

## MODULE 6: GOOD NUTRITION

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### **OBJECTIVES**

Participants will

- . discuss the benefits of nutrition for their health,
- . discuss the effect of nutrition on exercise/physical activity,
- . discuss the effect of nutrition on physical and emotional well-being, and
- . understand the advantages of including different types of food in their diet.

### **Worksheets/Handouts**

Facilitator References:

*MyPyramid (p. 49)*

*MyPyramid: Steps to a Healthier You (p. 50)*

*The Food Groups (p. 51)*

*Making Your Own Nutrition Cards (p. 52)*

### **Materials/Resources**

Black board and chalk

Personal Notebooks for handouts and pictures

Pens or Pencils

Nutrition Cards. May create pictures that show different types of foods

Computer and Internet Access

**Field Trip:** Visit a corner convenience store  
- have participants plan to take money for the visit

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## SUGGESTED ACTIVITIES

INSTRUCTOR ACTIVITY	INSTRUCTOR SCRIPT
REVIEW	<p><i>In our last class we talked about four different types of exercise that you should have in your fitness program. Can anyone tell me what these exercises are and why they are important? The exercises include flexibility / stretching, aerobics to increase our heart rate, balance exercises, and strength and endurance exercises.</i></p> <p>Discuss the types of exercises and the importance of doing them.</p>
INTRODUCTION	<p><i>Today we are going to talk about foods that are good for us to eat.</i></p> <p><i>* <b>Benefits of nutrition is a theme that will be discussed throughout the program.</b></i></p>

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ACTIVITY	SCRIPT
ASK	<p><i>Can anyone tell me why you might want to eat healthy foods?</i></p>
RESPONSE AND DISCUSSION	<p>Write responses on the board. <i>Eating many different types of food can keep us healthy and give us the energy we need to do the things we like to do.</i></p> <p><i>We need to eat many different foods to give us strength to exercise.</i></p> <p><i>Eating good foods can also help us feel happy and less depressed.</i></p>
ASK	<p><i>Can anyone give me some examples of “good” foods?</i></p>
FACILITATOR REFERENCES: <i>MyPyramid and MyPyramid: Steps to a Healthier You</i>	<p><i>When we think about eating foods, it is helpful to think about <b>different types of foods</b>. For example, healthy foods can prevent three things that can cause you to have a heart attack - 1) high blood pressure, 2) high blood cholesterol, and 3) too much body weight.</i></p> <p>Visit <a href="http://www.mypyramid.gov">www.mypyramid.gov</a> to identify amount of each food group you need daily.</p> <p>Have participants identify foods that they like and discuss with them what type of food group for each items (e.g., an apple is a type of fruit).</p>
DISCUSS GUIDELINES FOR HEALTHY EATING	<p><i>It's important to identify foods that we like and how often we can eat these foods. Review general guidelines for healthy eating.</i></p> <ul style="list-style-type: none"> <li>• Choose an overall balanced diet with foods from major food groups, emphasizing fruits, vegetables, and grains (American Heart Association Guidelines).</li> <li>• Eat different types of fruits, vegetables, and grain products.</li> <li>• Include fat-free and low-fat dairy products.</li> <li>• Eat lean meats, fish, and poultry.</li> <li>• Limit foods that are high in calories and/or low in nutritional quality, including those with a high amount of added sugar.</li> </ul>

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ACTIVITY	SCRIPT
ASK AND RECORD RESPONSES	<p><i>What types of <b>vegetables</b> do you like? Write participants' responses on the blackboard.</i></p> <p><i>What types of <b>fruits</b> do you like?</i></p> <p><i>What types of <b>breads</b> and cereal do you like?</i></p> <p><i>What types of <b>meat</b> do you like?</i></p> <p><i>What types of <b>dairy products</b> do you like?</i></p> <p><i>What types of <b>candy</b> (junk food) do you like?</i></p>
ASK AND RECORD RESPONSES	<p><i>How often do you eat <b>fruits and vegetables</b>? Write participants' responses on the blackboard. In general, fruits and/or vegetables are good to eat at every meal and with your snacks.</i></p>
FACILITATOR REFERENCE <i>The Food Groups</i>	<p><i>Why is it good to eat <b>fruits and vegetables</b>? Record responses. Refer to the Facilitator Reference: <b>The Food Groups</b>. Fruits and vegetables helps to do the following: 1) heal cuts and bruises, 2) keep gums healthy, and 3) protect your body from illness.</i></p> <p><i>How often do you eat <b>breads and grains</b>? Record responses and discuss the benefits of including breads and grains with each meal.</i></p> <p><i>Why is it good to eat <b>breads and grains</b>? Record responses. Breads and grains give our body energy for work and play.</i></p> <p><i>How often do you eat <b>meat and dairy products</b>? Record responses. Milk, yogurt, and cheese are good for keeping your bones and teeth strong. Meats are good for growth and repair of tissue.</i></p> <p><i>How often do you eat <b>sweets, oils, and fats</b>? Record responses.</i></p> <p><i>Fats are high in calories. It's good to think about how much fat, oil, and sweets you eat every day.</i></p> <p><i>Because some of our favorite foods are candy, cookies, and other sweet foods, we want to eat them in moderation (unless your health care provider has advised you to not eat certain foods because of a medical condition).</i></p>

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ACTIVITY	SCRIPT
NUTRITION CARDS	<p>Have participants take 5 cards with different foods on each card. Go around the circle and have each person identify whether his/her card is a fruit, vegetable, bread, grain, meat, dairy product, or fat.</p> <p>Also, ask each person whether he/she likes that particular item of food.</p> <p>Refer to Facilitator Reference: <i>Making Your Own Nutrition Cards</i>, if you want to create your own cards.</p>
FIELD TRIP	<p>Visit a corner convenience store with participants (e.g., 7/11, Quick Mart). Have participants identify different types of foods in the food groups, such as fruits, breads, dairy, or junk foods.</p> <p>Discuss which foods might be best to eat as a snack after they exercise.</p> <p>Have participants select a food they would like to buy to eat as a healthy snack after their workout.</p>
SUMMARIZE	<p><i>There are many specific benefits of good nutrition.</i></p> <p><i>We need to eat different types of foods to keep us healthy and feeling good about ourselves.</i></p> <p><i>It's important to find good foods that we like.</i></p> <p><i>Eating good foods also helps us do things we like to do.</i></p> <p><i>It will be easier to exercise and be active if we eat foods that are good for us.</i></p>

### **Evaluation:**

- . Can participants identify the benefits related to eating a variety of good foods?
- . Can participants state foods that they like and dislike?
- . Can participants state the differences between fruits, vegetables, breads, grains, meats, dairy products, and fats?
- . Can participants state reasons why they might want to eat more fruits and vegetables and less sweets and high fat foods?

# Anatomy of MyPyramid

One size doesn't fit all

USDA's new MyPyramid symbolizes a personalized approach to healthy eating and physical activity. The symbol has been designed to be simple. It has been developed to remind consumers to make healthy food choices and to be active every day. The different parts of the symbol are described below.

## Activity

Activity is represented by the steps and the person climbing them, as a reminder of the importance of daily physical activity.

## Moderation

Moderation is represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats or added sugars. These should be selected more often. The narrower top area stands for foods containing more added sugars and solid fats. The more active you are, the more of these foods can fit into your diet.

## Personalization

Personalization is shown by the person on the steps, the slogan, and the URL. Find the kinds of amounts of food to eat each day at MyPyramid.gov.

## Proportionality

Proportionality is shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions. Check the Web site for how much is right for you.

## Variety

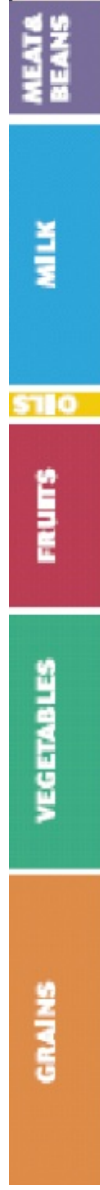
Variety is symbolized by the 6 color bands representing the 5 food groups of the Pyramid and oils. This illustrates that foods from all groups are needed each day for good health.

## Gradual Improvement

Gradual improvement is encouraged by the slogan. It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.



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# FACILITATOR REFERENCE: MYPYRAMID - STEPS TO A HEALTHIER YOU

One size doesn't fit all. To see what and how much you need to eat, you can use “MyPyramid Plan” to help you choose the type of foods you like and amounts that are right for you. Follow these steps:

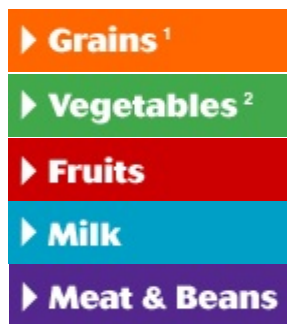
**Step #1** - Using a computer, go to [www.mypyramid.gov](http://www.mypyramid.gov).

**Step #2** - Click on a “MyPyramid Plan.”

**Step #3** - Enter your age, sex, and activity level in the “MyPyramid Plan” box.

**Step #4** - Click on the “submit” button.

**Step #5** - You should now see how much you should eat from the following food groups daily:



**Step #6** - Click on “Tips” in each group to learn ways of eat foods in each food group. For example, “tips to help you eat fruits” may include keeping a whole bowl of fruit on the table, counter, or in the refrigerator.

This website has many fun things to look at to help you eat the foods that are right for you! Throughout our class we will try new things on this website.

## **FACILITATOR REFERENCE: THE FOOD GROUPS**

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<b><u>Food Group:</u></b>	Foods in a group have similar nutrients and have the same function in our bodies. For example, protein is found in both peanuts and meat.
<b><u>Snacks:</u></b>	Foods we eat between breakfast, lunch, and dinner.
<b><u>Nutritious:</u></b>	Feeding our body.
<b><u>Less Nutritious:</u></b>	Non-nutritious foods that make us feel full but do <i>not</i> feed our body.
<b><u>Feeding our Body:</u></b>	Eating foods that have nutrients that help our body feel strong, keep us from getting sick, or cause us to be too heavy or too thin.
<b><u>Nutritious Snacks:</u></b>	Nutritious snacks have ingredients that feed our body (e.g., fruits; raw vegetables, such as, carrots and celery; nuts; and, whole wheat bread). Non-nutritious snacks contain lots of sugar, salt, and fat (e.g., doughnuts, pop, candy, and potato chips).

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- 1. Milk Group** - Milk or foods made from milk, such as yogurt, cheese, and ice cream. Butter comes from milk but is mostly fat, so it goes in another group.  
*Main function: Keeps bones and teeth strong.*
  - 2. Meat Group** - Beef, pork, hamburger, hot dogs, eggs, fish, and chicken. Also, beans, peas, and nuts because they contain protein.  
*Main function: Growth and repair of tissue.*
  - 3. Fruit Group** - Apples, oranges, bananas, and the juices from fruits.  
*Main function: Helps heal cuts and bruises, keeps gums healthy, helps protect body from illness, makes skin softer and healthy looking.*
  - 4. Vegetable Group** - Potatoes, carrots, cabbage, spinach, corn, & the juices from vegetables.  
*Main function: Helps heal cuts and bruises, keeps gums healthy, helps protect body from illness, and helps us see better at night.*
  - 5. Bread and Cereal Group** - Bread, crackers, rice, and pasta, such as spaghetti and macaroni.  
*Main function: Gives body energy for work and play.*
  - 6. Combination Foods** - Many food groups are combined in one meal. For example, pizza may have foods from the milk group, meat group, vegetable group, and the bread and cereal group.
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## **FACILITATOR REFERENCE: MAKING YOUR OWN NUTRITION CARDS**

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If you want to create your own nutrition cards, you can do them yourself in a few easy steps.

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- 1. Include Participants in the Process of Making the Nutrition Cards**
  - 2. Collect Old Food Magazines or Advertisements from Grocery Stores** - Cut out foods from different food groups.
  - 3. Sort Foods** - Put pictures of each of the foods in folders.
    - Fats, Oils, and Sweets**
    - Milk Group**
    - Meat Group**
    - Fruit Group**
    - Vegetable Group**
    - Bread and Cereal Group**
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