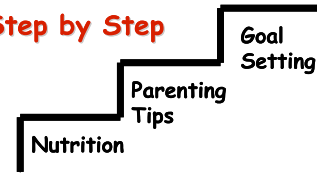


## Class Outline and Suggested Activities

**Nutrition Basics — What does your family really need to eat and how much?**

**Building Healthy Families:**

**Step by Step**



### Handouts

1. MyPlate Poster
2. Healthful Eating: Food Labels Help!
3. Teaching Good Food Habits
4. Helping a Choosy Eater
5. Participant notebook or folder
6. Goal sheets

### Other materials needed

1. Pictures or food models from the five food groups for icebreaker
2. Video and VCR player

### Conduct Icebreaker/Distribute Materials for Class

Icebreaker: as clients sign roster, they pick up class materials, and choose a picture of their favorite food. As the teacher goes through each MyPlate food group she asks who chose favorite foods from that group.

### Welcome

- Welcome, we are happy that you are with us today. During our classes we will talk about food, eating, and your family. We will also have a short video that shows other mothers talking about their concerns about food and their families, and solutions they have to some of their problems. We will be asking you to share your ideas, suggestions and concerns.
- Here are the handouts for today's lesson on Nutrition Basics. **(Pass out handouts and notebooks or folders)**
- Now, let's start with our lesson on Nutrition Basics. Please look at the **MyPlate Handout**.

### Review Materials/Handouts – 10 Minutes

- Encourage Clients to refer to the handouts that give more information about the topic.
- Start with **MyPlate** handout for **MyPlate** section.
- Use **MyPlate** portion size page.
- Use Food Labels Handout for label information.

Here is a review of the information to be covered in class.

**MyPlate Overview:**

- **MyPlate** helps us choose foods for healthy meals and snacks.
- Food provides us nutrients needed for good health.
- The grains group contains bread, cereal, rice, and pasta. This group provides us energy, fiber, and vitamins. Make at least half your grains whole.
- Make half your plate fruits and vegetables.
- Vegetables have many vitamins and minerals, as well as fiber.
- Fruits contain potassium and vitamins A and C.
- The meat and beans group provides protein and iron. Vary your protein food choices.
- Foods in the milk group have calcium and other nutrients. Switch to skim or 1% milk.
- Foods that have solid fats, sodium, and added sugars should be limited in a healthy eating plan.
- Physical activity is also important and has many benefits such as improving the heart and blood pressure, reducing stress, and providing a sense of well-being.

**Food Labels:**

- Food labels or the Nutrition Facts panel provides information about the nutrients in a food and tells us the amount of one serving of the food.
- 5% of the Daily Value or less is low. 20% of the Daily Value or more is high.
- We need to choose foods low in total fat, saturated fat, trans-fatty acids, cholesterol, and sodium. So, we need to look for foods with 5% or less of the Daily Value for these nutrients.
- We need to choose foods high in fiber, calcium, iron, and vitamins A and C. So, we need to look for foods with 20% or more of the Daily Value for these nutrients.
- The food label also has a list of all ingredients in the food.

**Portion Size:**

- MyPlated can help us determine how much we should eat (calories we need) to maintain our weight.
- We can eat smaller portions of food to control the fat and calories we eat.
- Foods high in fat and sugar are high in calories and are also low in nutrients such as fiber, iron, calcium, and vitamins A and C.

**Teaching Good Food habits:**

- Allow time for child to eat.
- Be a good role model.
- Reward your child with attention, not food.

**Watch Video Presentation (No Intermission in Video #1.) 5 Minutes**

- Turn on Video
- Check to be certain all can see and hear the video
- For this class session, you will not need to pause the video.

**Video Discussion (10 Minutes)**

1. In this video we saw these mothers discussing how hard it is to change their families' eating habits. Can anyone describe an experience you had related to changing your family's eating habits?

- **Wait for discussion. Remember to give clients 5 seconds to respond before you start talking. When someone does speak up, encourage them and ask if anyone else has further comments or ideas.**

In future classes we can talk more about solutions to these problems.

2. We also heard about how they worry about making sure their children are getting the right foods. Have you seen your children watching what you eat? Do they eat the same way?
- **Allow a few parents to share their responses.**

What a responsibility parents have!

3. It's often hard for moms to let children leave food on their plates; moms think they will be hungry. Raise your hand if you are ever worried that your child is eating too much or too little.
  4. Did you know that a very old suggestion is that the correct portion of food for a child is 1 tablespoon for every year of life? That means that a 2 year old child should start with about 2 tablespoons of each food at each meal. Now you can see why serving that amount of food on an adult size plate would look stingy. Remember your child can always ask for more food so don't serve too much!
5. Describe a time when you asked for help like these moms.
    - **Wait for a response. Encourage additional comments. If one client is doing most of the talking, you might say "what do some of the rest of you think about that?"**
  6. How have you helped your child choose the right amount of food to eat?

We all need to remember the shared responsibility idea! Mothers' responsibility is to provide the healthy food at meals and snacks: children's responsibility is to choose what and how much to eat.

We saw these moms use T-A-L-K, a problem solving method. We are going to use T-A-L-K to solve the family eating problems we see in the videos for each class.

### **DISCUSS T-A-L-K (Show TALK poster)**

**T... Think of all the solutions.**

**A... Ask others for help.**

**L... Look at all the ideas.**

**K... Keep the ones that might work for you and try them out.**

You might want to use the TALK technique for problem solving with your family.

The last 2 handouts for this week have great tips on teaching your family good food habits, and helping a “choosy” eater. Reading through these handouts may make you more confident, like Rose in the video.

**Goal Setting:**

- Each week we are asking everyone to work on a goal that will help your family eat healthy. Setting goals can help us focus on things we want to change. Check out the last page for this lesson – your goal sheet. This week, you are asked to work on serving the appropriate portion sizes to your family. Remember the video? Sometimes packaged foods contain more food than 1 serving. This also applies to foods you serve for meals and at restaurants.
- Take a minute and think about the portion sizes or amounts of food your family eats. How can they be improved? Write some of your solutions at the bottom of the page.
- Think about the ones that will work best for you – and try them this week. For each day, check off yes or no. Then, if you weren’t as successful as you planned, think about how you can change and make it work. Please bring this page and your notebook back next week.

Are there any questions before we start the food preparation activity?

**FOOD PREPARATION ACTIVITY – 20 MINUTES**

- Now we are going to prepare Spinach Spread or Almost a Pyramid Sundae
  - Cover food safety tips appropriate for the chosen recipe.
  - Mention how these recipes fit into food groups.
  - Reinforce correct portion size.
  - Read food labels of foods used.
  - Mention how including children in food preparation from an early age is very important.
  - Mention how recipe NOT prepared is also really good. (Discuss food groups, etc.)

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**Closing Reminder**

Remember to bring your goal sheet and notebook back with you next week.

State day and time of the next class. Have a great week!

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*Adapted from USDA MyPlate, Understanding Food Labels, and Eating Right and Light lessons.*