy Council: <i>Beverages: Make Every Sip Count</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>Whole milk vs. 1% milk taste test or Tropical Eye Opener from <i>Everyday Healthy Meals</i> cookbook</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>

* The homework assignments will be completed individually and discussed at the beginning of the next class.