

# Finesse Your Food

## Session Overview

This session provides an overview of ways to enhance healthy eating for good nutrition.

### OBJECTIVES FOR SESSION

1. Learn how to eat healthier calories by choosing foods wisely
2. Be able to plan and create healthy meals individually or for a family
3. Identify healthy, tasty recipe substitutes and additions

### SESSION PREPARATION

- Have the following materials ready to share with participants:
  - NCP video – Eat Wisely or N12 Making Healthy Food Choices With A Healthy Plate
  - N24 Recipe Smart Stand-ins for Healthy Cooking
  - N26 Snack Attack
  - N19 Making a Meal Plan Work in a Family
- The following materials may also be helpful for facilitator review when planning the session or for participants to review independently, after session:
  - M01 Skip the Fad Diet
  - M11 Dietary Plan Choices
  - N27 Spice It Up
  - N29 Sweet Suggestions
  - Rate Your Plate Worksheet
  - Eat Wisely Healthy Living Message
- Facilitate the session so that most of the talking comes from the participants and less from the leader.
- Your role is to facilitate discussion without lecturing.

## **Session Outline** *(60 minutes)*

- Check-in (5 minutes)
- Discussion Topics (40 minutes)
- Stretch Activity (2 minutes)
- Putting It All Together (10 minutes)

### **CHECK-IN** *(5 minutes)*

- Facilitate weigh-ins; enter weight into the CPRS Vital Signs package.
- Collect Daily Food and Physical Activity Diaries and acknowledge the work that went into completion.

### **DISCUSSION TOPICS** *(40 minutes)*

#### **Introduction**

- Welcome everyone to the session and express appreciation for their return.
- Post Group Guidelines, review if new participants.
- Describe the purpose of today's class. State today's objectives and discussion topics.
- Invite participants to discuss their homework, Daily Food and Physical Activity Diary, progress, goals and challenges since the last class.
- Facilitate group problem-solving for any barriers.

#### **Discussion #1: How can I choose healthier foods?**

- Start this discussion by showing the [Eat Wisely](#) video or, in places where showing a video may not be possible, share the handout [N12 Making Healthy Food Choices With A Healthy Plate](#). Ask for comments, reactions, lessons learned from video or handout.
- Next, ask participants what types of choices they have been making. You may want to add to what participants share with information from [M01 Skip the Fad Diet](#) and [M11 Dietary Plan Choices](#).

## **Discussion #2: What are some healthy substitutes or alternatives for ingredients I normally use?**

- Ask the group to make a list of healthy alternatives for cooking, snacks, and desserts. Record this on a flip chart. You may choose to use the handouts listed below to guide your conversation or respond to questions.
  - [N24 Recipe Smart Stand-ins for Healthy Cooking](#)
  - [N26 Snack Attack](#)
  - Information from these handouts reviewed as part of your preparation for this session may be shared if necessary:
  - [N27 Spice It Up](#)
  - [N29 Sweet Suggestions](#)

## **Discussion #3: What can I do to plan and make healthy meals for myself and others?**

- Use handout [N12 Making Healthy Food Choices With A Healthy Plate](#) to facilitate a discussion about how participants have been planning and making healthy meals since beginning in MOVE!. You may want to draw the Healthy Plate on a flip chart as you discuss it (you can use [Rate Your Plate Worksheet](#) in your preparation as a guide).
- Invite participants to discuss their past meals and how they have made recent changes to reflect the Healthy Plate.
- Ask for suggestions for how to include family and others in weight loss efforts. Use [N19 Making a Meal Plan Work in a Family](#) to clarify any questions.

### **Stretch Activity** (2 minutes)

Incorporating physical activity into the session reinforces the healthy lifestyle message and provides an opportunity to demonstrate some simple but effective exercises.

#### **Ask participants, if they wish, to join you in doing the following stretch activity:**

Invite participants to stand up if they are able. If not, they may remain seated.

#### **Simple Stretch:**

Extend your arms overhead with elbows straight. Lower arms to sides and reach away from your body. Reach arms behind you and extend away from your body within your comfort zone.

## **PUTTING IT ALL TOGETHER** (10 minutes)

### **Session recap:**

- Divide the group in half and ask those on your right to recap some tips for meal planning. Ask those on your left to suggest healthy food choices that support the meal planning tips.

### **Goals and action planning for the next week:**

- Have participants review handout [N26 Snack Attack](#), over the next week.
- During the week, ask them to identify problem snacks and to think about healthy substitutions. They can share their new snack ideas at the next session.
- Ask, “What was most helpful today? What could have been better?”

### **Homework for next week:**

- Remind participants to continue their success in logging in their Daily Food and Physical Activity Diary and to bring the diary and their pedometer to every session.
- Provide whatever information is necessary for attending the next session (date/time/location, etc.).

### **Topic for next week:**

[Pump Up Your Physical Activity!](#)