

Eat Healthy, Be Active Workshop Lesson Guides

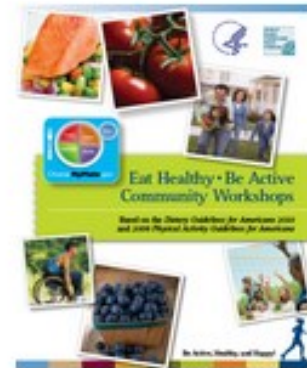
Workshop 5: Making Healthy Eating Part of Your Total Lifestyle

Duration: 60-90 minutes

Objective:

Participants will be able to:

- Learn concepts for a healthy lifestyle
- Learn about Go, slow, Whoa foods
- Learn how to read nutrition facts label
- **Opening Question:**
- What do you look for when making healthy choices?
- **Ice Breaker:**
- WW Triscuit Tasting (If available)



Materials



Tools

- Fruits and Veggies Card w/ Phyto Chemical
- Grain tools/models
- MyPlate Poster
- What's Missing Activity (Optional)
- ESBA Whole grain Poster
- Different Type of Food Models

Handouts and worksheets:

- PSSC MyPlate Handout Long Sheet

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Workshop 1: Enjoying Healthy Foods That Taste Great

Duration: 60-90 minutes

Objective:

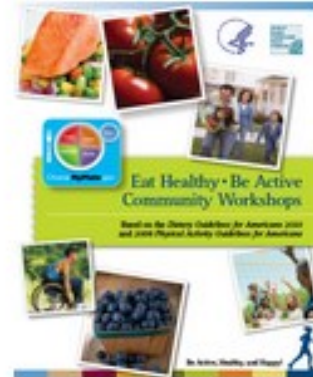
Participants will be able to:

- Make small changes for a healthier life style
- Substitute salt for spices and herbs
- Learn recipe modification

Opening Question:

- What do you use to season/flavor your foods?

Ice Breaker Activity: Spices smelling



Materials



Tools

- Arterie model
- Fat tablespoons
- Fat handouts

Posters

- MyPlate Poster
- ESBA Types of fat poster
- ESBA Reducing fat while cooking poster

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Workshop 2: Quick Healthy Meals and Snacks

Duration: 60-90 minutes

Objective:

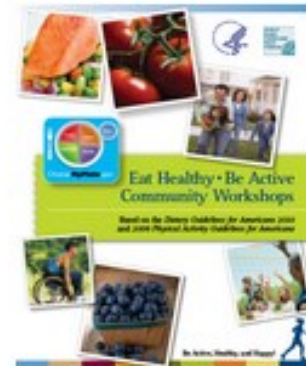
Participants will be able to:

- Learn tips for preparing healthy meal
- Make healthy selection while eating out
- Learn one pot meals

Opening Question:

- Are you an effective kitchen manager? Ask questions from lesson.

Optional Ice breaker:



Materials



Tools

- Large Post-it for Brainstorming healthy snack. (If there's no white board present)
- Food Labels
- Fast Food Facts Handout
- Raisin Bran Cereal Activity

Posters

- MyPlate Poster
- ESBA Shop Poster

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Workshop 3: Eating Healthy on a Budget

Duration: 60-90 minutes

Objective:

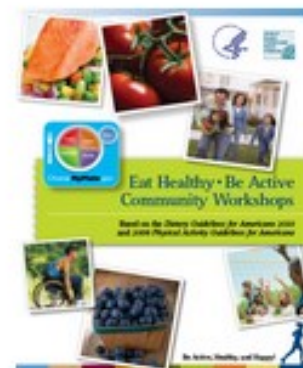
Participants will be able to:

- Take steps to healthy on a budget
- Plan meals and snacks ahead of time

Opening Question:

- How do you plan your meals and/or snacks ?

Optional Ice breaker: Generic vs. National brand taste test (Use 2—16 oz sliced peaches, 1 generic, and 1 national brand. Order with recipe.)



Materials



Tools

- Smart Cart/Other Cart activity
- Large Post-it for brainstorming meals (If there is not white board).

Handouts and worksheets:

- Eating healthy on a budget
- Weekly meal planner
- 10 tips stretch your food dollars
- Grocery Ads

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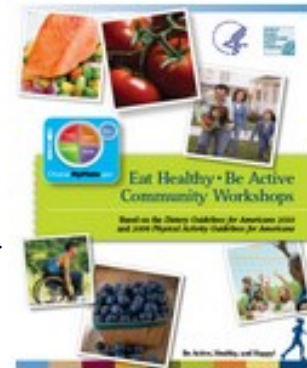
Workshop 4: Tips For Losing Weight and Keeping It Off

Duration: 60-90 minutes

Objective:

Participants will be able to:

- Take steps to healthy Learn about BMI
- Learn about the amount of Calories that you need in one day.
- Learn tips for keeping weight off.

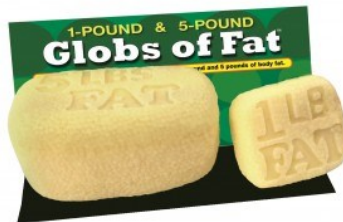


Opening Question:

- What do you think is the best way to lose weight? Diet/Exercise?

Optional Ice breaker:

Materials



Tools

- “Rethink your drink” kit
- “Rethink your drink” ring
- Fat Models
- Fast Food Facts Handout (If this workshop is used)

Handouts and worksheets:

- Myplate Poster
- ESBA Get Moving Poster

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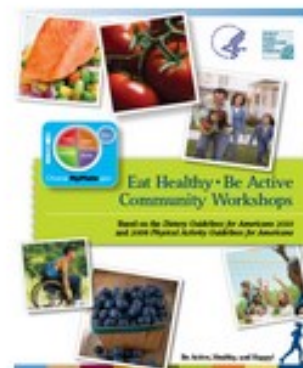
Workshop 6: Physical Activity is The Key to Living Well

Duration: 60-90 minutes

Objective:

Participants will be able to:

- Learn the Benefits of physical activities.
- Learn how to do strength-training activities.
- Learn how to develop and maintain successful plan for physical activity
- **Opening Question:**
- “Find Someone who” Activity



Materials



What's My Pulse?
What's my pulse when I exercise?

Activity	Number of Times My Heart Beats in 6 Seconds	Multiply by 10 Seconds	My Pulse
Resting		X 10 =	
Warm Up		X 10 =	
Stretching		X 10 =	
Aerobic Activity		X 10 =	
Assemble Activity		X 10 =	
Cool Down		X 10 =	

Daily Calorie Needs

This chart shows the range of calories you need for males and females of all ages. To find your own calorie needs, look for your age and sex.

Gender	Age (years)	Sedentary*	Moderate*	Active*
Male	2-5	1,000-1,200	1,200-1,400	1,400-1,600
	6-11	1,200-1,400	1,400-1,600	1,600-1,800
	12-13	1,400-1,600	1,600-1,800	1,800-2,000
	14-17	1,600-1,800	1,800-2,000	2,000-2,400
	18-24	1,800-2,000	2,000-2,400	2,400-2,800
	25-34	1,800-2,000	2,000-2,400	2,400-2,800
	35-44	1,800-2,000	2,000-2,400	2,400-2,800
	45-54	1,800-2,000	2,000-2,400	2,400-2,800
	55-64	1,800-2,000	2,000-2,400	2,400-2,800
	65+	1,600-1,800	1,800-2,000	2,000-2,200
Female	2-5	1,000-1,200	1,200-1,400	1,400-1,600
	6-11	1,200-1,400	1,400-1,600	1,600-1,800
	12-13	1,400-1,600	1,600-1,800	1,800-2,000
	14-17	1,600-1,800	1,800-2,000	2,000-2,400
	18-24	1,800-2,000	2,000-2,400	2,400-2,800
	25-34	1,800-2,000	2,000-2,400	2,400-2,800
	35-44	1,800-2,000	2,000-2,400	2,400-2,800
	45-54	1,800-2,000	2,000-2,400	2,400-2,800
	55-64	1,800-2,000	2,000-2,400	2,400-2,800
	65+	1,600-1,800	1,800-2,000	2,000-2,200

How Many Calories Does Physical Activity Use?

The number of calories you burn depends on how often you're active, how long, and how hard you're working. This chart provides guidelines for the number of calories you'll burn during your daily activities.

Activity	Calories Burned per Hour	Calories Burned per 30 Minutes
Resting	100-150	50-75
Light activity	150-200	75-100
Moderate activity	200-300	100-150
Hard activity	300-500	150-250

Tools

- What's my pulse? Activity.
- Large Post-it for brainstorming ways we can increase PA (If there's no white board)
- ESBA physical activity workbook
- ESBA Exercise Poster
- Power Play Cards, Exercise Dices, and Resistant Bands (Optional)

Handouts and worksheets:

- MyPlate Poster
- ESBA Benefits of PA
- Calories Poster