Lesson Plan:

Value of Healthful Eating

Time Frame: 30 Minutes

By the end of this session, participants will be able to:

- Identify one healthful eating habit to adopt for themselves and their family.
- Describe how this habit will be implemented in their household.

Materials needed:

- Food Guide Pyramid (available at http://www.mypyramid.gov).
- Play money for each participant.
- Photocopies of *Hints for Health* tip sheet.

Procedure:

- Give each participant $100. Discuss the value of health habits. Mention when you eat well, you don't have to go to the doctor as much. Trips to the doctor can cause stress on you AND your children.

  DISCUSSION: Ask group what it costs when your child is sick, in terms of time, hassle, stress, and transportation. Can the doctor get you in? What do you have to do to get ready to go to the doctor's office? (Allow only 5 minutes for discussion.)

  ACTIVITY: "Costs" are assigned to each of the seven topics on the *Hints for Health* tip sheet ($20 for first three, $10 for last four). Lead the discussion for each based around the following questions to determine if participants have to give up their bills for answers that are not indicative of good health habits.

<u>$20 Topics</u>

Eat a variety of foods:

- Look at the Food Guide Pyramid. Do you/your family select foods from each of the five food groups on a daily basis?

Get plenty of grain foods, fruits, and vegetables:

- Are you/your children getting six servings from the grains group each day? Five fruits and veggies?

Bake, broil, and boil:

- What meats do you/your children eat and how do you cook these meats?

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$10 Topics

Take a walk:

- How do you assure that you and your children are getting enough exercise (i.e., take a walk around the block, take stairs instead of the elevator, walk instead of taking the car, play outside with your children instead of all watching TV, catch bus on next block instead of closest stop)?

Eat at least three meals a day:

- Discuss concept of eating at least three meals a day. Have group propose ideas to make it easier to eat breakfast vs. skipping breakfast. Propose ideas for healthful snacks for children and adults.

Balance your diet:

- Discuss top of pyramid. Discuss the concept that all foods can fit. Do you eat after you're full? Do you eat a whole bag of chips because "they're there?" (OK to eat a handful.) Do your children grab food "on the run?" Discuss healthful foods that are quick and easy to grab.

When making changes in your family's eating habits, start with just one and let them adjust:

- Have you made a change in your family's eating habits in the past month (i.e., milk vs. soda, juice vs. orange drink)?

The reward:

Ending up with any money at all is good! It's more healthful!

Evaluation:

Participants will state verbally one health habit change they would make and how this change will occur (i.e., if a participant identified that she didn't get enough grain foods, fruits, and veggies in her diet, can she name one food she will buy at the store, eat, or cook for her family?).