

Be a Frequent Feeder

Lesson Plan for Instructor



Objectives:

- To help participants plan healthy meals and snacks throughout the day.
- To understanding the importance of not skipping meals to lose weight.
- To incorporate foods from all food groups into the daily diet.
- To help participants determine the appropriate amount of food to eat at one sitting.

Materials:

- Dry erase board or flip chart and appropriate markers
- Paper for participants to write on and pens/pencils
- Optional, if available – Food models of appropriate serving sizes

Handout(s):

- [Be a Frequent Feeder](#)
- [Serving Sizes](#)
- [Snack Attack](#)

Suggested Format for Discussion:

- Ask participants how many meals they eat most days. Explore through discussion why some people may eat only 1 or 2 meals daily yet others may eat 5 or 6 or more meals snacks daily. List reasons for both on board or flip chart.
- Barriers: Ask participants reasons for skipping meals and eating infrequently. Write down responses. Ask for tips on overcoming barriers listed on board. Write down responses on the board by barrier.
- Explain the reasons to eat small, low Calorie meals/snacks throughout the day. Talk about how intentionally skipping meals to lose weight is counterproductive. Have participants write down healthy reasons for eating frequently. Encourage them to review this at home and expand list.
- Ask how snacks and meals differ. Write down the differences. Ask how many participants have snacks on a regular basis. Write down examples of snacks. Discuss ways to plan for snacks at home, while working, during travel, etc.
- Review ways to satisfy a large appetite with less Calories (i.e., eating foods with more volume/fiber and less Calories, eating slowly to allow stomach to signal fullness) Ask for suggestions (add vegetables, fiber, water to list if not mentioned).
- Distribute the handout(s) and discuss any ideas not covered.
- Have participants write down tips they find useful. Ask them to practice these tips over the next week. Encourage using a food journal to keep track of what and how often they eat/drink.

