

"Move More"

Nutrition Kit Training Curriculum



Your resource for life.

MaineGeneral Health

Nutrition Kit Training Curriculum

Table of Contents

Anatomy of MyPyramid.	2
What is Your Calorie Level?	3
MyPyramid Steps to a Healthier You	4
Steps to a Healthier ME, Goal Setting	4

Anatomy of MyPyramid

Learning outcome questions	Instruction/ methodology	Course content	Resources
<p>1. What is the MyPyramid?</p> <p>2. What do the different symbols/colors represent on the pyramid?</p>	<p>1. PowerPoint of new MyPyramid</p> <p>2. Review symbols/colors of new pyramid</p>	<p>1. On April 19, 2005 a new symbol and interactive food guidance system ("food pyramid") was released by the USDA. MyPyramid replaces the Food Guide Pyramid. This new graphic accompanies the 2005 Dietary Guidelines for Americans and provides a visual aid to assist in improving diet and lifestyle.</p> <p>2. Activity - Be physically active every day.</p> <p>Moderation - Choose foods that limit intake of saturated or trans fats, added sugars, cholesterol, salt and alcohol.</p> <p>Proportions - Eat more of some foods (fruits, vegetables, whole grains, fat-free or low-fat milk products) and less of others (foods high in saturated or trans fats, added sugars, cholesterol salt and alcohol).</p> <p>Variety - Eat foods from all food groups and subgroups.</p> <p>Gradual Improvement - Gradual improvement is encouraged by the slogan 'steps to a healthier you.' It suggests that people can benefit from taking small steps each day to improve their diet and lifestyle.</p>	<p>Anatomy of MyPyramid handout</p> <p>What does the picture mean? handout</p>

What is Your Calorie Level?

Learning outcome questions	Instruction/ methodology	Course content	Resources
<p>1. What is my activity level?</p> <p>2. What are some strategies to increase my physical activity levels?</p>	<p>1. Discuss activity level categories.</p> <p>Have participants identify their activity level.</p> <p>2. Brainstorm</p>	<p>SEDENTARY = less than 30 minutes a day of moderate physical activity in addition to daily activities.</p> <p>MOD. ACTIVE = at least 30 minutes up to 60 minutes a day of moderate physical activity in addition to daily activities.</p> <p>ACTIVE = 60 or more minutes a day of moderate physical activity in addition to daily activities.</p> <p>2. Strategies:</p> <ul style="list-style-type: none"> • Building more physical activity into daily routine at home and at work, such as walking or biking rather than driving. • Choosing leisure activities that provide moderate to vigorous activity, such as outdoor walks or hikes, participating in sports, taking a fitness class at the gym or playing actively with children. • Planning a time for exercise in daily routine, such as time at the gym, an exercise class, or a brisk walk or run. 	<p>What's MyPyramid? worksheet</p>
<p>3. What are my recommended daily calorie consumption levels?</p>	<p>3. Display chart on PowerPoint. Have participants establish recommended calorie levels.</p>	<p>3. Participants will be assigned a daily calorie level from chart based on age, gender and activity levels.</p>	<p>What is Your Calorie Level? chart</p> <p>Chart on PowerPoint display</p>
<p>4. What are some strategies to reduce calorie consumption?</p>		<p>4. Strategies:</p> <ul style="list-style-type: none"> • Choosing foods that are "nutrient dense" (with little or no solid fats or added sugars). • Limiting the amounts of added sugars, fats and oils (especially solid fats), and alcohol consumed to keep discretionary calorie intake within the allowance for a selected food intake pattern. • Substituting water, plain coffee or tea for beverages high in added sugars (such as regular sodas). • Increasing physical activity level. • If too many calories are consumed one day, consuming less the next day. 	<p>Move More Nutrition Guide</p> <p>MyPyramid Food Guidance System Education Framework</p>

MyPyramid Steps to a Healthier You

Learning outcome questions	Instruction/ methodology	Course content	Resources
1. How can I get personal recommendations on food intake?	1. Website presentation/ demonstration.	1. Fill in the blanks with the information for the food intake pattern recommended for gender, age and activity level.	www.mypyramid.gov/mypyramid/index.aspx

Steps to a Healthier ME, goal setting.

Learning outcome questions	Instruction/ methodology	Course content	Resources
1. How do I set health improvement goals?	1. Have participants participate in goal-setting activity.	1. Steps for setting behavior change goals: <ul style="list-style-type: none"> • Specifics – What, when, how, where, how often. • Identify possible barriers and steps to overcome them. • Establish confidence level (scale 1-10). 	Self Management Support tool Steps to a Healthier ME worksheet