

SKILLS FOR LIFE

SESSION 2

Suggested Agenda

8:30 a.m.	Arrival of Participants
9:00 a.m.	Welcome
9:05 a.m.	You Don't Say
9:35 a.m.	Session Overview
9:45 a.m.	Meal Planning
10:15 a.m.	Break
10:20 a.m.	Meal Planning/Key Nutrients
11:25 a.m.	Cooking Demonstration: Chili Casserole and Cole Slaw
12:00 p.m.	Lunch
12:50 p.m.	This is Your Life
1:10 p.m.	Needs Assessment Results and a Review
1:40 p.m.	Closing and Evaluations

<u>Materials</u>	<u>Handouts</u>
Flipchart Paper or Blackboard	H11 You Don't Say
Markers or Chalk	H12 Session Agenda
Handouts (11 - 18)	H13 The Menu Winner Is . . . /Serving
Pencils	Size Review
Photographs or samples of different food portions	H14 Weekly Meal Planner
	H15 Key Nutrients
	H16 Chili Casserole
	H17 Coleslaw
	H18 Activity Checklist

SKILLS FOR LIFE

TRAINING GUIDE

Participant Objectives and Activities: *Successful participants will be able to:*

1. Identify differences among other participants in the Club.

• **Pass out You Don't Say (Handout 11).** Individuals should circulate in the room and meet with as many people as possible in order to find different people who fit the descriptions. At the end of 20 minutes, the person with the most blanks completed wins a prize. To conclude, spend 10 minutes discussing answers on the sheet. (Time: 30 min.)

2. Identify the goals and objectives of this session.

• **Review the goals and objectives listed below with participants.** Pass out the **Session Agenda (Handout 12)**. Review session rules and norms discussed at the last session. (Time: 10 min.)

GOALS:

1. Enjoy ourselves.
2. Become healthier and happier.
3. Learn more about (LMA) food, nutrition, and cooking.
4. LMA other issues of interest.

OBJECTIVES:

1. Identify differences among Club participants.
2. Identify and describe basic menu planning steps.
3. Identify key nutrients.
4. Describe steps in preparing Chili Casserole and Coleslaw.

3. Identify and describe the basic components of a good daily menu using the Food Pyramid as a guide.

• **Brainstorm advantages of menu planning (e.g., more balanced/varied diet, more time to plan, making foods go farther, and more likely to have the ingredients on hand).** Brainstorm characteristics of a good daily menu. (For example: low cost, balanced diet, flavor, texture, and temperature based on season. List them on a flipchart. (10 min.)

- Review the concept of serving size by referring back to the Food Pyramid. Provide sample servings (perhaps using photos or actual food) of different foods and ask participants the number of servings they represent in the different food groups. For example, a plate of spaghetti may actually be more than one serving. (20 min.) (Time: 30 min.)

4. Prepare a balanced meal plan for one day using the Food Pyramid as a guide.

- Participants choose the best meal plan among two previously prepared daily menu plans (Handout 13). Page 2 of Handout 13 gives examples of serving sizes and can be used as a reference. Discuss their answers in the large group. (20 min.)

- Give each person a copy of the Weekly Meal Planner form (Handout 14). Have participants (in pairs) complete daily menus for several days. (15 min.) Pairs then report back to main group. Discuss and evaluate the menu plans that the pairs develop with particular emphasis on proper representation of food groups. (10 min.) (Time: 45 min)

5. Analyze and contrast daily menu plans to determine vitamin and nutrient values.

- Provide the participants with a list of the basic nutrients and their food sources (Handout 15). Discuss several of the most important nutrients. Note that we need more than 40 different nutrients for good health. Tell participants to review the rest of the list during lunch and to compare it to the daily menus they designed. Discuss the findings midway through lunch. (Time: 20 min)

6. Describe the procedures for preparing a recipe item and prepare the meal at home.

- Discuss the ingredients, equipment, and procedures for preparing the menu item. Discuss substitutions and variations (Handout 14). Ask participants if they can identify some of the Key Nutrients present in the recipes prepared for lunch. (Time: 35 min.)

(After Lunch Initiator): "We discussed some session goals and objectives earlier in the day. Now I want you to take some time and reflect on one objective or goal that you would like to accomplish. Think back to the goal you set last session."

7. Write a personal menu plan goal that includes strategies to achieve and evaluate.

- **Hand back the goal worksheets. Ask questions such as: How many individuals obtained their goal they set last session? How many started to complete their goal? How many tried but didn't obtain their goal due to obstacles? How many lost interest? Review obstacles as well as factors that enabled participants to obtain their goals. Then have individuals complete a new goal/objective for this session or rework a previous one to try again. Work your way around the room to answer any questions. Remind participants that good objectives are specific, measurable, attainable, and realistic. (Time: 20 min.)**

8. Review/Evaluation.

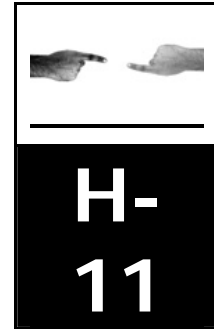
- **Review results of needs assessment last session. Give examples of how topics will or will not be incorporated into future sessions and explain why. (15 min.)**

- **Give participants the Activity Checklist (Handout 18). Have them check off completed activities each session as a record of accomplishment. (5 min.)**

- **Participants complete a written evaluation of the session. Use other evaluation/ closing exercises as time permits. (SEE Appendix 15.) (10 min.) (Time: 30 min.)**

SKILLS FOR LIFE

YOU DON'T SAY



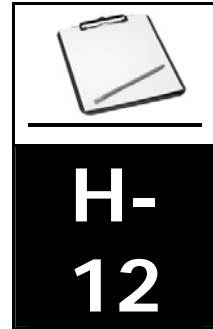
Directions:

For each statement below, find a person in the group who fits the description. Write the name next to the statement. Don't use the same person more than twice.

1. Is the single head of a household.
2. Is afraid of water.
3. Voted in the last election.
4. Likes to fish.
5. Watches cartoons on TV.
6. Ate breakfast today.
7. Bakes their own bread.
8. Is a grandparent.
9. Hates vegetables.
10. Has more than three children.
11. Has won money playing the lottery.
12. Has changed a tire on a car.
13. Prefers rock and roll music.
14. Has sung in a choir.
15. Likes to garden.
16. Has worked as a cook.
17. Has acted in a play.
18. Watches soap operas on TV.
19. Likes to swim.
20. Wants to bungee jump some day.
21. Likes to eat broccoli.
22. Oldest child in their family.
23. Plays bingo once a month.
24. Never eaten tofu.
25. Can type over 20 words per minute.

SKILLS FOR LIFE

SESSION AGENDA



YOU DON'T SAY

Learn more about members of the Club and win a prize!

OVERVIEW OF THE SESSION

GET WITH THE PLAN

What are the advantages of planning meals ahead? How do you do it? What are some Key Nutrients you should try to include?

THE COOK'S CORNER

Learn how to prepare Chili Casserole and good old-fashioned Coleslaw.

LUNCH

Try it. You'll like it.

THIS IS YOUR LIFE

Set a personal goal to accomplish.

CLOSING AND EVALUATION

NEXT CLUB MEETING IS ON

SKILLS FOR LIFE

THE MENU WINNER IS...



H-
13

Directions:

Compare menus 1 and 2 below. Choose the menu that best provides the recommended number of servings for each food group. Refer back to the Food Pyramid.

MENU 1	MENU 2
<p>Breakfast: 8 oz. glass of whole milk Small bowl (1 oz.) of cold cereal 2 pieces of white toast with butter 6 oz. glass orange juice</p> <p>Lunch: Tuna fish sandwich 1 large apple Small bag of potato chips A soda</p> <p>Dinner: A plate (1 cup) of spaghetti Sprinkled Mozzarella Cheese (1 oz.) 2 pieces of Italian bread 1 cup tossed green salad</p> <p>Snacks: 8 oz. of lowfat yogurt</p>	<p>Breakfast: 2 eggs 2 low-fat sausage links 2 pieces whole wheat toast with jam 12 oz. glass of orange juice</p> <p>Lunch: Peanut butter sandwich with 4 tbsp. of peanut butter 1 large orange Small bag of popcorn Glass of ice tea</p> <p>Dinner: 2 fried chicken breasts 2 cups of green beans 2 small biscuits 2 cups fruit cup</p> <p>Snacks: 2 cups of raw carrot sticks</p>

SERVING SIZE REVIEW

Food Group	One Serving
<p>Breads, Cereals, and Other Grains (6 - 11 servings)</p>	<p>1 slice of bread ½ bagel ½ hamburger bun or English muffin A small roll, biscuit, or muffin 3 to 4 small crackers ½ cup cooked cereal, rice, or pasta 1 oz. of cold cereal 1 6" flour tortilla</p>
<p>Fruits (2 - 4 servings)</p>	<p>1 whole fruit such as a medium apple, banana, or orange A grapefruit half ¾ cup fruit juice ½ cup of canned fruit ½ cup of berries ¼ cup dried fruit 15 grapes</p>
<p>Vegetables (3 - 5 servings)</p>	<p>½ cup cooked vegetables ½ cup of chopped raw vegetables 1 cup of tossed salad or leafy raw vegetable such as lettuce or spinach ¾ cup vegetable juice 1 6-inch corn on the cob 1 small (3-ounce) baked potato</p>
<p>Meat, Poultry, Fish, and Alternates (Daily amounts should total 5 to 7 ounces of cooked lean meat, poultry, or fish a day.) (2 - 3 servings)</p>	<p>3 ounces of cooked meat, poultry, or fish (size of deck of cards) 1 cup of cooked beans 4 tablespoons of peanut butter 2 eggs</p>
<p>Milk, Cheese, and Yogurt (2 servings)</p>	<p>1 cup of milk 1/3 cup dry nonfat milk 8 ounces of yogurt 1½ ounces of natural cheese 2 ounces of process cheese ½ cup cottage cheese</p>

SKILLS FOR LIFE



WEEKLY MENU PLANNER

H-14

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Daily Servings: 2-4 Fruit; 3-5 Vegetables; 6-11 Bread, Cereal, Pasta; 2-3 Dried Beans, Peas, Meat, Poultry, Fish, Eggs; and 2-3 Milk, Cheese.

KEY NUTRIENTS FUNCTIONS AND SIGNIFICANT SOURCES

Nutrient	Functions	Food Sources Plant	Food Sources Animal
PROTEINS	<ul style="list-style-type: none"> • Build and maintain tissues • Form important part of hormones & body fluids • Help form antibodies to fight infection • Supply energy 	Dried Beans Peas Lentils Peanuts Nuts	Meat, Fish Poultry, Eggs, Milk, Cheese, Yogurt
CARBOHYDRATES	<ul style="list-style-type: none"> • Supply food energy • Help body use fat efficiently • Spare protein for purposes of body building and tissue repair 	Grain products Fruits Starchy vegetables Sugar	
FATS	<ul style="list-style-type: none"> • Supply food energy in compact form (weight for weight supplies more than twice as much energy as carbohydrates and proteins) 	Vegetable Oil Salad dressing Margarine Shortening	Butter Lard Fat Meats
<u>VITAMINS</u>			
Vitamin A	<ul style="list-style-type: none"> • Helps eyes adjust to dim lights • Helps keep skin healthy • Helps keep lining of mouth, nose, throat, and digestive tract healthy and resistant to infection 	Orange Vegetables and fruits Green leafy vegetables Margarine	Liver Butter
Vitamin C	<ul style="list-style-type: none"> • Helps hold body cells together and strengthens walls of blood vessels • Helps in healing wounds • Helps body build bones and teeth 	Citrus fruits Green leafy vegetables Potatoes, Broccoli Cabbage, Cauliflower, Tomatoes, Pepper Cantaloupe, Strawberries	
Thiamine Vitamin B1	<ul style="list-style-type: none"> • Helps body cells obtain energy from food • Helps keep nerves in healthy condition • Promotes good appetite and digestion 	Nuts Fortified grain products	Lean Pork
Riboflavin Vitamin B2	<ul style="list-style-type: none"> • Helps cells use oxygen • Helps keep eyes healthy • Helps keep skin around mouth and nose smooth 	Fortified grain products	Milk, Cheese, Yogurt

Nutrient	Functions	Food Sources Plant	Food Sources Animal
Niacin Vitamin B ₃	<ul style="list-style-type: none"> • Helps cells of the body use oxygen to produce energy • Helps maintain health of skin, tongue, digestive tract, and nervous system 	Peanuts Fortified grain products	Liver, Meat, Poultry, Fish
MINERALS Calcium	<ul style="list-style-type: none"> • Builds bones and teeth • Helps blood clot • Helps nerves, muscles, and heart function properly 	Collard, Kale, Mustard, and Turnip Greens	Milk, Cheese, Yogurt, Sardines, and Salmon with bones
Iron	<ul style="list-style-type: none"> • Essential to formation of hemoglobin (which carries oxygen in the blood) 	Fortified cereals Legumes: dried beans, peas, lentils Peanuts Prune juice	Liver Red Meat such as beef, pork, lamb
WATER	<ul style="list-style-type: none"> • Important part of all cells and fluids in body • Carrier of nutrients to and waste from cells in the body • Aids in digestion and absorption of food • Helps to regulate body temperature 		

Source: Cooperative Extension Service of the University of Maryland System, 1982.

SKILLS FOR LIFE

CHILI CASSEROLE

(Serves 5-7 people)



H-16

INGREDIENTS:

2 cans (15 oz.) chili with beans
1 can (8 oz.) tomato sauce
¼ ea. chopped onion and/or celery and/or green pepper (optional)
½ -1 tsp hot sauce (i.e., Tabasco) (optional)
7 cups cooked (2 cups dry, long-cooking) white or brown rice
2 cups shredded cheese

EQUIPMENT:

Measuring cups
1 mixing bowl
1 medium pan
4 qt. casserole dish

DIRECTIONS:

1. Cook 2 cups of dry rice following instructions on the rice box. (This should make 7 cups of cooked rice.)
2. Combine chili, tomato sauce, cooked rice, optional vegetables, hot sauce and cheese. Place mixture in a large (4-quart), greased casserole dish (10" diameter: 4 ½" deep).
3. Bake uncovered at 375o for 25 minutes.
4. ENJOY!

Nutrition Information (per serving)

Servings: 10
Serving size: 1 cup
Calories: 200
Protein: 10g
Carbohydrate: 27g
Fat: 6g
Cholesterol: 32 mg
Sodium: 661 mg
Fiber: 3g

Percent of Calories

Protein: 20%
Carbohydrate: 10%
Fat: 10%

Source: Adapted from Michigan Bean Commission, St. Johns, MI, 517-224-1361.

SKILLS FOR LIFE

COLESLAW

(Serves 5-7 people)



H-17

INGREDIENTS:

- 1 head of cabbage
- 1 cup mayonnaise or nonfat or lowfat mayonnaise or yogurt
- 1/4 cup ea. thinly sliced celery and/or green pepper and/or grated carrot (optional)
- 1-2 tablespoons sugar (to taste)
- 1 tablespoon vinegar
- 3 teaspoons celery seed
- Salt and pepper to taste

EQUIPMENT:

- Food grater or food processor
- 1 large bowl
- 1 small bowl

DIRECTIONS:

1. Grate cabbage using hand grater or food processor and set it to the side.
2. To prepare the dressing, mix mayonnaise with sugar in a separate bowl. Stir it together until it is smooth. Then add vinegar and celery seed. Stir it all well. Add salt and pepper to your taste.
3. Pour the dressing over the grated cabbage and optional vegetables and mix it well.
4. ENJOY!

Source: Various

SKILLS FOR LIFE

ACTIVITY CHECKLIST



H-18

Check off the activities in each session as they are completed:

Session 1

- People's Choice Awards
- Charting Our Course
- Food and Nutrition Basics
- English Muffin Pizza
- Personal Goal Setting

Session 2

- You Don't Say
- Meal Planning
- Chili Casserole & Coleslaw
- Personal Goal Setting

Session 3

- Basic Finances
- Budgeting
- Grocery Shopping Tips
- Tuna Casserole
- Personal Goal Setting

Session 4

- Money Pits
- Recipe Basics
- Pork & Scalloped Potatoes/Hiker's 's
- Personal Goal Setting

Session 5

- Personal Values
- Basic Problem Solving
- Food Labels
- Tacos & Spicy Salsa
- Personal Goal Setting

Session 6

- Personal Diet Survey
- Community Resource ID
- Communication Tips
- Healthy Cooking Tips
- Garden Vegetable Stir-Fry
- Personal Goal Setting

Session 7

- Individual Rights
- Individual Power
- Self-Advocacy: Getting What You Need
- Sloppy Bean Joes & Easy French Fries
- Personal Goal Setting

Session 8

- Listening skills/Communication
- Using Herbs and Spices
- Spaghetti Sauce & Garlic Bread
- Personal Goal Setting

Session 9

- Characteristics of Conflict
- Managing Conflict
- Food Safety
- Fried Rice
- Personal Goal Setting

Session 10

- Whole Chicken Cut-Up
- Personal Transitions
- Transition & Stress Management
- Chicken Soup and Salad
- Chicken Recipes
- Personal Goal Setting

Session 11

- Healthy Dieting
- Fitness Review
- Quick Bean & Vegetable Soup
- Personal Goal Setting

Session 12

- Club Sessions in Review
- Healthy Snacks and Junk Food
- Pasta Salad
- Review of Personal Goals

THIS PAGE LEFT INTENTIONALLY BLANK