

SKILLS FOR LIFE

SESSION 6

Suggested Agenda

- 8:30 a.m. Arrival of Participants
9:00 a.m. Welcome
9:05 a.m. Deadly Diets
9:35 a.m. Session Overview
9:40 a.m. Community Resource ID/Phone Communication Tips
10:40 a.m. Break
10:45 a.m. Cooking for Healthy Living
11:35 a.m. Cooking Demo: Garden Vegetable Stir-Fry and Cabbage Fruit Salad
11:50 a.m. Lunch
12:30 p.m. This is Your Life
12:50 p.m. Review: What's the Problem (Part 2)
1:20 p.m. Review/Evaluations
1:40 p.m. Closing

<u>Materials</u>	<u>Handouts</u>
Flipchart Paper or Blackboard	H38 Diet Survey
Markers or Chalk	H39 Session Agenda
Handouts (38-44)	H40 Phone Tips
Pencils	H41 Cut It Out!
Listing of Community Resources	Get the Sugar Out!
	Get the Salt Out!
	H42 Lighten Up!
	H43 Garden Vegetable Stir-Fry
	H44 Cabbage Fruit Salad

SKILLS FOR LIFE

TRAINING GUIDE

Participant Objectives and Activities: Successful participants will be able to:

1. Recognize the power of personal values and the differences that exist among participants in the Club.

• Describe the information about personal values on Handout 31 to participants and provide them with a copy. Have participants rank the list from 1 to 10 in order of importance and decide which three values listed on the handout are least important and remove them. (10 min.) Meet in small groups and try to form a consensus on what three values to drop. (10 min.) Reunite as a large group to discuss the results. Ask participants for other values to add to the list. (10 min.) (Time: 30 min.)

2. Identify the goals and objectives of this session.

• Review the goals and objectives listed below with participants. Pass out the Session Agenda (Handout 39). (Time: 5 min.)

GOALS:

- 1. Enjoy ourselves.*
- 2. Become healthier and happier.*
- 3. LMA food, nutrition, and cooking.*
- 4. LMA other issues of interest.*

OBJECTIVES:

- 1. Evaluate your diet.*
- 2. Identify and describe community resources.*
- 3. Discuss Phone communication tips*
- 4. Describe ways to create healthier diets.*
- 5. Describe how to prepare Stir-Fry & Cabbage Fruit Salad.*

3. Identify different organizations and their roles in the community.

• Assign partners. Give them a sample list of community resources they would be likely to use including names, addresses, and a brief description of what they do. A local United Way directory might be an excellent source of names and addresses. Have participants add

organizations they have utilized that are not on the list. Leave room on the list for participants to put notes about each organization later on. For each organization they have contacted, they should discuss and record what they were seeking and how they contacted the organization. (15 min.). Review answers in the large group; identify the organizations, describe their basic services, and answer questions. (15 min.) (Time: 30 min.)

4. Identify and describe tips for contacting community agencies.

- **Have participants change partners or meet in small groups. Ask them to "Play the Expert" and list the tips and steps for effectively contacting organizations to obtain information and services. Such tips might include how to find contact information, phone techniques, and important information to ask for and to give. (10 min.)**

- **Meet as a large group and list their tips on a flipchart. (15 min.) Give them a copy of Handout 40 and discuss tips that have not already been mentioned. (5 min.) (Time: 30 min.)**

- (Optional) Develop a short script or role play a situation with participants where an individual is contacting an agency by telephone to seek information and resources. Have participants critique the situation and discuss what was done right and what was done wrong. How did the participants feel in these roles?

5. Describe ways to lower fat, cholesterol, sugar, and salt in cooking and the overall diet.

- **Define fat and cholesterol (See: Handout 15). Fat is a vital and necessary source energy for the body. The problem is that most Americans get too much fat, which is linked to different health problems. We should get no more than 30% of our daily calories from fat. Cholesterol is a fat-like substance found in all foods that are of animal origin (e.g., meat, eggs, milk). If we eat too much animal fat, we may develop high cholesterol levels in our body which are associated with heart disease and other health problems.**

In small groups have participants brainstorm a list of ways to lower the intake of fat and cholesterol. (10 min.) Have each group report back to large group and discuss answers. Give participants copy of Handout 41 that lists ways to reduce fat, cholesterol, sugar, and salt. (10 min.)(Time: 20 min.)

- **Using Handout 42, review substitutions that can be made in recipes.**

(Time: 30 min.)

- Give participants examples of different foods such as a ham and cheddar cheese sandwich grilled with butter, fried haddock, french fries, or a hot roast beef sandwich with gravy. Ask how calories and fat could be reduced in each one.
- Provide copies of menus low in fat, cholesterol, and salt.
- Have participants take the shaker test. Participants cover a plate with wax paper or foil. Then they salt the plate as they would if it contained food. Collect the salt and measure it. Every "?" teaspoons amounts to about 500 mg. of sodium. Source: USDA, Human Nutrition Information Service. 1993.
- Use fact sheets, diet surveys, and quizzes concerning fats, sugars, and salts from Appendix 14.
- Refer back to personal diet survey. Which areas do they need to concentrate on?
- Demonstrate cooking techniques to reduce salt, fat, and cholesterol in recipes.
- Ask ways to increase fat in different foods as a means of discussing ways to decrease fat.

6. Describe the procedures for preparing a recipe item and prepare the meal at home.

- Discuss the ingredients, equipment, and procedures for preparing the menu items (Handouts 43 & 44). Discuss substitutions, variations, and any other pertinent information. (Time: 15 min.)

7. Write a personal goal that includes strategies to achieve and evaluate it.

- Refer to goals and objectives instructions from previous Sessions and adapt to current Session as appropriate. (Time: 25 min.)

8. Review/Evaluation.

- Review concepts previously discussed in Club sessions. Discuss the problem solving exercise from Session 5.

- **Ask for volunteers from the group to talk about the problem that they were to work through after the last Club meeting. Review the steps and ask which ones they had the most difficulty with. Present this exercise as a way for everyone to learn more about the process rather than as a critique. (Time: 30 min.)**
- (Optional) Design a role play to act out the steps in problem solving process; have group observe and critique role plays for good problem solving techniques. (SEE Appendix 15.)
- **Play the Food Game or give a Nutrition Quiz and/or use evaluation/closing exercises as time permits. (SEE Appendix 14 & 15.)**

SKILLS FOR LIFE



H-38

1 of 4

Directions

This quiz was developed by Elizabeth Ward, R.D. It will give you an idea of how well you eat. Answer the questions based on how you eat most days. Circle the best answer to each question and score your quiz at the end.

1. How many servings of grain foods do you eat each day? (sample serving sizes: 1 slice bread; 1 cup cooked cereal, pasta, or grain; 1 ounce ready-to-eat cereal; 3-4 small crackers)			
1. three or fewer	2. four	3. five	4. six or more
2. How many servings of fruit do you eat daily? (Sample serving sizes: 1 medium-size piece of fruit; : cup juice; 2 cup cubed fresh fruit; 3 cup dried fruit)			
1. fewer than one	2. one	3. two or three	4. four or more
3. How many servings of vegetables do you consume each day? (Sample serving sizes: 2 cup chopped raw or cooked vegetables; 1 cup raw leafy vegetables)			
1. fewer than one	2. one	3. two	4. three to five
4. How many servings of protein foods do you eat daily? (Sample serving sizes; 1 oz. cooked meat, fish, or poultry; 1 egg; 2 cup cooked legumes; 2 Tbs. peanut butter; 2 cup nuts)			
1. two or fewer	2. more than seven	3. three to five	4. five to seven
5. How many dairy products do you eat daily? (Sample serving sizes: 8 oz. milk or yogurt; 12 oz. hard cheese; 2 cups cottage cheese; 1 cup frozen yogurt)			
1. less than one	2. one	3. two	4. three or more

6. In a typical day, how much total fat do you add to food, in preparation and at the table, including butter, margarine, oil, cream, full-fat salad dressing and mayonnaise, and cream cheese?				
1. more than 4 Tbs.	2. 4 Tbs.	3. 3 Tbs.	4. 2 Tbs	5. 1 Tbs. or less
7. How many times a week do you eat seafood?				
1. less than once	2. once	3. twice	4. three times or more	
8. How many times a week do you consume dinners containing no meat, poultry, or seafood?				
1. never	2. once	3. twice	4. three times or more	
9. How many times each week do you eat meat (beef, pork, and lamb)?				
1. four times or more	2. three times	3. twice	4. once	5. rarely or never
10. How many times a week do you eat fried foods?				
1. three times or more	2. twice	3. once	4. once every two weeks	5. rarely or never
11. How often do you remove the skin from poultry before eating?				
1. never	2. sometimes	3. most of the time	4. always	
12. How often do you bake, broil, grill, or microwave meat, poultry, and seafood without adding additional fat?				
1. never	2. sometimes	3. most of the time	4. always	

13. How many times a week do you consume vitamin C-rich fruits or vegetables, such as oranges, tomatoes, or green peppers?				
1. twice or less	2. three or four times	3. five or six times	4. seven or more times	
14. How many times a week do you eat at fast-food restaurants?				
1. four or more times	2. three times	3. twice	4. once	5. rarely or never
15. How many days a week do you eat breakfast?				
1. once or less	2. two or three	3. four or five	4. six or seven	
16. How often do you choose low-fat milk (1% or skim) or other low- and nonfat dairy products rather than full-fat dairy products?				
1. never	2. sometimes	3. most of the time	4. always	
17. How much water do you drink daily?				
1. 16 oz. or less	2. 16 to 32 oz.	3. 32 to 48 oz.	4. more than 48 oz.	
18. How many ounces of sweetened soft drinks do you drink each day?				
1. 48 oz. or more	2. 36 oz.	3. 24 oz.	4. 12 oz. or less	
19. Which describes your typical daily meal pattern?				
1. one meal	2. two meals	3. two moderate meals and one or two snacks	4. three meals, or three moderate meals and one to two snacks	
20. How many times a week do you munch on foods like cookies, candy, chips, donuts, and cake?				
1. seven or more	2. six	3. two to five	4. fewer than two	

SCORING YOUR QUIZ

Add up the numbers from the answers you circled for each question to get your total number of points.

61 to 84 points: Very good. You appear to be eating a well-balanced low-fat diet.

41 to 60 points: Good. Your score could be better. You probably don't eat the recommended number of daily servings from each food group. It is also likely that you need to eat less fat and fewer processed foods.

21 to 40 points: Fair. You have a lot of room for improvement. Your diet lacks fruits and vegetables and you are eating too many high-fat foods.

20 points or fewer: Critical. You need professional help from a dietician. Your diet contains dangerously small amounts of critical vitamins and minerals, way too much fat, and possibly too many calories.

Source: Elizabeth Ward, Put Your Diet to the Test, The Walking Magazine, July/August 1995, p. 39. Used with permission.

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SESSION AGENDA



DEADLY DIETS

What is your diet like? How does it compare to other Club members?

COMMUNITY RESOURCE ID

How do we use resources in the community to solve problems? Which ones have we used?

SESSION OVERVIEW

COMMUNICATION TIPS

How can we most effectively contact community resources? What do we say?

COOKING FOR HEALTHY LIVING

Tips for lowering the amount of fat, salt, and sugar in our diets; we will also discuss substitutions in recipes that can make our meals healthier.

THE COOK'S CORNER

Vegetables and fruits are key ingredients in many healthy recipes. Today we prepare Garden Stir-fry Vegetables and Cabbage Fruit Salad.

LUNCH

Try it. You'll like it.

THIS IS YOUR LIFE

Set a personal goal to accomplish.

CLOSING AND EVALUATION

NEXT CLUB MEETING IS ON

SKILLS FOR LIFE

PHONE TIPS



Making phone calls is an important way of obtaining information. To be most successful, you should plan your phone calls before you make them. Use the following guidelines to help you plan your calls:

1. What background information do you need to give? Why are you calling? Who are you calling? If you get an answering machine, how will you respond? (You will probably want to leave a number where you can be reached.)
2. Write down any questions you want answered during the phone call. Put them in the order you want to ask them. You may want to write out what you want to say and practice saying it. Keep any additional items handy such as forms, a calendar, telephone numbers, etc., that you may need during the call.
3. Double-check the number before you call.
4. Let the phone ring at least 10 times.
5. When the phone is answered the first thing you should do is give your full name and the reason you are calling.
6. Be prepared to take notes. Keep paper and a pencil handy.

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CUT IT OUT!



1 of 2

1. Read the label.
2. Trim off the skin and fat on meats and poultry.
3. Use nonfat or low-fat dairy products. In the case of milk, you will get the same amount of nutrients, but less fat.
4. Include more fruits, vegetables, whole-grain breads, and cereals in your diet.
5. Avoid fatty meats (e.g., lunch meats, hot dogs, sausage, and bacon).
6. Eat leaner meats like tuna (in water), turkey, and chicken on sandwiches.
7. Instead of eating pastries, try fresh fruits, nonfat yogurt, or bagels.
8. Broil, poach, bake, steam, or microwave foods. Try to reduce the fried, creamed, and sautéed foods you eat.
9. Try low-calorie and nonfat salad dressings. Use small amounts of regular dressings.
10. Use whipped or other soft types of margarine & butter rather than hard types.
11. Cook soups and gravies a day ahead and refrigerate them. The fat will solidify on the top and can be skimmed off.
12. Substitute low-fat yogurt for sour cream or mayonnaise.
13. Instead of using real butter or margarine on vegetables, try herbs, spices, lemon juice, or butter flavored substitutes.
14. Instead of ice cream eat sorbet, ice milk, or frozen yogurt (nonfat preferably).
15. Instead of mayonnaise and butter on sandwiches, use mustard, ketchup, or low-fat salad dressings.
16. Instead of chips, try pretzels, air-popped popcorn seasoned with different spices, low- or non- fat crackers, rice cakes, or low- or no- sugar cereals.
17. Reduce fats in your recipes by making substitutes and using low-fat methods.

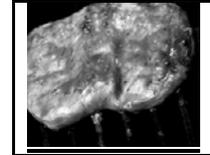
GET THE SUGAR OUT!

1. Eat fresh fruit or canned fruit packed in its own juices. If you use fruit canned in heavy syrup, drain the syrup off and rinse the fruit with water.
2. Use 1/2 or 1/3 of the sugar called for in recipes, particularly desserts.
3. Limit your use of foods that list sugar as one of the first three ingredients on the label. Remember, sucrose, glucose, dextrose, fructose, corn syrups, and corn sweeteners are all forms of sugar.
4. Use unsweetened jams, applesauce, and apple butter.
5. Add raisins or other dried fruits to recipes and decrease the amount of sugar. To enhance the flavor, texture, and size of raisins, put them in hot liquid such as water or fruit juice for 15 minutes or more before using.
6. Add more vanilla or cinnamon to recipes to increase the sensation of sweetness; reduce the amount of sugar.
7. Use artificial sweeteners.

GET THE SALT OUT!

1. Take salt off the kitchen table.
2. Use half the amount of salt called for in recipes.
3. Salt as you cook.
4. Substitute herbs and spices for salt.
5. Limit the use of foods that are salty (nuts, crackers, and chips) or choose unsalted brands.
6. Limit the use of foods with high amounts of hidden salt such as canned foods, soup, and frozen dinners. Read the labels carefully.
7. Rinse canned foods with water before using them.

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H-42

LIGHTEN UP

Instead of . . .	Try . . .
Frying	Baking, broiling, steaming, poaching, or micro- waving.
Cooking with oil	Use nonstick pans or nonstick cooking sprays such as PAM.
Fish in oil	Use fish packed in water
Red meat	Chicken, turkey, fish, tuna, dried peas and beans.
Regular ground beef	Lean ground beef or ground turkey. Cook well, drain, and rinse. Kidney beans might be substituted for ground beef in casseroles. In lasagna or sauces you can substitute ground turkey breast. Beef is graded as follows: Select (lowest fat), Choice, and Prime (highest fat).
Real eggs	Cholesterol-free egg substitutes or only egg whites. In baking, use 3/4 cup egg substitute for 1 egg.
Real cheese	Low-fat cheeses (5 grams or less of fat per ounce) or part-skim-milk cheeses.
Whole milk	Low-fat or nonfat milk in recipes and to drink.
Mayonnaise or sour cream	"Light" sour cream or mayonnaise, low-fat or nonfat yogurt
Regular salad dressing	Herbs, spices, lemon juice, non- or low- fat dressings.
Basting with meat droppings	Use broth or juice
Adding oil, butter, or margarine to baking recipes	Use low-fat or nonfat plain or vanilla yogurt, pureed or mashed fruit such as applesauce, apple butter, or mashed banana

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GARDEN VEGETABLE STIR-FRY

Serves 3-5 people



INGREDIENTS

- 3 cups vegetables (Any type desired, i.e., broccoli, carrots, cabbage, zucchini)
- 2 tablespoons vegetable oil
- Hot cooked rice or Chinese noodles
- 1/2 cup chicken broth
- 3 tablespoons soy sauce
- 1 tablespoon cornstarch
- 1 clove garlic, minced (optional)

EQUIPMENT

- 1 skillet or wok (with cover)
- 1 medium pan
- 1 mixing bowl

DIRECTIONS

1. Cut vegetables into bite-size pieces. Rinse and drain them.
2. Blend chicken broth, soy sauce and cornstarch; set aside.
3. Heat oil in skillet or wok over high heat; stir-fry garlic in hot oil for 30 seconds.
4. Add desired vegetables; stir-fry 2 to 3 minutes more; stir constantly. Remove vegetables from skillet.
5. Stir chicken broth mixture and pour into center of skillet. Cook until mixture is bubbly.
6. Return vegetables to skillet. Cover and cook 1 to 2 minutes until heated through. Serve at once with rice.

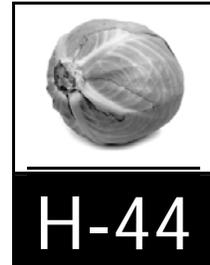
To Prepare Rice: Add 1 cup uncooked long-grain rice to 2 cups of cold water; cover the pan with a tight fitting lid. Bring contents to vigorous boil; then turn heat to low. Let simmer on low for approximately 15-20 minutes. Remove pan from heat and let stand (still covered) for 10 minutes. (Yield: 1 cup of White Rice = 3-4 cups of cooked rice.)

Source: Various; Collected by the Cooperative Extension Service of the University of Maryland system.

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CABBAGE FRUIT SALAD

Serves 3-5 people.



INGREDIENTS

- 2 cups finely shredded green cabbage (about 1 small head)
- 1 can (8 oz.) crushed pineapple in juice, drained
- 2 medium apples, chopped (about 2 cups)
- 1 cup seedless red or green grapes
- 1 cup plain yogurt
- 1/3 cup mayonnaise or salad dressing – can use ‘light’ or low-fat
- 2 tsp packed brown sugar
- 1/4 teaspoon salt

EQUIPMENT

- Measuring cups
- 1 large bowl

DIRECTIONS

1. Mix cabbage, pineapple, apples, and grapes.
2. Mix remaining ingredients; toss with cabbage mixture until evenly coated.

Source: Various; Collected by the Cooperative Extension Service of the University of Maryland System.