

Socially Nutritious

Lesson 1: Maximizing our Health through Food and Friendship

Background for Educator:

Healthy diets that provide adequate and appropriate amounts of energy and nutrients are important throughout the lifecycle. As we grow older, our bodies need less energy (calories) from food for a few reasons. A major reason is that as people grow older, they tend to engage in less physical activity. Other reasons include changes in metabolism and age-related loss of muscle and bone mass. Although energy needs decrease over time, nutrient needs remain the same or increase. This means that it becomes even more important for older adults to make nutrient dense food choices.

Many factors influence our longevity (lifespan), health, and wellbeing, including our diet. Following recommendations for healthy eating is one way that we can take action to support our health and wellbeing throughout our lives. Research has found that eating fruit and vegetables; whole grains; lean protein foods like lean meats and poultry, fish and seafood, nuts and seeds, beans and peas; low-fat dairy products is associated with positive health benefits. Research has also shown that the combination of the food choices we make over time is more important than focusing on one specific food or nutrient. This combination of food choices over time is called our eating pattern or eating routine. Throughout this workshop, we will refer to our eating patterns.

This lesson introduces the concept of nutritious eating routines and helps participants learn how to use MyPlate to plan meals and snacks that include the right amount of foods to support health for older adults. Throughout the workshop, subsequent lessons will help participants learn how certain foods and nutrients support health and wellbeing through specific ways, such as supporting heart health, bone health, and brain health. Participants will explore ways to include these foods in their current eating routine.

Learning Objectives:

- Participants will learn how eating well supports health and well-being.
- Participants will understand how to use MyPlate to plan meals and snacks.

Materials Needed:

- Supplies for food demo
 - Cooking supplies
 - Pre-measured ingredients
- PowerPoint Slides for leader

- PowerPoint slides printed for participants
- SMART goal handout: <https://extension.edu/publications/Document/W922C.pdf>
- Recipe handout: Black bean and corn quesadillas recipe

Getting Started:

Do (Facilitator 1 and 2): Welcome participants to the class, introduce yourself, allow all co-leaders and youth nutrition ambassadors to introduce themselves.

Introduction:

Point Out (Facilitator 1): (Slide 2) Last week, we practiced using the Zoom features and had a chance to get to know each other a bit better. We also talked about some of the many ways that food is important to each of us. Today, we will discuss ways that we can maximize our health through food and friendship.

Engage the Audience:

Ask (Facilitator 1): “What does it mean to you to maximize your health? Why is it important to you?”

Point Out (Facilitator 2): There are many things that affect our health. There are some things we cannot control, like our family history, but there are many things that we can do to support our health and our wellbeing. These include being physically active, taking medications as prescribed, getting regular check-ups, and eating nutritious food. Being socially connected with other people is also important for our social, mental, and even our physical health!

Discuss Eating Routines

Point Out (Facilitator 1): Throughout this workshop, we will learn from one another. We will learn how nutritious foods keep our bodies functioning their best and learn about things that we can do to maximize our health!

Point Out (Facilitator 2): Getting the right mix of nutritious foods is important for everyone, at every stage of life. It is never too early or too late for someone to benefit from a nutritious eating routine. Our eating routines include the foods and drinks that we choose and when we choose them!

Ask (Facilitator 2): “What are some of the ways that our eating routine can support our health?”

You may need to share some possible answers below to facilitate discussion.

Do: Share Slides 3-4, review any responses listed below or on the slides that were not discussed.

Possible answers might include:

- Supports a healthy heart and reduces risk for heart disease.
- Supports our bones and muscles, keeping them healthy and strong.
- Keep our digestive system working properly.
- It helps our brain function and may reduce our risk for dementia and cognitive impairment.
- It can help our immune system work properly
- It can help us feel good.
- May protect our mental health, possibly reducing risk for some conditions like anxiety or depression.

Point Out (Facilitator 1): Throughout this class, we will talk about general recommendations for healthy eating that work for most people. We will learn information and skills that most people can use to have a balanced, nutritious eating routine

Point Out (Facilitator 2): Everyone has their own unique dietary needs based on their activity level, their sex, their age, and more. Some medical conditions and medications may also affect the type or the amounts of foods and drinks that we should have. Information learned in this class is not intended to replace recommendations given to you by your healthcare provider.

You should always talk with your healthcare provider before making any changes to your eating routine to make sure they are right for you.

Point Out (Facilitator 1): Let's talk for a few minutes about what it means to have a nutritious eating routine.

Ask (Facilitator 1): "What does having a nutritious eating routine mean to you?"

Point Out (Facilitator 1) (Slide 5): The basic building blocks of a nutritious eating routine include foods from all five food groups: protein foods, grains, fruits, vegetables, and dairy foods. Foods from each of these food groups have their own mix of important nutrients that come together to give our bodies energy and the nutrients it needs to work their best. We can think of these foods as puzzle pieces that come together to give our body a complete "puzzle" with the energy and the nutrients we need.

Point Out (Facilitator 2) (Slide 5): Our bodies use the nutrients from each puzzle piece to function and support our health. Choosing puzzle pieces, or foods and drinks, that add the most nutrients is important for our health!

Point Out (Facilitator 2) (Slide 6): The way that these foods come together to make a "puzzle" or "picture" is what is most important for our health. Throughout these workshops, we will learn more about the unique role certain foods or "puzzle pieces" play in supporting our health.

Point Out (Facilitator 1): As we grow older, choosing puzzle pieces, (foods and drinks), that are full of nutrients remains very important. This is because our body continues to need the same,

or even more, important nutrients, like vitamins and minerals, from our food BUT our bodies need less energy (calories) from food, over time. Let's talk about a tool that can help us have a nutritious eating pattern, or a complete "eating puzzle."

Review MyPlate

Do: Show MyPlate (**Slide 7**) and point to the corresponding sections of the plate as you discuss

Point Out (Facilitator 1): This is MyPlate. This image was developed by nutrition and health experts at the United States Department of Agriculture.

Point out (Facilitator 1): This picture shows us the foods to include, in the right amounts, to plan meals and snacks that meet our nutritional needs.

Point Out (Facilitator 2): (Slide 8) Half of this plate is filled with fruits and vegetables. As we plan our meals, we want half of our meals to be fruits and vegetables because they are rich in nutrients, like vitamins, minerals, and dietary fiber. Include a variety of different types of fruits and vegetables, especially fruits and vegetables that are colorful so that we give our bodies plenty of nutrients. Frozen, fresh, or canned fruits and vegetables are all good choices.

Point Out (Facilitator 1): (Slide 9) One quarter of the plate is filled with grains like pasta, hot and cold cereals, tortillas, and bread. As we plan meals, we want grains to make up about one quarter of our meals.

Point Out (Facilitator 1): Whole grain foods give our bodies many nutrients, like dietary fiber. Because whole grain foods are packed with nutrients and fiber, we want to make at least half of our grain choices a whole grain.

Point Out (Facilitator 2): Some grain foods are fortified, which means that nutrients, like vitamins and minerals, are added to them. As we grow older, choosing foods that are fortified with B-vitamins, like Vitamin B-12, is important to support our health.

Point Out (Facilitator 1): Vitamin B-12 is an important nutrient that plays many important roles in our body. Vitamin B-12 is important for our blood, our DNA, and our nerve cells. Vitamin B12 is naturally found in animal foods like meat and dairy products. As we grow older, the way our body uses Vitamin B12 that is naturally found in animal products changes and our bodies can use Vitamin B12 that is added to foods or found in dietary supplements better.

Point Out (Facilitator 1): Adding grains that are fortified, or that have added B-12, helps our bodies get enough of this nutrient. Foods that have added B-12 include grains like cereal.

Point Out (Facilitator 2): (Slide 10) You can tell if grains have added Vitamin B12 by looking at the list of ingredients on food packages. If you see "Vitamin B12" in the list of ingredients, this means that Vitamin B12 was added. On the Power Point slide, you can see that the ingredient list for a whole grain cereal has Vitamin B 12 added.

Point Out (Facilitator 1): (Slide 11) The remaining quarter of our plate is made up of protein foods. Protein foods include foods like chicken, fish, meats, peanut butter, nuts and seeds, and beans and peas.

Point Out (Facilitator 1): Protein foods give our bodies protein, which helps us keep our muscles strong and healthy, helps our body repair damaged tissue and fight infection, and more!

Point Out (Facilitator 2): (Slide 12) To the side of the plate, you'll see dairy foods. These foods are important because they give us many nutrients, like Vitamin D and Calcium. These two nutrients work together to keep our bones healthy and strong. Dairy foods also give us protein. Dairy foods include milk, yogurt, and cheese. Soy products like soy milk and soy yogurt are also included in this food group.

Point Out (Facilitator 1): (Slide 13) As we plan meals and snacks, we want to include beverages that hydrate and nourish our bodies! Reach for fluids, like water, unsweetened tea, or coffee with our meals and snacks. Most of the time, we want to choose drinks without added sugars. Some foods, like fruits and vegetables and soup, also help keep our bodies hydrated.

Point Out (Facilitator 2): Enjoying flavorful and nutritious foods is often an important part of spending time with our family, friends, and loved ones. Using oils and herbs and spices to flavor and prepare our foods adds nutrition and flavor to our meals and snacks.

Point Out (Facilitator 2): Oils like olive oil, canola oil, or vegetable oil help keep our heart healthy and provide nutrients and antioxidants like Vitamin E. Herbs and spices like basil, rosemary, thyme, garlic, onion, cinnamon, and nutmeg add a boost of nutritious flavor to our meals and snacks.

Point Out (Facilitator 1): Following these recommendations helps us give our bodies the foods and nutrients while not getting too much of the things we need to limit, like saturated fat, sodium, and added sugars.

Point Out (Facilitator 1): Now that we have talked about the sections of MyPlate, let's talk about a few additional tips that can help you plan meals and snacks.

Point Out (Facilitator 2): Dishes like stews, soups, casseroles, or pasta dishes combine foods from multiple food groups. Many of these dishes are full of nourishing foods, like vegetables and lean proteins. Meals that include these mixed dishes may not look exactly like MyPlate because all the food groups are mixed - and that is okay! We can still use MyPlate to plan meals and snacks that include all the food groups in the recommended amounts.

Point Out (Facilitator 1): If this looks like too much food to eat at one time, you can include some of these foods during your snacks so that your body gets all the food that it needs from each food group throughout the day.

Point Out (Facilitator 1): Remember, foods and drinks from all these food groups give our bodies their own mix of nutrients that help us in different ways. Choosing a variety of different foods, that are full of nutrients, gives our bodies the nutrients that they need to function best!

Discuss Dietary Supplements

Ask (Facilitator 2): “How often do you hear someone talk about a dietary supplement or see a dietary supplement advertised in a store, online, or on the radio?”

Point Out (Facilitator 2): For many of us, we see many advertisements telling us about the benefits of dietary supplements!

Point Out (Facilitator 1): The truth is that these claims may not be supported by research and the best way to give our bodies the nutrients that they need is by choosing nutritious foods and drinks. Dietary supplements may be useful to help some people get enough nutrients, but they are not meant to replace a healthy eating routine!

Point Out (Facilitator 2): Dietary supplements may help people get enough nutrients, like Vitamin D, Calcium, and/or Vitamin B12. People with certain medical conditions may also be advised to take dietary supplements.

Point Out (Facilitator 1): Dietary supplements can have powerful effects and can interact with medications and food. Always talk with your healthcare provider before taking a dietary supplement to make sure it’s right for you. Include dietary supplements on the list of medications that you take regularly.

Point Out (Facilitator 2): The NIH Office of Dietary Supplements is a good resource to learn about dietary supplements. Their websites can help you learn about safety considerations for taking a certain dietary supplement and can help you learn if claims made about dietary supplements are supported by research that shows they are effective!

Activity: What’s in Your Plate, What’s in Your Bowl, What’s in Your Cup?

Do (Facilitator 1) (Slide 14): Ask participants to look at the “What’s on My Plate, What’s in My Bowl, What’s in Your Cup” document.

Do (Facilitator 1): Ask participants to think about the foods and drinks they eat and drink regularly. Ask participants to write down those foods and drinks on the document, or they can even draw those foods/drinks if they prefer.

Do: Give participants enough time to think and list their foods. Then ask participants to reflect on the foods and drinks they listed.

(Facilitator 2) Ask participants to think about:

How do these foods compare with MyPlate?

Are there any food groups that you need more of?

Are there any foods or drinks you need to eat or drink less of?

Set Goals:

Point out: (Facilitator 1) Each week, we will have an opportunity to set goals and share our progress towards making changes that we want to make to our eating routine.

Point out: (Facilitator 1) Before we begin setting goals, let's take a few minutes to think about why eating well is important to us. What is your motivation to change your eating routine to maximize your health?

Point out (Facilitator 2): Some people might be motivated to maximize their health in order to play with grandkids or to engage in a favorite hobby, like gardening. Everyone has their own motivation. Take a few minutes to think about your motivation, or your why, and consider writing it down.

Do (Facilitator 2): Give participants a few minutes to think about their motivation, or their why.

Do (Facilitator 1 and 2): Leaders and co-leaders will share their motivation with the group. Remember to keep your report brief (1-2 sentences).

Do (Facilitator 2): Ask for 2-3 participants to share, if they feel comfortable.

Point out (Facilitator 1): We can think about our motivation, or our why, as we continue learning about ways we can maximize our health throughout this workshop and as we set goals for ourselves.

Point out (Facilitator 2): Today, we are going to set our first goal and next week we will report back on our progress. Each week, everyone will set a goal that YOU want to achieve in the upcoming week. Setting goals helps us achieve the things we want to accomplish by making small changes that last over time!

Point out (Facilitator 2) (Slide 15 and 16): To help us succeed, we want to set goals that are SMART. What do we mean by that? SMART goals are:

Specific – Specific goals answer the question, “What am I going to do?”

Measurable – Your goal should be measurable so that you can tell if the goal has been met.

Achievable – Your goal should be something that you can achieve in the next week, considering your time and your resources.

Relevant – Your goal should help you do the things that you want to do.

Timely: Your goal should have a time frame so that you know when you should accomplish your goal.

Point out (Facilitator 1) (Slide 17): Let's review an example and then you can create your own SMART goal.

Share Example:

I will eat one portion of fruit with breakfast two times this week, on Tuesday and Thursday.

To help me make sure my goal is SMART, I can ask myself these questions.

1. What am I going to do? What is the action? This tells me if my goal is Specific
 - a. I am going to eat fruit with breakfast.
2. How much am I going to do? This also tells me if my goal is Specific and measurable.
 - a. I am going to eat one portion
3. When will I do this? This tells me if my goal is measurable and timely.
 - a. I will do this on Tuesday and Thursday of the upcoming week.
4. Do I feel that I can achieve this goal this week, considering my time and my resources? This tells me if my goal is achievable for me.
 - a. Yes, I feel confident I can achieve this goal this week.
5. Do I feel this goal helps me do the things I want to do? This tells me if my goal is relevant.
 - a. Yes, I want to include more fruit in my eating routine.

Do (Facilitator 1 and 2) (Slide 18): Tell participants your goal for the upcoming week, making sure that your goal is SMART.

Point out (Facilitator 2) : You will have 5 minutes to make your own SMART goal. Leaders are available to help if anyone needs help making their SMART goal. We will notify you when there is one minute remaining.

Do: *If anyone needs assistance setting a SMART goal, you can set up a breakout room for you or your co-leader to assist the participant.*

Do (Facilitator 2): Ask for a volunteer to share their SMART goal and then go around the room, or Zoom screen, asking each participant to share their SMART goal, if they are comfortable sharing.

Ask each participant to report:

1. What they are going to do? What is the action?
2. How much they are you going to do?
3. When will they do this?
4. If they feel that this goal is achievable within the next week.

5. If they feel the goal helps them do the things they want to do.

Do (Facilitator 1 and 2): As participants are reporting their goals, make sure participant's goals answer each question. If needed, ask participants if they would like any assistance from leaders and the group to make their goals more specific, measurable, achievable, relevant, or timely.

Allow a few minutes for a break, as needed, to prepare for the food demo

Food Demo:

Do (Facilitator 1 and 2): Prepare the black bean and corn quesadilla and use the talking points below to reinforce messages about nutrition and food safety.

Do: Encourage participants to try the recipe at home and modify the recipe to suit their taste and the foods they have on-hand.

Wrap-Up

Point out (Facilitator 1): Today we discussed the importance of having a balanced, nourishing eating routine so that our bodies have the energy and the nutrients that they need to function best. We also talked about guidelines we can use to plan our meals and snacks, using the MyPlate for Older Adults resource. Next week we will continue talking about ways we can maximize our health and well-being through our food choices, focusing on how we can eat well to support brain health.

Do (Facilitator 2): Remind participants that we will be reporting next week about their progress achieving their SMART goals.

Do (Facilitator 2): Tell participants that youth ambassadors will be contacting them during the next week to connect and talk about progress with their SMART goal.

Do (Facilitator 2): Encourage participants to check-in with one another, if desired, to encourage progress on their SMART goal and problem solve, if needed.

Evaluation:

1. Participating in this class helped me understand how nutritious eating routines support health and wellbeing.

Yes No Not Sure

2. Participating in this class helped me learn how to use MyPlate to plan meals and snacks.

Yes No Not Sure

References and Resources:

<https://ods.od.nih.gov/factsheets/VitaminB12-Consumer/>

<https://www.myplate.gov/tip-sheet/healthy-eating-older-adults>

<https://hnrca.tufts.edu/myplate>

<https://www.sciencedirect.com/science/article/pii/S0378512218301786>

<https://medlineplus.gov/ency/article/004015.htm>

<https://orthoinfo.aaos.org/en/staying-healthy/effects-of-aging/>

Socially Nutritious: Maximizing Our Health Through Food and Friendship

Lesson 1

Socially Nutritious Layout

Week	Lesson Topic
Session 0	Setting the Stage: Getting to Know Each Other and Getting to Know Zoom
Session 1	Maximizing our Health Food and Friendship
Session 2	Maximizing our Brain Health
Session 3	Maximizing our Muscle and Bone Health
Session 4	Maximizing our Heart Health
Session 5	Maximizing our Health through Hydration
Session 6	Maximizing our Time Planning, Shopping, and Cooking

Nutritious Eating Patterns.....

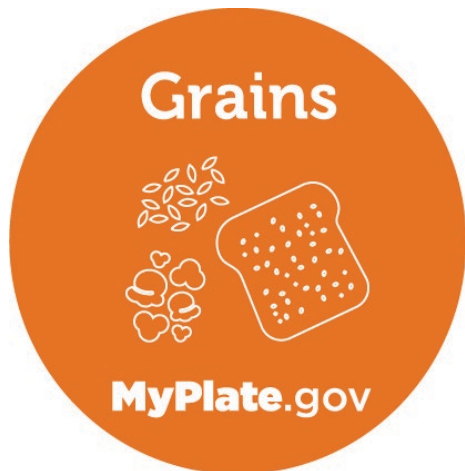
- May help you live longer
- Support bone health at all ages and reduces bone loss as we age
- Support growth and reduces loss of muscles as we age
- Support our immune system
- Support health of our skin, eyes, and hair
- Support our digestive system
- Support brain health and reduce risk for dementia as we age



Nutritious eating patterns help us...

- Maintain a healthy cholesterol level
- Maintain a healthy blood pressure
- Maintain a healthful weight
- Lower risk of developing type 2 diabetes
- Lower risk of developing breast, colon, or rectal cancer
- Lower risk of develop heart disease
- Support mental health, reducing risk and symptoms of conditions like depression and anxiety





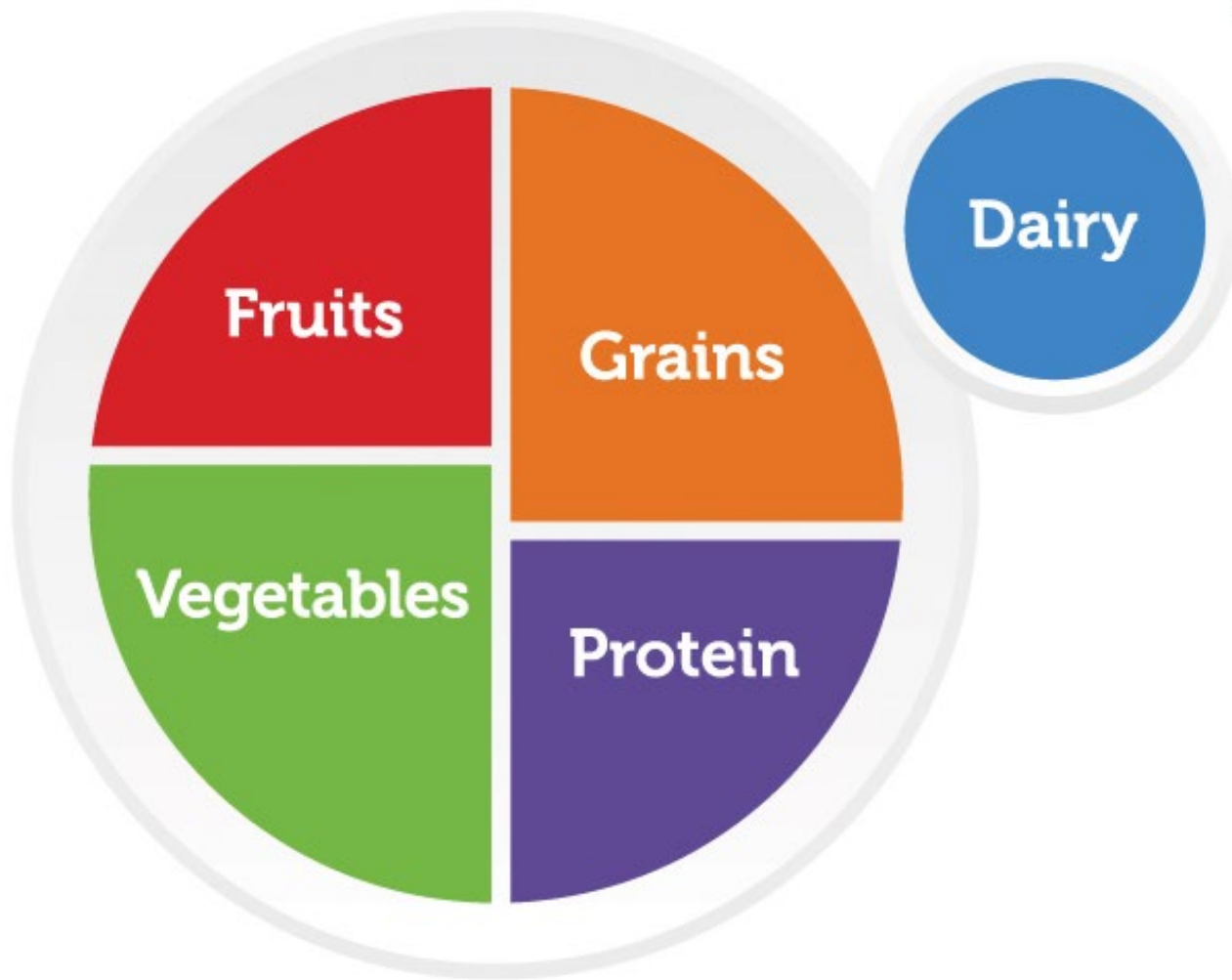
Foods to include regularly...

- Low-fat or fat-free dairy
- Lean meat and poultry
- Eggs
- Whole Grains
- Fish and seafood
- Nuts and seeds
- Beans and peas
- Fruits
- Vegetables
- Oils

They give our bodies the nutrients we need...

- Calcium
- Vitamin D
- Potassium
- Protein
- Fiber
- Carbohydrates
- Vitamin E
- Vitamin C
- Omega-3 fats
- And much more!





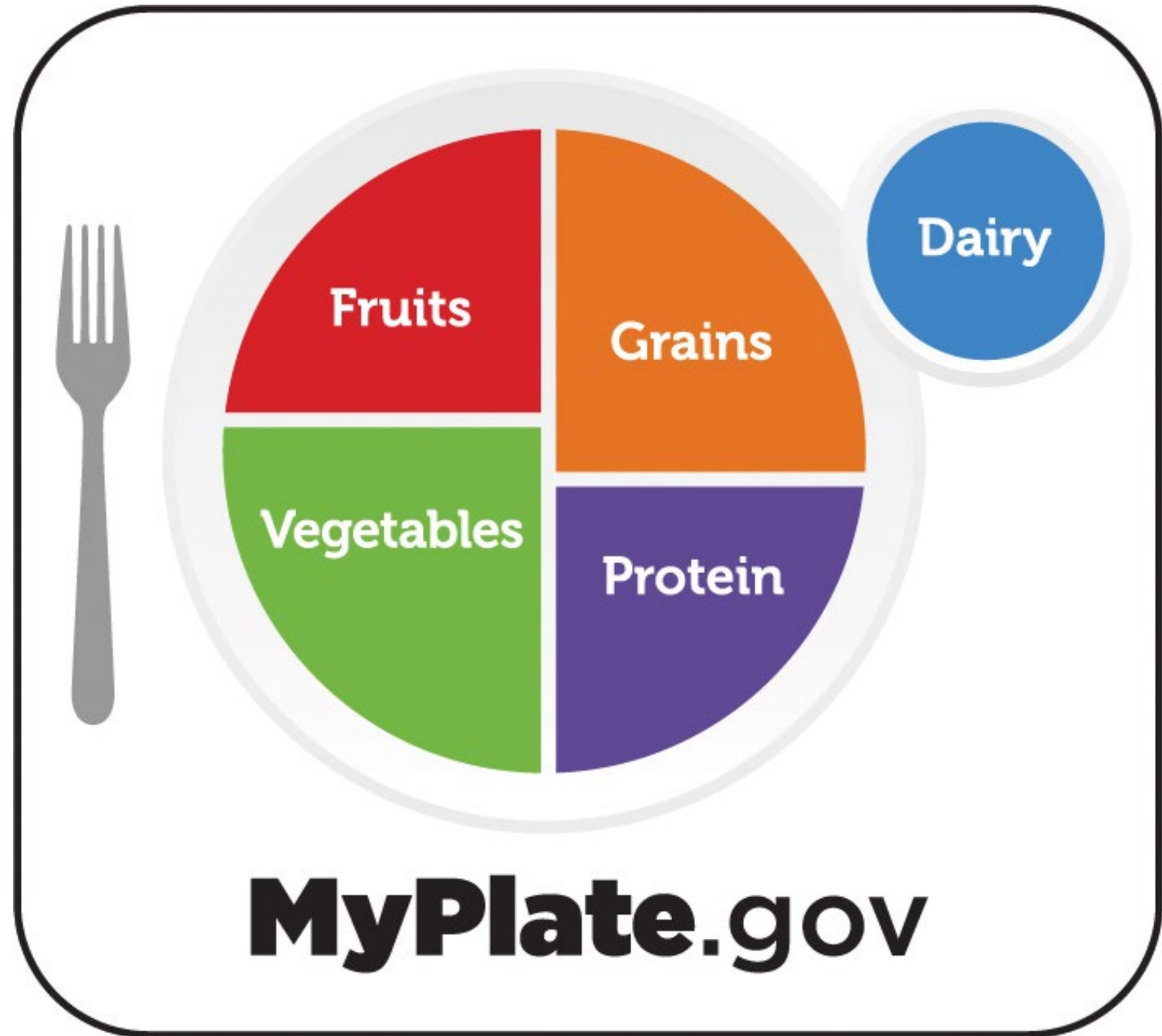
MyPlate.gov

Make half your plate, or your meal, fruits and vegetables.

Choose a variety of fruits and vegetables.

Include brightly colored fruits and vegetables

Canned, frozen, and fresh are all good options.

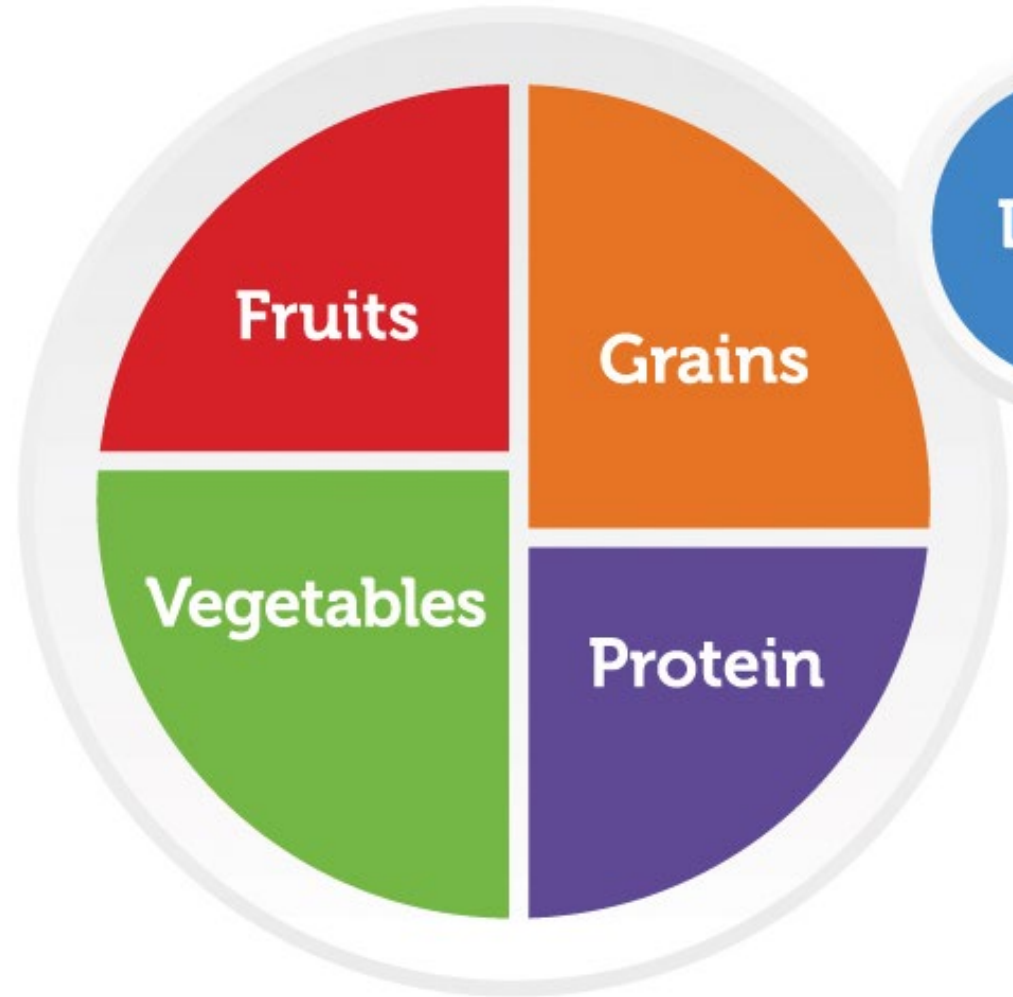


MyPlate.gov

Make about $\frac{1}{4}$ of your plate, or your meal, a grain.

Choose a whole grain food at least half the time.

Include grains that are fortified with Vitamin B-12



MyPlate.gov

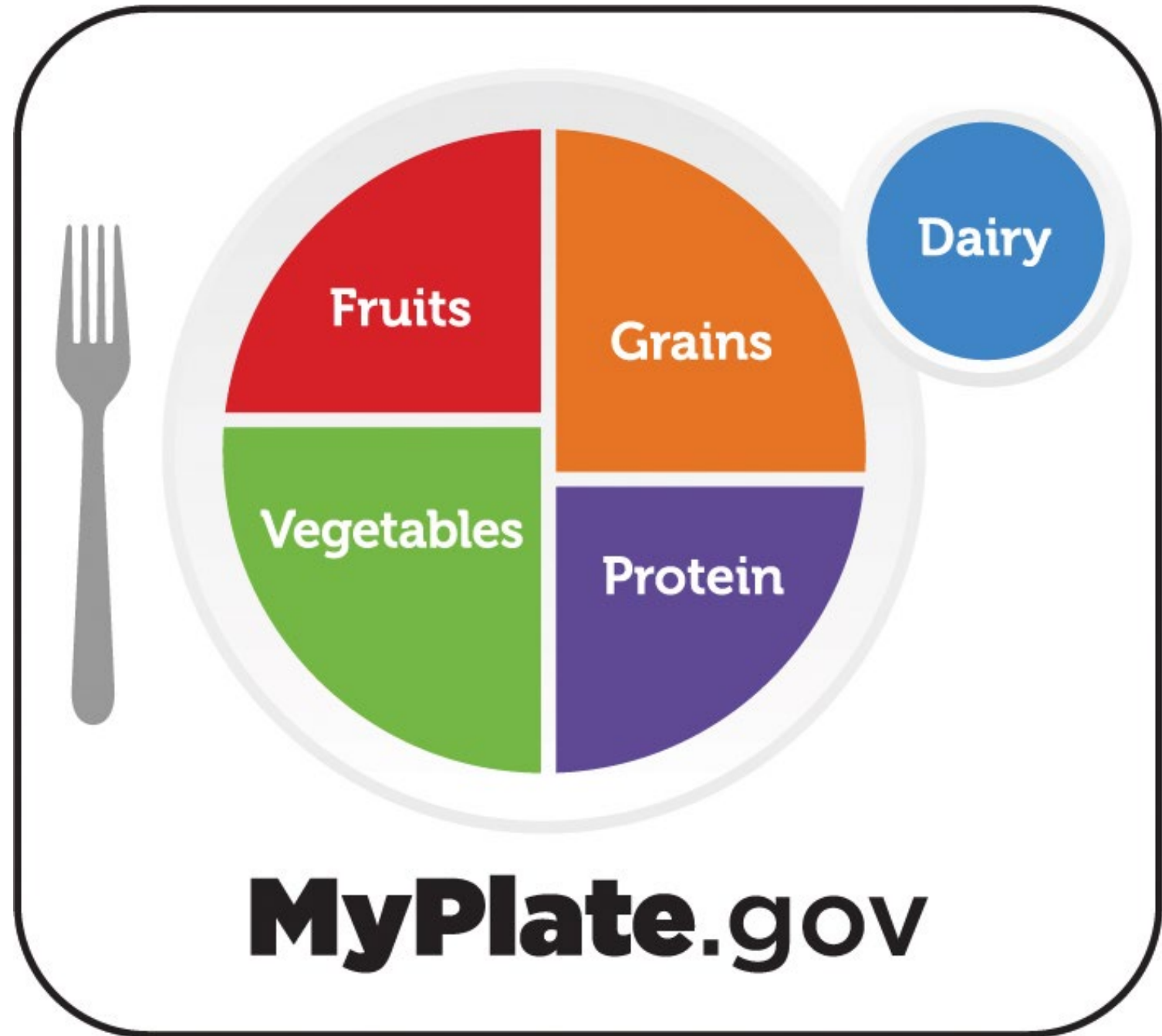
Whole Grain Cereal

Ingredients: Whole grain oats, whole grain corn, sugar, corn starch, whole grain rice, whole grain sorghum, brown sugar syrup, salt, Vitamin E, Calcium Carbonate, Iron, Zinc, Niacinimide (B vitamin), Sodium Ascorbate (Vitamin C), Vitamin B6 (pyridoxine hydrochloride), Riboflavin (Vitamin B2), Thiamin mononitrate (Vitamin B1), Folic Acid (B Vitamin), Vitamin B12, Vitamin A, Vitamin D3.

Make about $\frac{1}{4}$ of your plate, or your meal, a protein food.

Choose lean protein foods like chicken, fish, seafood, lean meats, nuts and seeds, and beans and peas.

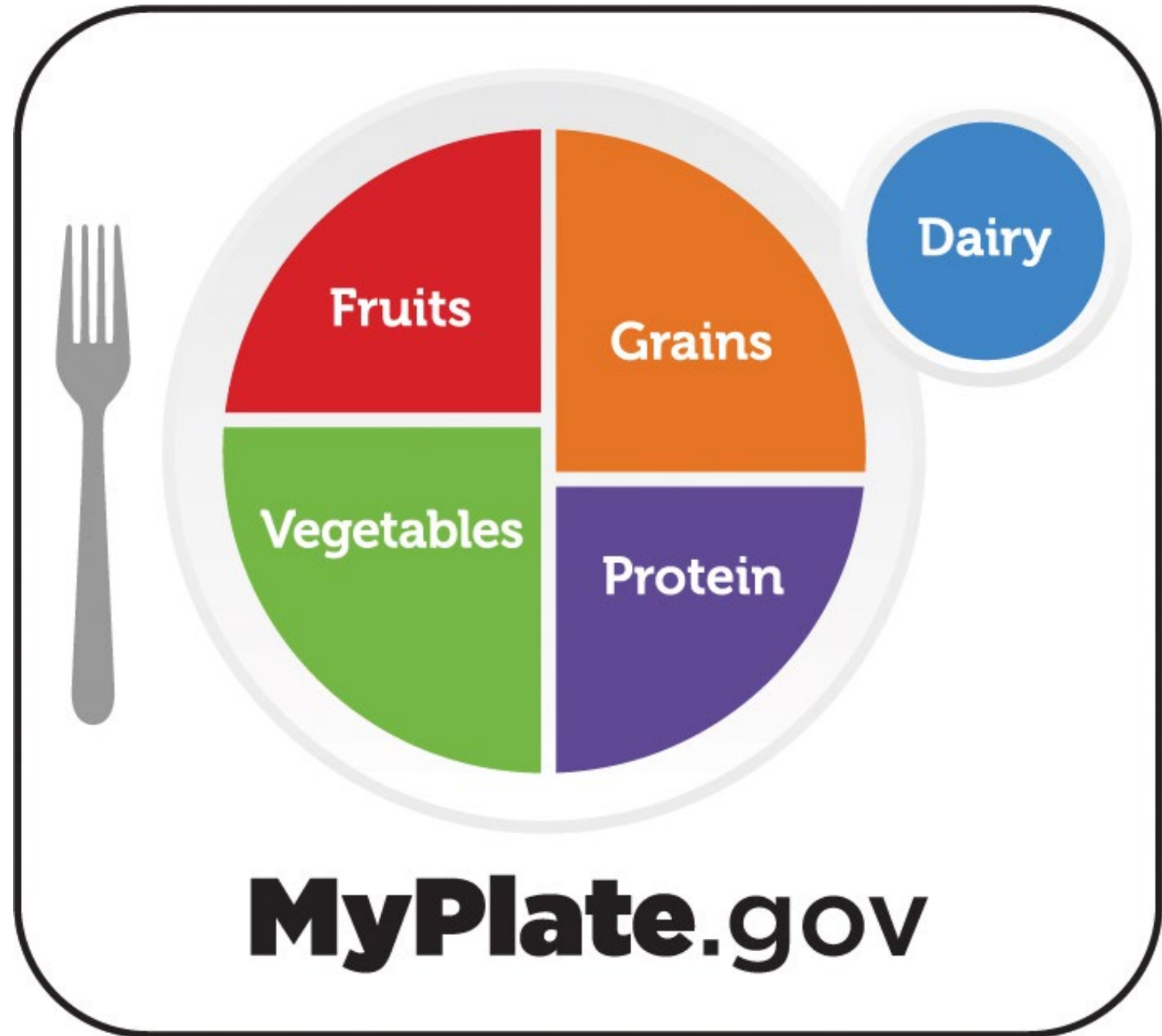
Protein foods help our muscles stay strong, helps us repair damaged tissues, and helps our immune system fight infection.



MyPlate.gov

Include dairy products to keep your bones healthy and strong.

Dairy products include milk, yogurt, cheese, cottage cheese, and soy products that have calcium and Vitamin D.



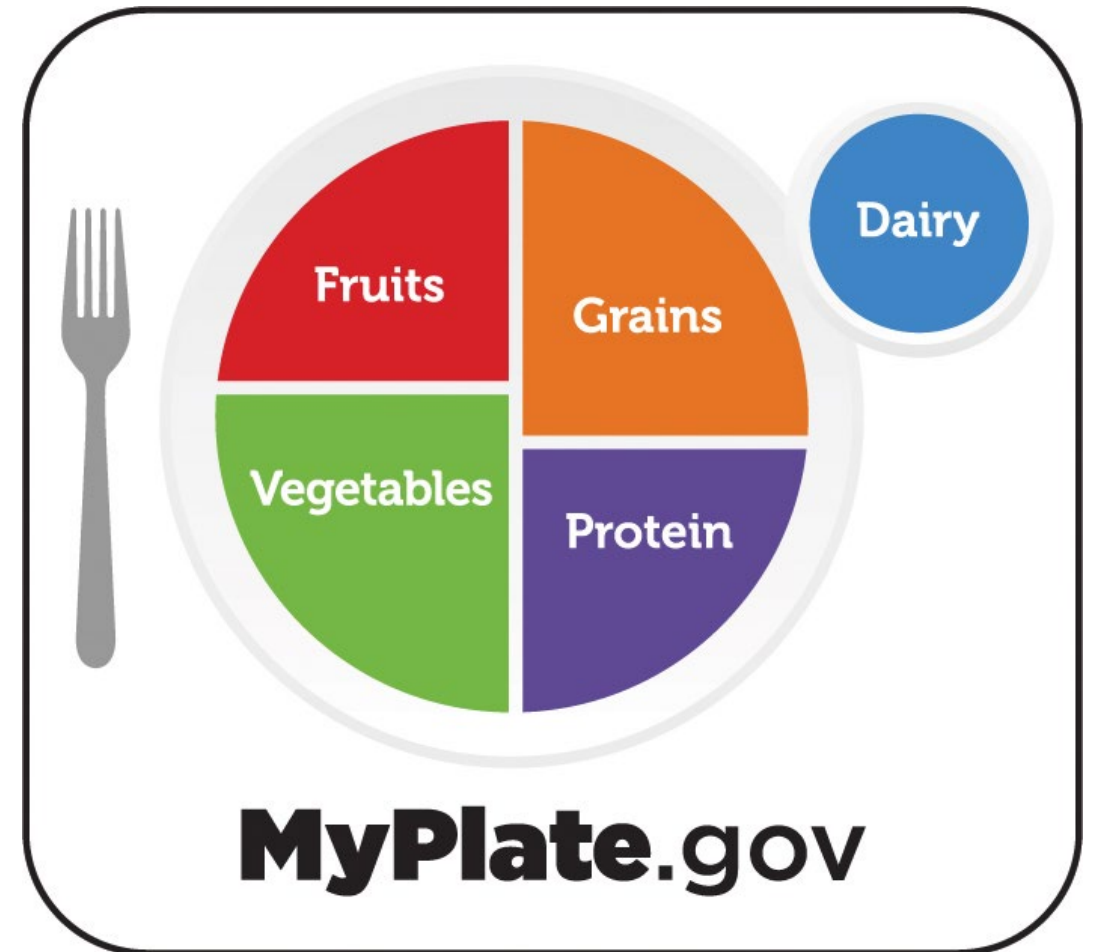
MyPlate.gov

A few more things to add....

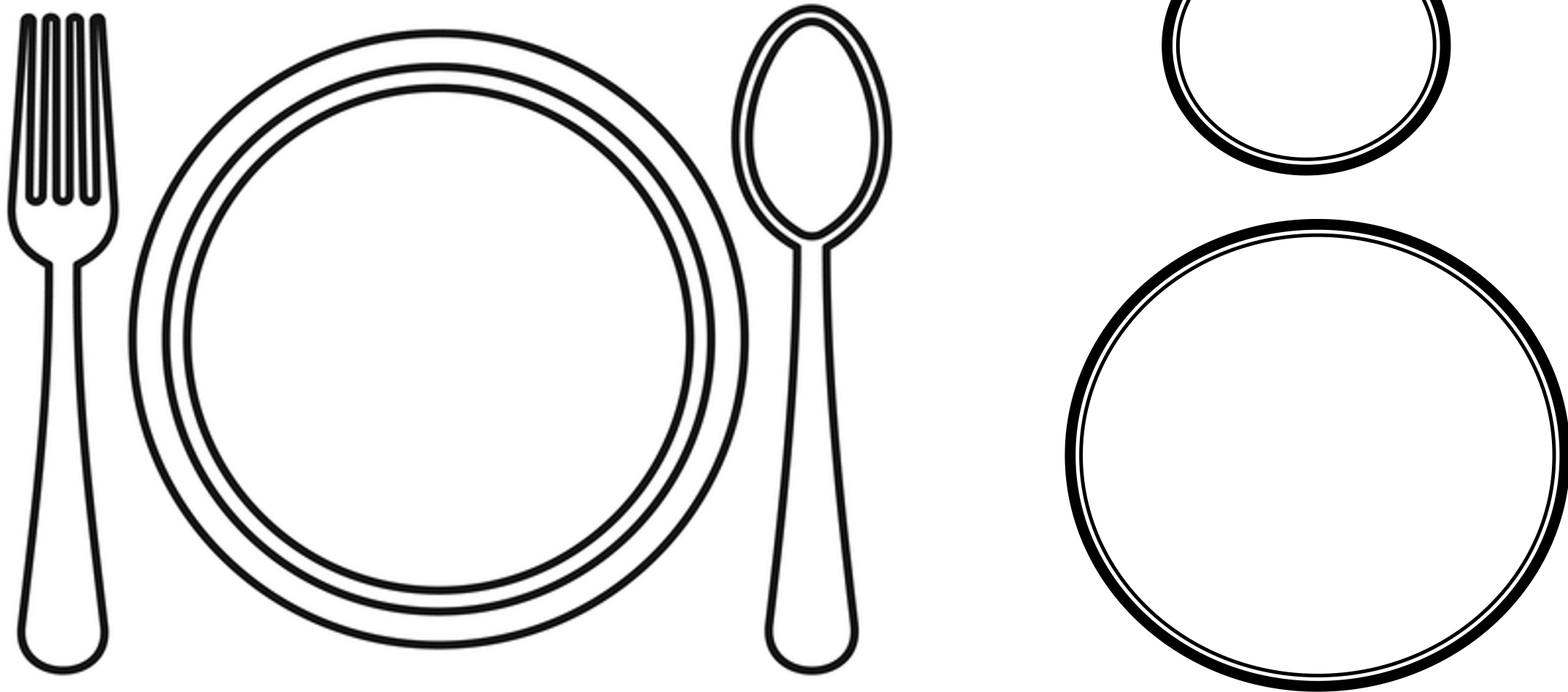
Include drinks to keep yourself hydrated.

Prepare foods with oils, herbs, and spices for flavor. Oils and spices also support your health!

Limit saturated fat, sodium, and added sugars



**What's In Your Plate? What's In Your Bowl?
What's in your Cup?**



SMART Goals

Specific

Specific goals answer the question, “What am I going to do?”

Measurable

Your goal should be measurable so that you can tell if your goal has been met.

Achievable

Your goal should be something that you can achieve in the next week, considering your time and your resources.

Relevant

Your goal should help you do the things that you want to do.

Timely

Your goal should have a time frame so that you know when you should accomplish your goal.

Ask Yourself.....

What am I going to do?
What is the action?

This tells you if your goal is Specific.

How much am I going to do?

This tells you if your goal is specific and measurable

When will I do this?

This tells you if your goal is measurable and timely

Do I feel that I can achieve my goal this week, considering my time and my resources

This tells you if the goal is achievable for you.

Do I feel this goal helps me do the things I want to do?

This tells you if your goal is relevant for you.

Example: I will eat one portion of fruit with breakfast two times this week, on Tuesday and Thursday.

Ask Yourself.....

What am I going to do?

I am going to eat fruit with breakfast.

What is the action?

How much am I going to do?

I am going to eat one portion of fruit.

When will I do this?

I will eat fruit with breakfast on Tuesday and Thursday of this week.

Do I feel that I can achieve my goal this week, considering my time and my resources

Yes, I feel confident I can achieve this goal this week.

Do I feel this goal helps me do the things I want to do?

Yes, this goal helps me add more fruit to my eating routine.

Tell us your SMART goal!

1. What are you going to do? What is the action?
2. How much are you going to do?
3. When will you do this?
4. Do you feel your goal is achievable this week?
5. Does this goal help you do the things you want to do?