

## SKILLS FOR LIFE

# SESSION 11

### Suggested Agenda

8:30 a.m.	Arrival of Participants
9:00 a.m.	Welcome
9:05 a.m.	Session Overview
9:10 a.m.	Healthy Dieting
10:40 a.m.	Break
10:45 a.m.	Fitness Review
11:30 a.m.	Cooking Demonstration: Quick Bean & Vegetable Soup
12:00 p.m.	Lunch
12:50 p.m.	This is Your Life
1:10 p.m.	Survey
1:50 p.m.	Closing and Evaluations

<u>Materials</u>	<u>Handouts</u>
Index Cards	H70 Session Agenda
Flipchart Paper or Blackboard	H71 Dieting Facts or Myths
Markers or Chalk	H72 Fitness Facts
Handouts (70-75)	H73 Approximate Energy Expenditure
Pencils	H74 Calorie Burners
	H75 Quick Bean & Vegetable Soup

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# TRAINING GUIDE

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

1. Identify the goals and objectives of this session.

• **Review the goals and objectives listed below with participants. Pass out the Session Agenda (Handout 70). (Time: 5 min.)**

### **GOALS:**

1. *Enjoy ourselves.*
2. *Become healthier and happier.*
3. *LMA food, nutrition, and cooking.*
4. *LMA other issues of interest.*

### **OBJECTIVES:**

1. *Identify characteristics of Club members.*
2. *Identify health problems associated with poor dietary habits.*
3. *Describe dieting myths and facts.*
4. *Describe different exercise options.*
5. *Describe steps in preparing Quick Bean and Vegetable Soup.*

*(Transition): The word Diet can be interpreted two ways. A diet can be just what we normally eat or it can be actions we take to try to lose weight, a.k.a 'dieting.' On any given day, about 50 million Americans are on a diet to lose weight. It is estimated that 90% of them gain back the weight they lose. We will discuss both diet and 'dieting' today. In Sessions 1, 2 & 6 we have already reviewed many aspects of a healthy diet including the seven USDA dietary guidelines.*

2. Review seven USDA dietary guidelines with particular emphasis on diet's relation to disease.

• **In large group, ask participants what the seven USDA dietary guidelines are. Perhaps start the guideline statements below and let participants complete them. (Time: 5 min.)**

1. Eat a variety of foods.
2. Balance the food you eat with physical activity -- maintain or improve your weight.

3. Choose a diet low in fat, saturated fat, and cholesterol.
4. Choose a diet with plenty of grain products, vegetables, and fruits.
5. Choose a diet moderate in sugars.
6. Choose a diet moderate in salt and sodium.
7. If you drink alcoholic beverages, do so in moderation.

- **Ask participants about problems or risks associated with excess sugar, salt, and cholesterol consumption: for example: high BP, obesity, dental problems, diabetes, etc. Discuss them. (Time: 15 min.)**

3. Identify vitamins and minerals that are essential to good health.

- **In large group, review basic vitamins and minerals with participants. Refer back to previous handouts (e.g., Handout 17) as needed. (Time: 15 min.)**

- **Have participants bring to this session a record of all the food they ate in one day during the previous week. Analyze the foods for mineral and vitamin content. Continue this process during lunch. (Time: 20 min.)**

4. Describe the basic dieting myths.

- **Give participants a copy of Dieting Facts or Myths (Handout 71). In small groups, have them decide whether these statements are true/false. Remember, the principles of healthy dieting vary among different age groups; some of these statements are not appropriate for children or the elderly (20 min.). Discuss their answers in large group (20 min.) (Time: 40 min.) Key points (in relation to questions on the handout) include:**

1. Check nutrition information at restaurants. There are usually healthier options. Toppings on salads and potatoes can make them a `fatty' choice.
2. See Nutrition Fact Sheet in Appendix 14: "Healthy Weight, Healthy You."
3. People that eat a variety of foods usually don't need vitamins.
4. Body responds to a skipped meal by slowing down our metabolic rate in order to allow us to make our stored fat last as long as possible. Better to eat three meals a day and snacks to keep our metabolism working. You also don't get as hungry from one meal to the next.
5. Balancing what we eat and eating appropriate serving sizes are critical. We don't always have to eat `low-calorie' foods to be at a normal weight.

6. Low-fat or nonfat dairy products are a better alternative; calcium is important for bone growth. Skim is the best milk choice when trying to lose weight. (Note: Children under 5-6 years of age should drink whole milk.)
7. A key action to take is to cut fat since it is such a concentrated source of calories. Fat has more than twice as many calories as protein.
8. Serving size is often overlooked. Eat slowly; it takes the brain a short period of time to get the message that we are full.
9. Probably due to a lack of exercise.
10. The main reason older people gain weight is that they don't get as much exercise.
11. Physical activity and regular exercise are very important too.

- **Have participants bring in copies of fad diets from the past for discussion.**

- **Discuss problems with weight loss programs such as Slim Fast. Key point is that people often don't change their eating habits or lifestyle when they participate in these types of programs. Therefore, they are not able to keep the weight off.**

- **Discuss low-carbohydrate diets.**

- **High-protein, low-carbohydrate diets (ex., Atkins, South Beach) are very popular right now. They are based on the idea that carbohydrates are bad, and that many people gain weight when they eat them. The truth is that people are eating too many total calories and not getting enough physical activity, and that is the real reason they are gaining weight. High-protein, low-carbohydrate diets tend to be low in calcium and fiber, as well as other necessary nutrients. These diets can cause fatigue and other physical problems. Rather than following a fad diet it is better to eat a balanced variety of foods including fresh vegetables and fruit, and get regular exercise.**

- **Provide examples of healthy recipes, cookbooks, etc.**

*(Optional) Consider having guests: Have a guest chef from a local restaurant demonstrate healthy recipes. Invite a registered dietician to come in and address the group about dieting.*

*(Transition): "The best diets usually combine a change in diet with more physical activity or exercise."*

5. Compare the basic types of human activity and exercise.

- **Do Handout 72 True/False questions (Fitness Facts) with group and discuss the answers. (Time: 20 min.)**

- **Review the basic types of exercise with participants utilizing Handouts 73 & 74. Emphasize the small daily changes that are listed. Discuss a walking program. As time permits, review appropriate clothing and stretching exercises. (Time: 25 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 (Handout 75). Discuss substitutions, variations, and any other pertinent information. Some type of bread such as cornbread might be added to this demonstration and meal. Either a prepared mix or one of the recipes in Appendix 14 could be used. This might also be an appropriate time to discuss the nutritional differences among breads. (Time: 30 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 goal that includes strategies to achieve and evaluate it.

- **Refer to goals and objectives instructions from previous Sessions and adapt to current Session as appropriate. (Time: 20 min.)**

8. Complete an exit survey.

- **In some cases it may be desirable to survey participants before the Club ends. The survey could mirror items presented in the initial survey. Results from this survey could be compared with the initial survey results as one evaluation of the Club sessions. The survey has not been provided since it needs to be designed to address the specific areas that particular Clubs address. Participants should be given time to complete it during the session. (Time: 40 min.)**

- **Play the Food Game or give a Nutrition Quiz and/or use evaluation/closing exercises as time permits.**

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# SESSION AGENDA



### SESSION OVERVIEW

#### HEALTHY DIETING

How can we eat a healthier diet without giving up everything we like to eat? Is everything we hear about dieting and diets true?

#### FITNESS REVIEW

What exercises provide the greatest benefits? How do we work them into our daily routine?

#### THE COOK'S CORNER

Beans are an excellent source of protein. Our menu item today is Quick Bean and Vegetable Soup.

#### LUNCH

Try it. You'll like it.

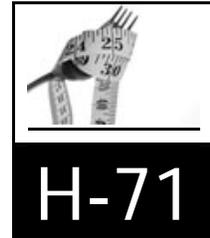
#### THIS IS YOUR LIFE

Set a personal goal to accomplish.

#### CLOSING AND EVALUATION

#### NEXT CLUB MEETING IS ON

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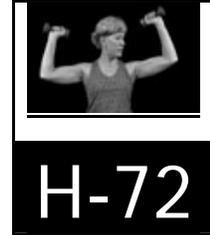


# DIETING FACTS OR MYTHS

Directions: Write "T" for true or "F" for false in the box before each statement.		
	1.	There are no healthy food choices at fast food restaurants.
	2.	A slow metabolism is one reason why many people are overweight.
	3.	Generally speaking, people of the same height should weigh the same.
	4.	Everybody would be healthier if they would take a daily vitamin. That's why Americans spend about 3 million dollars a day on them.
	5.	When dieting, a weight loss of about 1 pound a week is good progress.
	6.	Skipping meals is an effective way to lose weight.
	7.	One-third of Americans are overweight.
	8.	To stay at a normal weight, you can only eat low-calorie foods.
	9.	Avoid milk and other dairy products when you diet.
	10.	Eat fewer carbohydrate foods such as breads, cereals, potatoes, and pastas and eat more protein foods such as poultry, meat, eggs, and cheese.
	11.	Watching your serving size is important when dieting.
	12.	'Health' foods are always more nutritious than regular foods.
	13.	The average American eats about the same number of daily calories as they did in 1910, but they weigh more now.
	14.	Gaining weight is a natural part of getting older.
	15.	Losing weight really amounts to one thing, eating less.
Answer Key: 1.F, 2.F, 3.F, 4.F, 5.T, 6.F, 7.T, 8.F, 9.F, 10.F, 11.T, 12.F, 13.T, 14.F, 15.F		

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# FITNESS FACTS



Directions: Write "T" for true or "F" for false in the box before each statement.		
	1.	Exercise makes you tired, not energized.
	2.	It takes too much time to perform exercise that will improve your physical fitness. A minimum of 20 minutes of aerobic activity a day, three times a week, will not provide you with any benefits.
	3.	The older you are, the less you need to exercise.
	4.	You need to be an athlete to enjoy exercise.
	5.	Anything that makes you sweat is good exercise.
	6.	No pain, no gain.
	7.	Moderate exercise like walking will cause you to eat more and gain weight.
	8.	All types of physical activities provide the same benefits for your body.
	9.	Aerobic exercises are not the best way to burn off fat.
	10.	You can wear your body out if you exercise too much.

Answer Key: All answers are false.

*Adapted from: The National Center for Health Promotion, Ann Arbor, MI, 1988.*

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# ENERGY EXPENDITURE



Approximate Energy Expenditure by a Healthy Adult Weighing About 150 Pounds

Activity	Energy Expenditure
Lying quietly	80-100
Sitting quietly	85-105
Standing quietly	100-120
Walking slowly, 2 mph	210-230
Walking quickly, 4 mph	315-345
Light work, such as ballroom dancing; cleaning house; office work; shopping	125-310
Moderate work, such as cycling at 9 mph; jogging at 6 mph; tennis; scrubbing floors; weeding garden	315-480
Hard work, such as aerobic dancing; basketball; chopping wood; cross-country skiing; running at 7 mph; shoveling snow; spading garden; swimming	480-625

*Source: Based on material compiled by Robert E. Johnson, M.D., Ph.D., Professor Emeritus, University of Illinois, In USDA, Human Nutrition Information Service, Dietary Guidelines for Americans: Maintain Desirable Weight, 1986, p.8.*

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# **CALORIE BURNERS**



### **Make your Daily Routine More Active:**

1. Stand rather than sit.
2. Walk instead of drive.
3. Park or get off the bus several blocks from your destination; walk there.
4. Use the stairs instead of elevators and escalators.
5. Take short walks when you have a break in your workday.

### **Follow these Steps to Develop a Structured Exercise Program:**

1. Choose an activity that you enjoy or that you combine with something you enjoy.
2. Get a physical from your doctor before you start your program.
3. Start slowly. Set realistic goals. Wear proper clothing and shoes.
4. Always warm up by stretching and gradually work yourself into the exercise.
5. Do your activity on a regular basis. At least three times a week for 30 minutes.
6. If you are overly tired after you finish your exercise program, you probably need to slow down and start more gradually.
7. Drink plenty of water before and after your activity.
8. Cool down for 5-10 minutes after you complete your exercise. Gradually decrease your level of activity. Stretch again as appropriate.

Note: If you feel fatigue, pain or are out of breath stop exercising immediately.

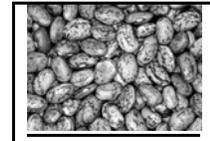
### **One Exercise Alternative: A Walking Program:**

1. Follow the steps above.
2. Keep a steady pace when you walk. However, you should always be able to talk to someone or hum when you are walking. If you can't, you are walking too fast.
3. Perhaps start by walking two times a day (5 minutes at a time) on 3 days during the first 2 weeks of your exercise program. Then walk for 15 minutes three times a week for the next 3 weeks. Gradually increase the number of times you walk each week and the length of time.

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# **QUICK BEAN AND VEGETABLE SOUP**

Serves 3 - 5 people



**H-75**

## **INGREDIENTS**

- 1 can (15 oz.) of Great Northern Beans or Pinto Beans
- 2 cans (15 oz.) of mixed vegetables – can use 2 cups frozen mixed vegetables or two additional cups chopped fresh celery, carrot, and cabbage.
- 2 cans (16 oz.) whole tomatoes – can use 2 cups chopped fresh tomatoes
- 1 celery stalk (chopped)
- 1 carrot, chopped
- 1 cup of chopped cabbage
- 2 bouillon cubes (can use low-sodium cubes)
- Salt and pepper

## **EQUIPMENT**

- Measuring cups
- 1 mixing bowl
- 1 large cooking pot

## **DIRECTIONS**

- Dissolve 2 bouillon cubes in 1 cup of hot water. This step can be skipped by using 12 cups of homemade chicken stock (Handout 65) or low-sodium canned chicken broth.
- In a large pot, add dissolved bouillon/stock, mixed vegetables, beans, cabbage, celery, carrot, tomatoes, and 1 cup of water. Salt and pepper to taste (add little salt if using bouillon cubes). Simmer for 20 minutes.
- ENJOY!

*Source: Adapted from Michigan Bean Commission, St. Johns, Minnesota*