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Patient Education

I.

Nutrition: Recognizing and Choosing a Healthy Diet

II.

I am going to be teaching adults and so I will need to assess their previous (and present) attitudes and knowledge about food, diets, meals, and eating patterns. I will determine if there are any concerns or questions that they specifically want answered or discussed so that I am able to be relevant to their needs. I will also need to assess their lifestyles to adequately cover how to make the best choices if they do not have much power over what and/or when they can eat. I definitely need to have the group participate verbally, and kinetically and provide aids that reinforce what is being taught. They need to see, hear and actively participate during the lesson.

We will sit in a circle but there will be a time to stand and interact with the rest of the group. I will write their answers on the white board to re-enforce what is being taught and to validate their responses. This will also be helpful if there is anyone who is hard of hearing. I hope to have some kind of colorful displays or pamphlets to hand out or else use colored markers to brighten up their day.

III.

1. Participants will be able to identify where a given food fits into the food pyramid.
2. Participants will make "daily meal planner plates" to aid in healthy diet choices.
3. Participants will identify one small change in their eating habits that they would like to change.

1. Explain the pyramid. Each participant will name a favorite food and fit it into the pyramid.
2. Each person will make 2 plates, one for breakfast and one for lunch and dinner and understand how to use it to make healthy food choices.
3. Each participant will identify one positive goal related to a personal food/diet problem.

IV.

Nutrition: Recognizing and Choosing a Healthy Diet

I. Introduction

What do you like about eating?

What don't you like about eating?

How important is food to you?

Why is food important?

Does food control you or do you control your food?

II. Benefits of a healthy diet

A healthy body responds better to the inevitable stresses of life and good nutrition is a building block of good health.

Eating well can control or prevent:

High blood pressure

Heart disease

Indigestion

Constipation

Hypoglycemia

Diabetes

Obesity

It can reduce:

Irritability

PMS

Headaches

Fatigue

III. Eight steps to a good diet

Cut back on fats

Avoid too much sugar

Limit sodium intake

Eat a variety of foods

Eat more complex carbohydrates

Attain or maintain your ideal weight

Eat frequent, calm meals

Exercise

IV. Self Assessment

Make “daily meal planner plates”

Portion sizes for protein, veggies, fruits, grains

Use plates to demonstrate healthy choices in meal planning

How do feelings affect food choices/portions?

Daily Food Diary

Goal-Setting Chart

V. Conclusion

Wishing doesn't use up calories

Small changes

Low-fat cookbooks

Internet for good recipes, ideas