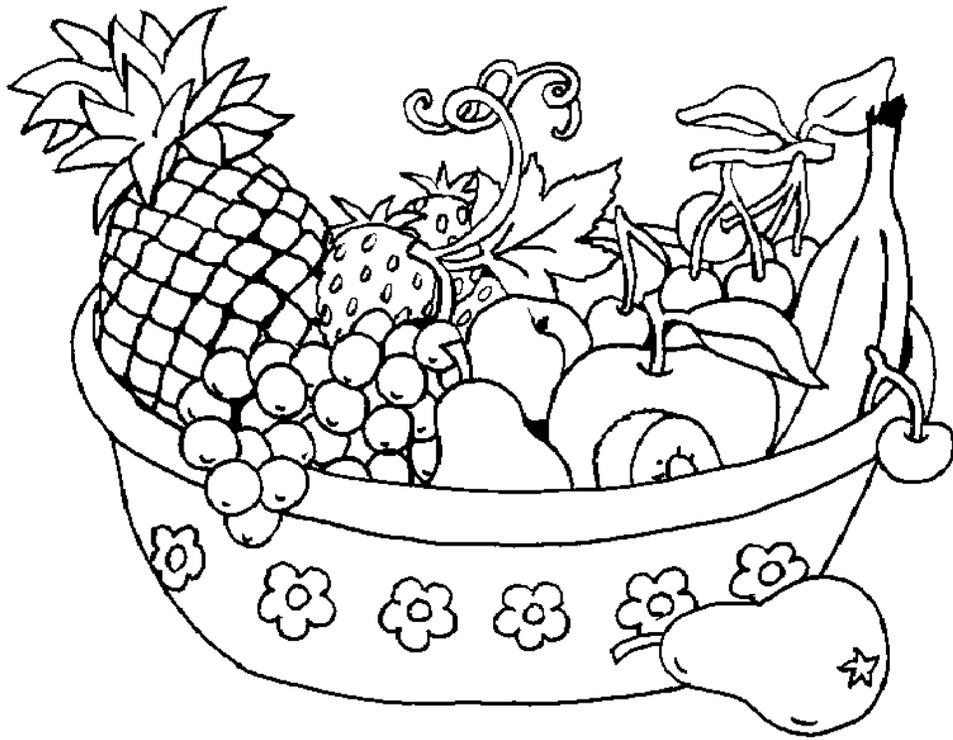


NUTRITION



NUTRITION

Self-Assessment/Pre-Test

(to be completed before reading Nutrition content)

1. How is the energy in food measured?
 - a. in pounds
 - b. in calories
 - c. in grams
 - d. in degrees

 2. Which of the following can be caused by eating too much food?
 - a. obesity
 - b. diabetes
 - c. hypertension
 - d. high cholesterol
 - e. all of the above

 3. True or false: it is a good idea to limit the diet of children under age 3 to a few simple, bland foods such as rice or noodles.
 - a. true
 - b. false

 4. Which of the following does not need to be present in increased amounts in an adolescent's diet?
 - a. fat
 - b. vitamin D
 - c. calcium
 - d. zinc

 5. Which of the following should pregnant women consume before and during pregnancy to help prevent birth defects?
 - a. strawberries
 - b. niacin
 - c. folic acid
 - d. tuna
 - e. chocolate

 6. What is a good way to assess whether a person is eating too much or too little?
 - a. diet history
 - b. food diary
 - c. BMI
 - d. all of the above

 7. Which of the following is a good source of "healthy fats"?
 - a. fish
 - b. butter
 - c. red meat
 - d. whole milk
 - e. all of the above
-

Self-Assessment/Pre-Test: Nutrition- 2

8. About how many cups of milk (or equivalent dairy products) should a typical adult consume daily?
 - a. less than 1
 - b. 2-3
 - c. more than four

9. In general, how often should newborns be fed (breastfeeding or formula) each day?
 - a. 1-3 times
 - b. 3-5 times
 - c. 6-8 times
 - d. every two hours

Answers: 1(b), 2(e), 3(b), 4(a), 5(c), 6(d), 7(a), 8(b), 9(c)

NUTRITION

Supporting Information for Outreach Workers

Why is good nutrition important?

Eating the right kinds of foods is important for people of all ages, from infants to the elderly. A good diet provides all the necessary nutrients, vitamins, and minerals to help the body function properly. Food and beverages contain energy in the form of calories provided by carbohydrates, fats, or protein, and this energy is used by the body for growth and energy production throughout the day. If minimal requirements for total calories, nutrients, vitamins, or minerals are not met, the body will not be able to function in a normal manner and may start breaking down its own muscle or fat for energy. In children and adolescents, this can result in stunted growth and developmental problems. There are many diseases that can be caused by deficiencies in one or more nutrients, vitamins, or minerals. Conversely, eating too much food can also lead to chronic medical problems such as obesity, diabetes, hypertension, and high cholesterol. It is therefore important to be aware of the nutritional requirements at various ages and to choose foods that meet these requirements.

How does poor nutrition affect people in various life stages?

Infants and young children are most at risk for nutritional deficiencies including inadequate calcium, iron, vitamin C, and vitamin A intake. Since young infants are often breast-fed or formula-fed, their nutrition depends largely on either the diet of the mother or the content of the formula.

Due to cultural or economic factors, **young children** may often be given a diet that is very limited in variety or in total calories, which can lead to vitamin deficiencies and poor growth.

In **adolescence**, eating a balanced diet is important since almost every body organ doubles in size during this time, and inadequate nutrition can negatively affect future reproduction and adult health. Adolescents have an increased requirement for calories, vitamin D, calcium, zinc, and iron in their diets, and they are more likely to have deficiencies in vitamin A, thiamin, iron, and calcium because of poor eating habits including skipping meals and eating too much “junk food”. Most items referred to as junk food are high in calories from fat or refined sugars but low in other nutritional requirements such as vitamins and minerals.

Adults can be at risk for nutritional deficiencies due to the inability to afford or obtain enough of the right kinds of foods. However, in economically “developed” countries such as the U.S., it is more common for individuals to consume more than enough calories but not enough vitamins and minerals, leading to obesity and chronic diseases such as hypertension and high cholesterol. In the adult farmworker population, individuals may be in either category or may move from one situation to the opposite extreme, depending on their income level and their adoption of U.S. eating habits.

Pregnant women are at increased risk of having low iron levels due to the increased requirements of pregnancy, and generally need to consume greater amounts of protein, iron, folic acid, and vitamin B₁₂. Individuals who are at the greatest risk of having poor nutrition during their pregnancies include adolescents, women with inadequate weight gain during pregnancy, women who have had many pregnancies, low-income women, women

Supporting information for outreach workers: Nutrition- 2

who have previously had low-birth-weight infants, women with chronic diseases or poor eating habits, and women who have a history of substance abuse including tobacco and alcohol.

Older adults are particularly vulnerable to malnutrition. Unfortunately it is hard to define their energy requirements (or how much they need to eat) as their lean body mass and metabolic rate decline with age. Vitamin and mineral deficiencies are also common among this population, as they typically do not eat a good variety of foods. These deficiencies can lead to multiple non-communicable diseases typical of older age, such as osteoporosis and cancer.

What are some ways to determine whether an individual's diet or weight is healthy?

One way to get an idea of what someone usually eats is to record all food and drink that the person consumed in the last 24 hours, including snacks, sauces, gravies, condiments, and spices such as salt and pepper, making sure to include the amount consumed of each food. This is often the easiest and quickest way to assess eating habits, although recall may sometimes be inaccurate, and the information may be skewed if food intake on that day was not typical. Another approach is through a diet history, which records food consumption over a longer period of time and may be more representative of the person's usual diet, although, it is usually difficult for someone to recall what he or she ate several days ago. A food diary is a more accurate method in which a person records everything that he or she ate immediately after eating. Data is usually collected for two separate weekdays and one weekend day. These records can be used by individuals to see whether they are actually meeting their nutritional goals and by health care providers to assess whether the diet is appropriate for the person's age, sex, and overall health status. The foods eaten can be grouped into various categories and compared with the recommended daily intake for those foods.

Body Mass Index (BMI)

Calculating a person's Body Mass Index (BMI) is a useful way to estimate an individual's body weight status. The BMI is calculated by dividing height in centimeters by the square of the person's weight in kilograms. Since this calculation is often inconvenient to carry out, many tables and charts have been developed that allow one to look up BMI based on height and weight. For adults, a normal-weight person has a BMI between 18.5 and 24.9. A BMI under 18.5 indicates that an adult is underweight and may not be getting enough calories. An adult with a BMI from 25-29.9 is considered overweight, and a BMI over 30 indicates obesity. For an example of a healthy weight range, an adult who is 5 feet 5 inches tall can weigh between 111 and 149 pounds to have a BMI between 18.5 and 24.9. In children, BMI assessment is based on growth charts which measure the percentile of a child's BMI based on age and sex. A child with a BMI in the 5th to 85th percentile for his/her age and sex is considered healthy, and a BMI lower than the 5th percentile is underweight. A BMI between the 85th and 95th percentile indicates the child is overweight, and a BMI over the 95th percentile is considered obese.

BMI checks can be used to inform individuals about a healthy weight range for their height and age. If someone is overweight or underweight, a discussion of appropriate nutrition recommendations should follow.

What is an appropriate diet for a healthy adult?

The USDA 2010 Dietary Guidelines for Americans provide a general overview of what should be included in a healthy diet for individuals over 2 years of age. The following list is a summary of the recommendations; for more information, see the “Recommended Resources” section.

- Increase consumption of fruits and vegetables (approximately 2 cups of fruit and 2 ½ cups of vegetables per day), by including a variety of colors, specially dark-green, red, and orange vegetables.
- Make at least half of the grains in your diet whole-grains.
- Increase your intake of fat-free and low-fat dairy products, such as milk, yogurt, and cheese.
- Vary your sources of protein foods. Choose from lean meat and poultry, seafood, eggs, beans and peas, soy products, and unsalted nuts and seeds.
- Replace solid fats with oils when possible. Consume less than 10% of calories from saturated fatty acids. Keep the consumption of trans fats as low as possible, limiting partially hydrogenated oils and other solid fats.
- Balance the intake of calories with your activity level and eat an appropriate amount for each life stage. Those who are overweight or obese should try to consume fewer calories from foods and beverages.
- Reduce sodium consumption to 2,300 mg (approximately one teaspoon) per day. Further decrease this amount to 1,500 mg if you are African American, have hypertension, diabetes, chronic kidney disease, or are over 51 years of age.
- Limit the consumption of foods that contain refined sugars, especially those also containing solid fats and sodium.
- If alcohol is consumed, it should be in moderation. Limit alcoholic beverages to less than one drink per day for women and less than two drinks per day for men.
- Increase physical activity and reduce time spent in sedentary behaviors. Aim for at least 150 minutes of physical activity per week including aerobic exercise, stretching exercises, and weight-lifting/resistance exercises.
- To prevent food-related illness, separate raw and cooked foods, wash fruits and vegetables before eating, cook foods to a safe temperature to kill microorganisms, and always refrigerate perishable foods. Avoid foods containing raw or undercooked eggs or meat.

If pregnant or breastfeeding:

- Consume 8-12 ounces of seafood per week from a variety of sources. Do not eat tilefish, shark, swordfish, and king mackerel and limit white albacore tuna to 6 ounces per week due to their high methyl mercury content.
- Take an iron supplement as recommended by a healthcare provider.

Older adults:

- Consume foods fortified with vitamin B12, such as cereals or dietary supplements.

Both the USDA MyPlate and the DASH (Dietary Approaches to Stop Hypertension) guidelines are appropriate starting points for creating a healthy eating plan for adults. The USDA MyPlate SuperTracker tool (<https://www.supertracker.usda.gov/myplan.aspx>) allows individuals to calculate an appropriate daily caloric intake based on their age, sex, and activity level and provides suggestions for the number of daily servings of fruits,

Supporting information for outreach workers: Nutrition- 4

vegetables, grains, protein foods, and dairy products that should be consumed. In addition, individuals can track both their activity level and the foods they eat and see if it meets their recommended goals.

According to MyPlate, an average diet in which a person consumes 2000 calories a day would contain the following amounts from the various food groups:

- 6 ounces grains
- 2.5 cups vegetables
- 2 cups fruit
- 3 cups milk or dairy products
- 5.5 ounces protein foods
- 6 or fewer teaspoons fats/oils

The guidelines for the DASH diet are very similar to the 2010 Dietary Guidelines for Americans. The DASH eating plan limits saturated fatty acids and cholesterol and focuses on increasing intake of foods rich in potassium, calcium, magnesium, protein, and fiber. Like the Dietary Guidelines for Americans and MyPlate, the DASH eating plan is rich in fruits, vegetables, fat-free or low-fat milk and milk products, whole grains, fish, poultry, seeds, and nuts. It contains less sodium, sweets, added sugars, and sugar-containing beverages, fats, and red meats than the typical American diet.

A fundamental principle of the Dietary Guidelines for Americans is that nutrients should come primarily from foods, instead of nutritional supplements. If these recommendations are followed, additional vitamin or mineral supplements should generally not be necessary, although (in certain cases) a daily multivitamin may help ensure that these nutrients are being obtained. All women of reproductive age should make sure to consume 400 mcg of folic acid per day from foods, fortified products, or a multivitamin/supplement to reduce the risk of certain types of birth defects if they become pregnant.

Providing dietary recommendations that are culturally relevant is important as well, since individuals from different backgrounds may have different food preferences. Providing suggestions about which commonly eaten foods are healthy and less-healthy will increase the likelihood that individuals will be able to follow nutrition recommendations.

What is an appropriate diet for infants and children?

Starting in infancy, children need to receive the same nutrients, vitamins, and minerals as adults to promote normal growth and development. For infants, breast milk or formula can meet all nutritional requirements, although exclusive breastfeeding has many additional advantages such as reducing the risk of obesity or diabetes later in life and passing antibodies from mother to infant, which helps protect the child from illnesses such as diarrhea or colds. Infants will require 6-8 feedings per day for the first two months of life and 5-6 feedings per day from 2-4 months of age. After six months, parents can start feeding the child 1-2 tablespoons of soft rice cereal daily (texture like oatmeal, not rice krispies) and decrease the frequency of milk or formula feedings while increasing the amount of pureed foods such as fruits, vegetables, and other grains. Pureed meat products can be given starting at 7-9 months of age. Parents should not feel that they have to purchase specially-made “baby food”; they can also use a blender to process foods that the rest of the family is used to eating. At 10-12 months, infants may be able to start eating small soft finger foods such as green beans, peas, and carrots. When

Supporting information for outreach workers: Nutrition- 5

introducing a child to solid foods, it is important to remember to provide a wide variety of items from different food groups to prevent vitamin deficiencies. Since overweight and obesity are becoming problems even in very young children due to overfeeding and giving foods high in fat and calories, parents should avoid candy, sodas, or other “junk food” since these can contribute to dental problems, weight problems, and a preference for foods high in sugar and fat later in life. Fruit juices should only be provided in small amounts; eating fruit and having unsweetened water to drink is better.

Older children can follow the same nutrition guidelines as adults but need to have smaller serving sizes or fewer servings per day. Again, it is important for children to exercise frequently and avoid sodas, candy, chips or other fried foods, or foods high in fat.

Contrary to popular belief, young children do not need extra fat, and whole milk is unnecessary. To determine the appropriate amounts needed from each food group based on age, visit Daily Food Plans at

<http://www.choosemyplate.gov/myplate/index.aspx>.

How can adults and children who are already overweight or obese reduce their weight to a healthy level?

If a BMI check shows that an individual is overweight or obese, health care providers or outreach workers can ask several questions to determine what factors may be contributing to the weight problem. These questions can then lead to further discussion about exercise and maintaining a healthy diet.

Ask:

- Tell me about a typical lunch or dinner meal: What do you typically eat? What do you normally drink with your meals? (This question can start up a conversation regarding nutritional health and behaviors, without posing judgment on the farmworker’s dietary habits. As they share facts about their meals and nutrition, you may find it helpful to talk about some of this information as it applies to them.)
 - *Soda, fruit juices, or sweetened drinks* add many extra calories to a person’s diet and do not produce a feeling of fullness. These beverages should be eliminated from the diet if possible or consumed as a treat only – drinking water is the best way to stay hydrated.
 - *Sweets, chips, flavored crackers, candy, or other snack foods* are high in calories but low in most other nutrients and should not be consumed on a regular basis. One of the best ways to stop eating these items is to avoid purchasing them or keeping them in the home.
 - *Tortillas* can be a good source of grains, if eaten in moderation. Try using corn tortillas or whole-wheat flour tortillas more often than white flour tortillas, as these options have greater nutritional benefits and less fat and overall calories. One 6 inch corn or whole-wheat tortilla is equivalent to 1 ounce of grains. (The average adult needs between 6-8 ounces of grains daily). Try to reduce the number of tortillas eaten per day, to leave room for other nutritious grains in our diet.
-

- Anyone 2 years of age or older should be drinking low-fat (1% or 2%) or preferably non-fat *milk*.
- *Frying* as a method of preparation adds fat and calories to many foods that might otherwise be quite healthy. Baking or broiling foods can help reduce the fat content.
- *Exercise* 30-60 minutes daily most days of the week or at least 150 minutes per week. Limiting time spent in front of the television or computer may encourage activity. Making an exercise plan with a group of friends is also a good motivational tool.

NUTRITION

Self-Assessment/Post-Test

(to be completed after reading Nutrition content)

1. Why is it important to have a diet with the right amount of calories, nutrients, vitamins, and minerals?
 2. What are some common vitamin or mineral deficiencies at various stages of life?
 3. Describe a 24-hour food history and a food diary.
 4. What is BMI, and what are the various BMI ranges associated with weight status in adults?
 5. List at least four recommendations for what should be included in a healthy diet for a typical adult.
 6. In general, how often should adults exercise?
 7. What are the five food groups in the new USDA MyPlate, and about how much should a typical adult consume from each group daily?
 8. Describe the nutrition and feeding recommendations for the first year of life.
-

Self-Assessment/Post-Test: Nutrition – 2

(Answers)

1. Why is it important to have a diet with the right amount of calories, nutrients, vitamins, and minerals?
[having these things in the right amounts helps the body function properly, grow, and produce energy; if minimal requirements are not met, the body may start breaking down its own muscle or fat for energy; vitamin/mineral deficiencies can cause stunted growth and development as well as various diseases; eating too much food can lead to chronic medical problems such as obesity, diabetes, hypertension, and high cholesterol]
 2. What are some common nutritional deficiencies at various stages of life?
[infants and young children: calcium, iron, vitamin C, and vitamin A; adolescents: vitamin A, thiamin, iron, and calcium; adults: various vitamin or mineral deficiencies depending on diet; pregnant women: protein, iron, folic acid, and vitamin B₁₂]
 3. Describe a 24-hour food history and a food diary.
[24-hour food history: record all food and drink that the person consumed in the last 24 hours, including snacks, sauces, gravies, condiments, and spices such as salt and pepper and their amounts; food diary: a person records everything that he or she ate immediately after eating for two weekdays and one weekend day]
 4. What is BMI, and what are the various BMI ranges associated with weight status in adults?
[BMI (Body Mass Index) is a measure of whether weight is appropriate for height and is calculated by dividing height in centimeters by the square of the person's mass in kilograms; <18.5 – underweight, 18.5-24.9 – normal weight, 25-29.9 – overweight, >30 – obese]
 5. List at least four recommendations for what should be included in a healthy diet for a typical adult.
[Recommendations include, but are not limited to, the following:
 - Increase consumption of fruits and vegetables (approximately 2 cups of fruit and 2 ½ cups of vegetables per day), by including a variety of colors, specially dark-green, red, and orange vegetables.
 - Make at least half of the grains in your diet whole-grains.
 - Increase your intake of fat-free and low-fat dairy products, such as milk, yogurt, and cheese.
 - Vary your sources of protein foods. Choose from lean meat and poultry, seafood, eggs, beans and peas, soy products, and unsalted nuts and seeds.
 - Replace solid fats with oils when possible. Consume less than 10% of calories from saturated fatty acids. Keep the consumption of trans fats as low as possible, limiting partially hydrogenated oils and other solid fats.
-

- Balance the intake of calories with your activity level and eat an appropriate amount for each life stage. Those who are overweight or obese should try to consume fewer calories from foods and beverages.
 - Reduce sodium consumption to 2,300 mg (approximately one teaspoon) per day. Further decrease this amount to 1,500 mg if you are African American, have hypertension, diabetes, chronic kidney disease, or are over 51 years of age.
 - Limit the consumption of foods that contain refined sugars, especially those also containing solid fats and sodium.
 - If alcohol is consumed, it should be in moderation. Limit alcoholic beverages to less than one drink per day for women and less than two drinks per day for men.
 - To prevent food-related illness, separate raw and cooked foods, wash fruits and vegetables before eating, cook foods to a safe temperature to kill microorganisms, and always refrigerate perishable foods. Avoid foods containing raw or undercooked eggs or meat.]
6. In general, how often should adults exercise?
[adults should engage in at least 150 minutes of physical activity per week, including aerobic exercise, stretching exercises, and weight-lifting/resistance exercises]
7. What are the five food groups in the new USDA Food Pyramid, and about how much should a typical adult consume from each group daily?
[5 food groups are fruits, vegetables, grains, protein foods, and dairy; daily recommended servings are 2 cups fruit, 2 ½ cups vegetables, 6 ounces grains, 3 cups milk (or equivalent dairy product), 5-6 ounces protein foods]
8. Describe the nutrition and feeding recommendations for the first year of life.
- infants need to receive the same nutrients, vitamins, and minerals as adults
 - infants require 6-8 feedings of breast milk or formula per day for the first two months of life and 5-6 feedings per day from 2-4 months of age
 - after six months, parents can start feeding the child 1-2 tablespoons of soft rice cereal daily and decrease the frequency of milk or formula feedings while increasing the amount of pureed foods such as fruits, vegetables, and other grains
 - pureed meat products can be given starting at 7-9 months of age
 - at 10-12 months, infants may be able to start eating small soft finger foods such as green beans, peas, and carrots
 - provide a wide variety of items from different food groups to prevent vitamin deficiencies
 - avoid candy, soda, or other “junk food”
 - fruit juices should only be provided in small amounts; eating fruit and having unsweetened water to drink is better
-

NUTRITION

Teaching Objectives

The facilitator and farmworker participants will discuss:

- 1. Why is good nutrition important?**
 - a. good diet allows the body to function properly, produce energy, and maintain a normal weight
 - b. vitamin/mineral deficiencies can cause various diseases and birth defects
 - c. overeating can lead to chronic medical problems (e.g. obesity, diabetes, hypertension, high cholesterol)

 - 2. What are some common nutrition problems?**
 - a. all ages: diet contains too many calories or too much sugar and fat, leading to obesity
 - b. infants and young children: calcium, iron, vitamin C, and vitamin A
 - c. adolescents: vitamin A, thiamin, iron, and calcium
 - d. adults: various vitamin or mineral deficiencies depending on diet
 - e. pregnant women: protein, iron, folic acid, and vitamin B₁₂

 - 3. How can people find out if their diet or weight is healthy?**
 - a. diet history (24 hours or longer)
 - b. food diary
 - c. BMI measurement

 - 4. What are some healthy diet recommendations for adults?**
 - a. USDA 2010 Dietary Guidelines for Americans
 - b. USDA MyPlate/ DASH diet
 - c. multivitamin or other vitamin/mineral supplements if necessary
 - d. regular exercise

 - 5. What are some healthy diet recommendations for children?**
 - a. breastfeeding in infancy
 - b. slowly introducing a variety of healthy adult foods
 - c. avoiding candy, sodas, fruit juices, and “junk food”
 - d. regular exercise

 - 6. How can overweight or obese individuals lose weight?**
 - a. reduce total fat and calories in diet
 - b. avoid soda, sweetened beverages, candy and other sweets, chips, flavored crackers, and other “junk food” or fried foods
 - c. drink low-fat or non-fat milk
 - d. exercise or play outside 30-60 minutes several days a week
-

NUTRITION

Motivating/Learning Activity

The motivating / learning activity is an opportunity to support knowledge acquisition and comprehension among participants on a given health topic. These activities should be interactive and should begin to engage farmworkers in critical thought about the application of health information.

This is an opportunity to engage the group and to assess the comfort level and knowledge on the subject. You may find that the workers are very familiar with the topic and only require a review, or you may find that this topic is new or that there are misconceptions or mistaken ideas among the group. For this reason, it is a good idea to briefly note comments by the workers for further discussion.

A few suggested activities are:

- Play cabbage game with questions related to healthy diet, consequences of unhealthy eating or overeating, appropriate diet for children, exercise recommendations, etc.
 - Use grab bag/bag of myths activity to dispel food myths and make healthy diet recommendations
 - Use “Jeopardy” game to review specifics about nutrition and healthy eating
 - Invite group members to describe a usual dinner and talk about what they think might be healthy or less healthy; correct any misconceptions
 - Brainstorm ways to integrate exercise and healthy eating into daily lives; discuss benefits and ways to overcome challenges
-

NUTRITION

Empowerment Activity

The goal of an empowerment activity is to develop skills, learn a new task, consider action to change one's situation, and / or begin exploring how to help oneself.

This is an important opportunity to identify what the farmworkers can do to reduce the likelihood of malnutrition themselves.

- What are the dietary choices that they make on a daily basis?
- Do they know how much and which kinds of foods to eat?
- Do they have a plan to make healthy changes to their diets?

Ask farmworkers to keep a diet diary and record everything they eat for one week. At the return visit, have volunteers share examples of food intake for one day or commonly eaten foods. Discuss (preferably on an individual basis) what aspects of farmworkers' diets are already healthy, and jointly brainstorm ideas for improvement, giving examples of daily menus or recipes that are healthy and easy to make. Help farmworkers make a plan detailing changes they are going to make in their eating habits in order to have a healthier diet.

Reality check

- Many dietary choices may be due to cultural preferences or financial limitations. It is important to address these concerns and educate farmworkers about healthy foods that are affordable, tasty, and culturally acceptable.
 - Changing many aspects of one's diet at the same time is often difficult and discouraging. Once a list of changes is identified, select one change to make first and add others over time.
-

NUTRITION

Sample Class Plan

Subject: Nutrition

Date:

Time:

Topic: What are some healthy diet recommendations for adults?

Key points, information, skills, or activities

As a result of this health education session, participants will:

1. Increase their level of knowledge about the USDA dietary recommendations for adults.
2. Realize how and why their own diet may differ from these recommendations.
3. Learn how to make a plan for a healthy diet.

Teaching methods

- Use of visual aids and drawing
- Discussion of handout materials
- Brainstorming
- Personal sharing
- Self-empowerment
- Cabbage game/Jeopardy game

Materials and preparation needed

- large sheet of paper
- writing utensils
- note cards (to make flash cards)
- examples of commonly eaten foods
- sample menus and recipes
- MyPlate handouts
- “cabbage” with questions (if using)
- “Jeopardy” question cards (if using)

Supporting media

Brochures or flyers appropriate for language and reading levels to distribute NCFHP-approved content in case of questions.

To begin, invite participants to reflect on their knowledge about healthy eating. What do participants already know? What would they like to learn?

1. Educate farmworkers about the USDA dietary recommendations for adults.

The USDA 2010 Dietary Guidelines for Americans provide a general overview of what should be included in a healthy diet for individuals over 2 years of age. Farmworkers may be unaware of many of these recommendations, especially since everyday eating habits or cultural norms often conflict with the guidelines. A summary of these

Sample Class Plan: Nutrition – 2

recommendations is included in the “Content for Nutrition Curriculum”, although outreach workers may wish to use USDA handouts outlining the guidelines (see “Recommended Resources”).

▼ Learning activities

- Divide farmworkers into two teams and ask each team to brainstorm healthy eating recommendations. Make a list on a large sheet of paper – the team with the most ideas that are generally correct wins. Reinforce knowledge they may already have and suggest changes or improvements.
- Make “flash cards” with pictures that represent each of the guidelines and use the cards to teach farmworkers about the guidelines.
- Discuss recommendations that farmworkers may find particularly challenging and ways to meet these recommendations while still eating foods that they enjoy.

2. Increase farmworkers’ awareness of how and why their own diet may differ from these recommendations.

There are many reasons why farmworkers’ diets may be unhealthy, including personal preferences, financial limitations, cultural norms, availability of desirable foods, availability of storage space or necessary appliances (e.g. refrigerator, stove, cooking utensils), lack of cooking experience, and lack of knowledge about healthy foods.

▼ Learning activities

- Invite farmworkers to talk about why they eat the foods they do. Discuss whether they might choose different foods if these circumstances were different, and brainstorm ways to overcome limitations such as lack of money or cooking experience.
- Bring examples of foods commonly eaten by farmworkers (or invite farmworkers to bring examples). Talk about why individuals choose to eat these foods and advantages/disadvantages of each food.

3. Learn how to make a plan for a healthy diet.

Most people have never made a specific eating plan and often have difficulty choosing a variety of foods or selecting menus that provide the appropriate amounts of calories and nutrients. Once they are aware of factors they should be considering when planning a healthy diet, they can begin to change their own eating behaviors or help other family members with healthy eating.

▼ Learning activities

- Bring sample menus and recipes tailored to the group’s eating preferences (see “Recommended Resources” for Hispanic and African-American dietary recommendations). Identify foods that farmworkers would enjoy eating and help them make their own sample menus that contain a variety of foods and appropriate number of calories.
 - Review “MyPlate” and brainstorm healthy foods that would meet the daily recommendations for each group.
-

Sample Class Plan: Nutrition – 3

Suggested review activities (choose one or two)

- play the cabbage game or “Jeopardy” with a variety of questions to assess learning
- ask if there were any points that were unclear
- invite questions from the group
- distribute written/pictorial information to reinforce the information learned

NUTRITION

Support for Learning Activities

These are a few suggested questions for the cabbage game. Feel free to write your own questions in addition to or instead of these. If the question is true/false, have the worker or another participant restate the sentence so that it will be true.

- Why is eating a healthy diet important?
- What happens when people don't eat enough of the right kind of food?
- What happens when people eat too much food?
- Why do adolescents often need extra vitamins and calories?
- What is a food diary?
- What is the BMI range for "normal" weight?
- Give some examples of "junk" food.
- What are the exercise recommendations for adults?
- How much fruit and vegetables should an average adult consume daily?
- What types of food should young children eat?

Possible "Jeopardy" questions (with suggested point values):

100: Name three "junk food" items.

100: True or false: fruit juice is a good alternative to water for young children.

100: True or false: eating too much food can cause chronic health problems.

200: Why should people avoid drinking soda or other sweetened beverages regularly?

200: Name three obesity-related health problems.

200: True or false: having a very high BMI is healthy.

300: What percentage of grains in a diet should come from whole-grain foods?

300: How much fruit should an average person consume daily?

300: What are the food groups in the USDA MyPlate?

400: What is the BMI range for normal body weight?

400: What are the suggested limits for alcohol consumption?

400: Why is breastfeeding the best form of nutrition for newborns?

500: Why do pregnant women need extra folic acid?

500: How is the energy contained by food measured?

500: What is the "overweight" range for BMI in a child?

NUTRITION

Recommended Resources for Outreach Workers

Fotonovela **El Método del Plato**

Learning About Diabetes, Inc.

7 pages, Spanish

Farmworkers, outreach workers

This comic strip outlines the “Plate Method” for encouraging a more balanced, healthy diet. The graphics are colorful and the writing is accessible to all reading levels. It emphasizes that half the plate should consist of vegetables and provides examples of good, balanced meals. It’s written at a level intended to be accessible to all.

Available online at: http://www.learningaboutdiabetes.org/wp-content/uploads/pdfs-healthy_eating/PlateMethodSPc.pdf

Handout **Pequeños Cambios/Small Changes**

Migrant Clinicians Network

Spanish and English

Farmworkers, outreach workers

This colorful, well-illustrated handout provides suggestions tailored to the farmworker community on healthy substitutes for not-so-healthy foods. It encourages farmworkers with lower fat, lower cholesterol, and lower sugar. It is written in a very accessible, simple manner.

Available online at

http://www.migrantclinician.org/files/mcnsmallchanges09_engspan.pdf

Handout **How to Read a Nutrition Label**

Migrant Clinicians Network

English or Spanish

Farmworkers, outreach workers

This helpful handout gives wonderful advice on how to read nutrition labels for someone previously unfamiliar with them. It helps explain what each nutrient is and gives advice on which nutrients to seek out and which to avoid. It also teaches the concepts of serving sizes and calories. This handout could be a great resource for farmworkers learning to shop in American grocery stores and seeking to develop healthy eating habits.

Available online at

http://www.migrantclinician.org/files/mcnreadnutritionlabel09_engspan.pdf

Recommended Resources: Nutrition – 2

Handout **Vamos a movernos**

Learning About Diabetes, Inc.
2008

2 pages, English and Spanish
Farmworkers, outreach workers

This well-illustrated handout concisely outlines the wide-ranging health benefits of exercise, especially for people with diabetes. It also explains the first steps in beginning an exercise routine, encouraging gradual increases in the intensity of the exercise. It is easy to understand and very useful for providing practical, positive advice on how to begin exercising.

Available in English: <http://www.learningaboutdiabetes.org/wp-content/uploads/pdfs-be-active/LetsGetMovingEN.pdf>

Available in Spanish: <http://www.learningaboutdiabetes.org/wp-content/uploads/pdfs-be-active/LetsGetMovingSP.pdf>

Cookbook **Recetas Latinas Saludables: Hechas con Amor**

California Department of Public Health
2008

48 pages, Spanish
Farmworkers, outreach workers

This cookbook provides a plethora of healthy Latin American recipes for breakfast, lunch, dinner, snacks, and festive occasions. In addition, it includes a chapter of really helpful information on serving sizes and seasonal fruits and vegetables. Each recipe includes photographs and simple instructions. This is a great resource with lots of great information and ideas and is available online for free.

Available at <http://www.cdph.ca.gov/programs/cpns/Documents/Network-RecetasLatinasSaludables.pdf>

Cookbook **Recetas Saludables**

Student Action with Farmworkers
2011

10 pages, Spanish
Farmworkers, outreach workers

This cookbook provides healthy variations on 15 classic Latin American recipes. It also includes helpful information on serving sizes. Its recipes don't include as many pictures, but are written at an accessible level. The cookbook is available online for free.

Available at <https://cosechacountdown.files.wordpress.com/2011/11/diabetes-cookbook21.pdf>
