

Lesson Overview

GOAL:

Participants will synthesize and apply their healthy living skills to common real-world challenges, such as dining out with a group of friends, healthy eating on-the-go, and holiday parties and work events.

OBJECTIVES:

By the end of the class, participants will:

1. Identify the 4 keys to healthy eating on the go.
2. To compare healthier menu choices to unhealthy ones, and choose the better option.
3. To gain knowledge, confidence, and apply techniques for how to eat healthy when out and about.
4. Identify healthy snacks for on-the-go.
5. If a holiday is approaching, develop a plan to manage their diet and activity goals throughout the holidays.

MATERIALS:

1. Handouts/Worksheets/ Visuals.
2. Equipment for PowerPoints and other audiovisuals when applicable.

BHL Week 10 Guide for Instructors



Survival skills

Getting Started:

HOUSEKEEPING

- Welcome the class & introduce yourself.
- Cover questions/comments/concerns related to both fitness and/or nutrition, and refer to the appropriate BHL staff member if unable to answer or console.
- Review the past week's *FADS* and *Weekly 3 C's*.
- Review the past week's *Weekly Challenge* when applicable.
- Have trained BHL staff take anthropometric measurements, distribute any materials or information, or make announcements when applicable.
- Have participants sign-in on attendance sheet.
- Give MetroCard to those applicable.
- Ensure that healthy snacks and water are provided.

Today's Lesson:

#1 Healthy Eating When Dining Out

- Diabetes Prevention Program: *Healthy Eating When Dining Out* (Handout #1, ENG/SPN)
1. **Introduction:** Healthy living is easy in the comfort of your own home, but becomes challenging for many people in social situations, like dining out. In this lesson, we will learn strategies for dining out, such as learning how to plan ahead.
 2. **Plan Ahead (p1):** Ask the class what they believe would be some ways to plan ahead before you read the option presented in the handout. Have them come up with their own creative ways of planning ahead. Take a few volunteered answers.
 3. **Activity—Asking for What you Want (pp1-2):** Engage the class with role playing. For example, the class instructor can pretend to be a waiter/waitress and participants can practice placing food orders. Use the script in the packet as your guide.
 4. **Take Charge of What's Around You (p3):** Emphasize the importance of being direct when ordering, and to not be afraid to ask if a food can be prepared in a healthier way. Also, to mind portion control—eat half of what is served, and take the other half home for another time.
 5. **Stop and Go! (p3-4):** Read through the list of common foods on menus that are less healthy (Stop) and more healthy (Go). Ask for volunteers to identify surprising Stop! Foods.

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6. **Activity—Positive Action Plan (p6):** Have the class complete page 5. This is their personalized, positive action plan for dining out.
7. Encourage participants to apply their Positive Action Plan to dining out at least once this week. Their experiences can be discussed at the beginning of the next class.

#2 Healthy Snacking

- Academy of Nutrition and Dietetics: *Healthy Snacking in a Nutshell* (PowerPoint, ENG)
 - Academy of Nutrition and Dietetics: *Healthy Snacking in a Nutshell* (Handout #2, ENG)
1. **PowerPoint:** Follow suggested script. The handout complements the presentation and should be completed after the presentation.
 2. **Discussion:** Share responses to the worksheet.

#3 Healthy Eating for the Holidays/Special Events

- UCLA: *Healthy Eating for the Holidays* (Handout #3, ENG)
1. **Introduction:** Holidays are the times of the year that people are most likely to eat foods that don't fit into a healthy diet. You are surrounded by friends and family and are likely to become distracted from your healthy living routine. Fortunately, there are many ways to maintain your healthy habits during the holidays.
 2. **Healthy Eating for the Holidays:** Read through. Suggestion: Have participants take turns reading. Key points to emphasize:
 - The importance of portion control
 - Eating a healthy snack before going to an event to reduce chances of overeating.
 - Avoiding or limiting alcoholic beverages, as these can significantly contribute to calorie intake. Water or diet/low-calorie non-alcoholic beverages are best. Particularly avoid alcoholic beverages made with fruits and other sweeteners (e.g., pina coladas).
 3. These strategies also apply to parties and work events.

Closing:

HOUSEKEEPING

- Allow time for questions, comments, and concerns.
- Make sure that everyone has 3 blank *FAD* worksheets and 1 blank *My 3 C's* worksheet to complete over the week.
- Read their weekly *FAD* instructions (*Week-by-Week Guide* in *Orientation Packet*).
- Remind the class to review the *BHL Weekly Checklist*.
- Make sure that everyone knows the time/location of the next fitness and nutrition classes.
- Thank everyone for coming and offer your availability after class for questions, comments, or concerns. Provide referrals as necessary to the appropriate professionals.

Material References:

Handout #1:

Diabetes Prevention Program Lifestyle Balance Program. *Four Keys to Healthy Eating Out*. Pittsburgh, PA: University of Pittsburgh; 1996. Available at: http://www.bsc.gwu.edu/dpp/lifestyle/dpp_part.html. Accessed July 18, 2013.

PowerPoint:

Academy of Nutrition and Dietetics, Academy of Nutrition and Dietetics Foundation, Food and Culinary Professionals Dietetic Practice Group. Healthy Snacking In a Nutshell—For Adults. Kids Eat Right Website. Available at: <http://www.kidseatright.org>. Accessed July 18, 2013.

Handout #2:

Academy of Nutrition and Dietetics, Academy of Nutrition and Dietetics Foundation, Food and Culinary Professionals Dietetic Practice Group. Healthy Snacking In a Nutshell—For Adults (Worksheet). Kids Eat Right Website. Available at: <http://www.kidseatright.org>. Accessed July 18, 2013.

Handout #3:

Healthy Eating for the Holidays. UCLA Dining Website. Published 2005. Available at: http://www.dining.ucla.edu/housing_site/dining/SNAC_pdf/GiftOfGoodHealth.pdf. Accessed July 18, 2013.