

Healthy Eating

Producer:	● Review the PowerPoint slides ● There is a breakout room activity scheduled for this session on Slide 5 (page 4 of this guide.) Collaborate with the Facilitator to decide if participants should be put into specific groups or if the groups can be chosen at random. There will be 4 groups of three participants each placed into 4 different rooms. Chat and whiteboard features should be enabled.
	● There is a poll scheduled for Slide 16 (page 9 of this guide). Be sure that polling is enabled. Collaborate with facilitator to configure the type of questions and answer choices. Be sure that poll results are gathered and anonymous.
	● There is a 2nd breakout room activity scheduled for this session on Slide 25 (page 12 of this guide.) Collaborate with the Facilitator to decide if participants should be put into specific groups or if the groups can be chosen at random. Participants will be partnered into 6 groups of two participants each and placed into 6 different rooms. Two rooms should be titled Breakfast, two Lunch, and the last two Dinner. Chat and whiteboard features should be enabled. ● There is a Mentimeter Word Cloud activity planned for Slide 32 (page 15 of this guide). Collaborate with the facilitator on the preferred template.

Facilitator:	● Review the PowerPoint slides and decide if you would like to make any notes for more personalization throughout this course. ● This guide was developed for the purposes of delivering this course via Zoom, but it can also be used for classroom training with the following considerations: ○ Breakout room activities will need to be adapted to fit the classroom environment. ○ Questions will be made directly to learners, rather than by using Zoom response tools i.e. polling.
	● This session contains 2 breakout room activities (Slides 5 and 25). One where participants will need to be divided into 4 groups and there is an additional breakout room activity where participants will be partnered. Collaborate with the

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	Producer about whether you feel those groups should be formed a certain way or if the Producer can make them at random. • There is also a poll scheduled for Slide 16 (page 9 of this guide). Collaborate with producer to configure the type of questions and answer choices. • There is a Mentimeter Word Cloud activity planned for Slide 32 (page 15 of this guide). Collaborate with the producer on your preferred template.
	• Open the PowerPoint file associated with this guide.
	• Share the PowerPoint application and ensure that the Zoom Attendees and Chat panels are visible
	• Some key talking points and questions are included in this guide, but be prepared to add your own commentary and questions as well.
	• Aim towards generating a response from the learner(s) at least once every five minutes; this will keep learners engaged and will encourage them to follow along closely. Examples of these types of responses have been noted using ASK

Session 1		
Slides	Approximate Timing	Summary
1-4	6 min	Introduction
5-24	35 min	Portions: number and sizes
25-28	15 min	Menu planning
29-30	5 min	Food Tracking
31-35	9 min	Wrap-up
Total:	70 min.	

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Slide#) Duration	Slide	Facilitator Notes	Producer Notes
1) 1 min	 The slide features a large teal rectangle on the left with the text "Healthy Eating" in white, and "Live Session" in smaller white text below it. To the right of the teal rectangle is the "ELEVATE STUDIO HEALTH & FITNESS" logo, which consists of a stylized figure in blue and orange.	DO: – Welcome learners – Introduce yourself – Remind learners that that the session will be recorded and will be available for their review and that they should remain muted unless called upon, and to use the raise hand icon for questions or comments	DO: – Check for facilitator readiness SAY: – Greet early participants as needed, letting them know the session will begin shortly and answer any early questions – Remind everyone that they should remain muted unless called upon, and to use the raise hand icon if they have questions

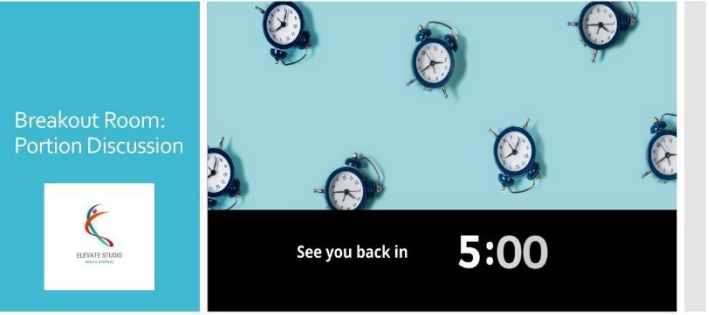
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2) 3 min		SAY: We are going to take a few minutes to introduce ourselves. Think for a moment about why you are here. What is your personal why? DO: Give time for those that want to share out.	-Begin setting up breakout room activity scheduled for this session on Slide 5 - There will be 4 groups of three participants each placed into 4 different rooms. Chat and whiteboard features should be enabled.
3) 1 min		DO: Go over the session agenda	

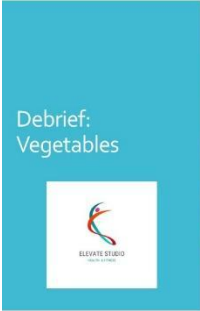
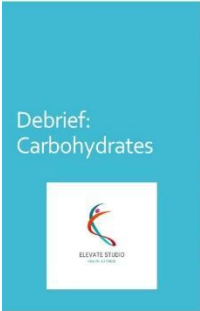
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4) 1 min	 	DO: List objectives. SAY: We will demonstrate food portions We will state meal ideas And we will plan for food tracking	
5) 1 min	 Activity Instructions 1. You will be broken into 4 groups of 3. 2. Discuss with your group the answers to the question below for 5 minutes. 3. When time is up we will debrief.  ? • How many portions of protein, vegetables, carbohydrates, and healthy fats do you need daily?	SAY: Now we are going to break into groups, with your group discuss this question- How many portions of protein, vegetables, carbohydrates, and healthy fats do you need daily? Your group will have 5 minutes to discuss this and then when we are all back together, we will debrief. Are there any questions? (If needed sentence starter: I think that I need ____ portions of ____ each day.)	DO: Have 4 breakout rooms ready.

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6) 5 min	 Breakout Room: Portion Discussion See you back in 5:00	DO: Click on timer to begin so if learners return early, they will know how long until everyone returns from breakout rooms.	
7) 2 min	 Debrief: Proteins	DO: Click on the video to play and ask learners about their discussions regarding protein and come up with a range.	

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8) 2 min	 The slide has a blue background with the text 'Debrief: Vegetables' in white. Below the text is a small white square containing a colorful logo and the text 'ELEVATE STUDIO' and 'HEALTHY EATING'.  A collage of various fresh vegetables including tomatoes, cucumbers, eggplants, and bell peppers, arranged in a circular pattern.	DO: Click on the video to play and ask learners about their discussions regarding vegetables and come up with a range.	
9) 2 min	 The slide has a blue background with the text 'Debrief: Carbohydrates' in white. Below the text is a small white square containing a colorful logo and the text 'ELEVATE STUDIO' and 'HEALTHY EATING'.  A collage of various fresh vegetables including tomatoes, cucumbers, eggplants, and bell peppers, arranged in a circular pattern.	DO: Click on the video to play and ask learners about their discussions regarding carbohydrates and come up with a range.	

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10) 2 min



DO: Click on the video to play and ask learners about their discussions regarding healthy fats and come up with a range.

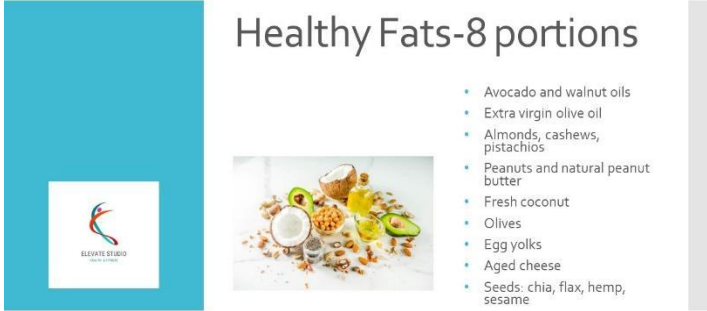
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11) 2 min	 Healthy Eating: Number of portions •Proteins-7 •Vegetables-4-6 •Carbohydrates-2 •Healthy Fats-8	DO: State the range for each macronutrient that was discussed from the debrief session before clicking on the slide 4 times to reveal each of the 4 answers separately. EXPLAIN: This is an average amount for a typical person that is looking to maintain or even lose some weight depending on how active they are.	-Begin readying the poll scheduled for Slide 16 (page 9 of this guide). Be sure that polling is enabled and that poll results are gathered and anonymous.
12) 2 min	 Proteins -7 portions • Eggs • Chicken, turkey, or duck • Fish or shellfish • Lean beef or pork • Greek yogurt • Tofu or tempeh • Protein powder • Cottage cheese • Edamame	EXPLAIN: Some healthy proteins include those listed. ASK: Can anyone think of some others? DO: Give time for additional answers and be sure to categorize them as a healthy choice or not.	

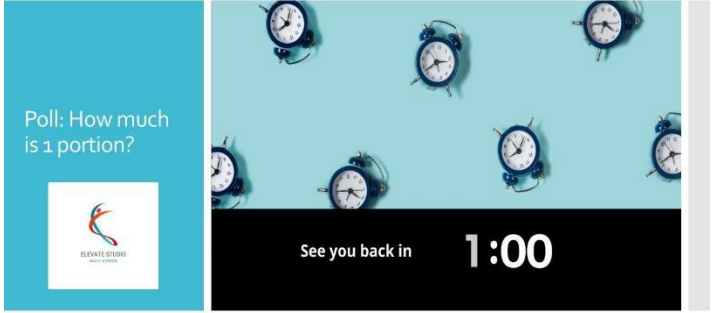
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13) 2 min	 Vegetables-4-6 portions • Red: beets, radishes, tomatoes • Orange: peppers, pumpkin • Yellow: carrots, squash • White: cauliflower, onions • Green: broccoli, cucumbers, spinach • Purple: cabbage, eggplant 	DO: Click on the vegetable picture to reveal the “rainbow” wording EXPLAIN: Some healthy vegetables include those listed. The majority of vegetables are healthy (some more than others) ASK: Can anyone think of some others to add to the rainbow of colors? DO: Give time for additional answers and be sure to categorize them as a very healthy choice or less healthy.	
14) 2 min	 Carbohydrates-2 portions • Beans and lentils • Fresh and frozen fruit • Sweet potatoes • Steel-cut oats • Quinoa • Whole-grain, black or wild rice • Plain non-Greek yogurt 	EXPLAIN: Some healthy carbohydrates include those listed. ASK: Can anyone think of some others? DO: Give time for additional answers and be sure to categorize them as a healthy choice or not.	

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15) 2 min	 Healthy Fats-8 portions • Avocado and walnut oils • Extra virgin olive oil • Almonds, cashews, pistachios • Peanuts and natural peanut butter • Fresh coconut • Olives • Egg yolks • Aged cheese • Seeds: chia, flax, hemp, sesame	EXPLAIN: Some healthy fats include those listed. ASK: Can anyone think of some others? DO: Give time for additional answers and be sure to categorize them as a healthy choice or not.	
16) 1 min	 How much is 1 portion? <u>Activity Instructions</u> 1. Answer each of the polling questions regarding the question below. • How big is 1 portion of protein, vegetables, carbohydrates, and healthy fats?	SAY: Now that we know how many portions we should be eating, we are going to take a 4-question poll to see how large we think a portion of each of these nutrients is. Don't worry the results are anonymous!	DO: Have 4-question poll ready.

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17) 1 min	 The slide is split into two parts. The left part has a blue background with the text 'Poll: How much is 1 portion?' and the Elevate Studio logo. The right part has a light blue background with several alarm clocks and a black bar at the bottom with the text 'See you back in 1:00'.	DO: Launch poll and click on timer	
18) 2 min	 The slide is split into two parts. The left part has a blue background with the text 'Debrief: How much is 1 portion?' and the Elevate Studio logo. The right part shows a video of various vegetables like tomatoes, cucumbers, and eggplants floating in the air.	DO: Click on the video to play and go over results of the poll for proteins, vegetables, carbohydrates, and healthy fats.	

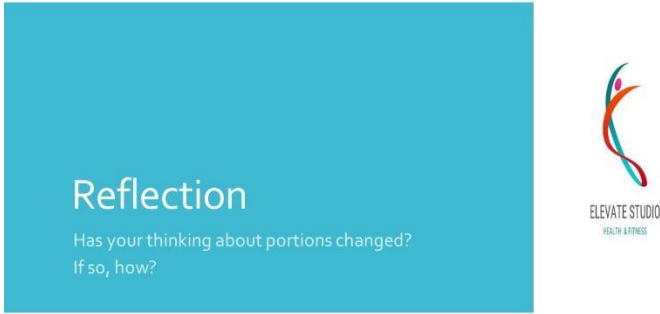
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19) 1 min	 Proteins: 1 portion= 1 palm 	DO: State a few of the protein answers from the poll and have learners demonstrate the palm of their flat hand to show the amount of 1 protein portion.	
20) 1 min	 Vegetables: 1 portion= 1 fist 	DO: State a few of the vegetable answers from the poll and have learners demonstrate their fist to show the amount of 1 vegetable portion. Remind them that the number of vegetable portions they eat can always be more (but that is only for this nutrient).	

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21) 1 min	 Carbohydrates: 1 portion= 1 cupped hand 	DO: State a few of the carbohydrate answers from the poll and have learners demonstrate their cupped hand to show the amount of 1 carbohydrate portion.	
22) 1 min	 Healthy Fats: 1 portion= 1 thumb 	DO: State a few of the healthy fats answers from the poll and have learners demonstrate their thumb to show the amount of 1 healthy fat portion.	

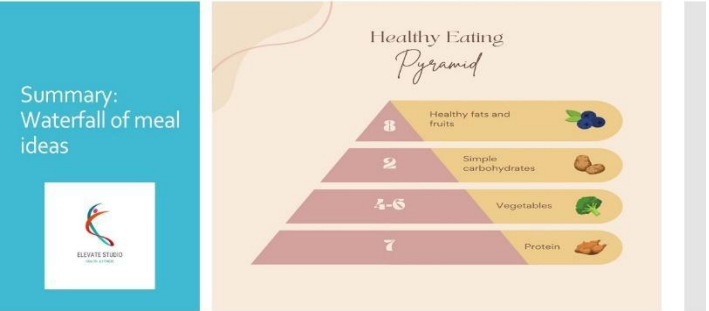
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23) 1 min		DO: Click on slide 4 times to reveal summary of number of portions and size	- Begin setting up 2nd breakout room activity scheduled for this session on Slide 25 (page 12 of this guide.) Participants will be partnered into 6 groups of two participants each and placed into 6 different rooms. Two rooms should be titled Breakfast, two Lunch, and the last two Dinner. Chat and whiteboard features should be enabled.
24) 2 min		ASK: How are we feeling about portions now? Have your thoughts about these important nutrients we put in our body changed? If so how?	

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25) 2 min	 Activity Instructions 1. You and your partner will be assigned 1 meal. 2. Create a menu for your assigned meal in 5 minutes. 3. When you return to the group, we will type the ideas in the chat, but do NOT send it, until I give you the signal. What would make an ideal meal? Be sure to include whether you were assigned breakfast, lunch, or dinner. One partner types the foods with portions. If there is still time when you're finished, you may add in a possible snack also. 	Say: Now we are going to partner together to make a menu for one meal. You and your partner will be assigned breakfast, lunch, or dinner. In your breakout room discuss your assigned meal and come up with some menu ideas of items, as well as the number of portions of the macronutrient those items. Be sure to review your portion sizes using the “hand” measurements, and to choose which one of you will be recording your meal in the chat. When we come back after 5 mins to our full group the recorder will type the menu items and portions in the chat, but will NOT send it until given the signal. Are there any questions?	DO: Have 6 titled breakout rooms ready.
26) 5 min	 	DO: Click on timer to begin so if learners return early, they will know how long until everyone returns from breakout rooms. When all learners return and recorders have typed their meal menu in the chat, give a countdown for them to press send to submit their ideas. (This will create a “waterfall” of menu ideas.)	

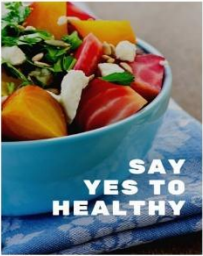
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27) 5 min		DO: Click on the video to play and give learners time to read over the chat menu results. ASK: What were some of you and your partners discussions regarding healthy menu options? DO: Discuss each one in detail: were they actual healthy choices and were they portion-controlled?	
28) 3 min		DO: Put one breakfast, one lunch, and one dinner menu together on the Zoom whiteboard. Have learners determine whether the healthy eating pyramid was reached for that day. EXPLAIN: You will be sending their meal ideas as well as a variety of others that you have accumulated to them in their follow-up email.	DO: Be sure the Zoom whiteboard feature is enabled and that the links on the blue sun on the following slide are enabled.

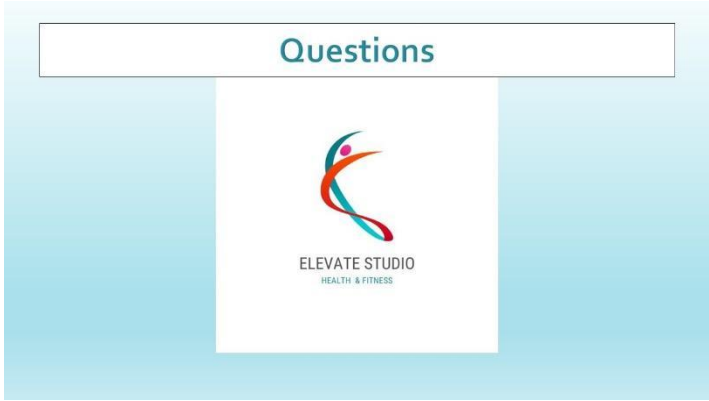
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29) 3 min	Tracking food intake Use of a daily tracking sheet • Protein: 1 or 2 per meal • Vegetables: 1-2 per meal • Carbs: 0 or 1 per meal • Fats: 1 or 2 per meal • Measure using your hand  Use of a phone app • Easy to use free versions • Measure using conventional measurements and/or nutritional labels	SAY: Tracking food intake is very important especially when starting a new nutrition program. There are several ways this can be done. EXPLAIN: They could use a daily tracking sheet- many different types are free online or learners can make/edit one themselves. DO: Click on the blue sun to reveal 6 different tracking sheets. EXPLAIN: Another option would be to use a phone app, many are free or at least have free versions.	-Begin readying Mentimeter Word Cloud activity with correct template planned for Slide 32 (page 15 of this guide).
30) 2 min	Tracking food intake  Helpful Hints • Protein: 1 palm = 20-30 g = 3-4 oz cooked meat, 2 eggs, 1 cup Greek yogurt • Vegetables: 1 fist= or unlimited • Carbs: 1 cupped hand= 20-30 g = 1/2-2/3 cups cooked grains, legumes, 1 medium fruit • Fats: 1 thumb= 7-12 grams= 1 Tbsp	DO: Click on video to start. EXPLAIN: The helpful hints included in this slide and have learners demonstrate their hand measurements. Remind them that they will have access to this PowerPoint as well as the Zoom recording afterwards if they need to refer to this.	

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31) 1 min	 Final Thoughts: Word Cloud Activity Instructions 1. Follow the link in the chat and type in code _____. 2. Type your answer to the question below. What is your biggest takeaway from this course? 	SAY: Our final activity is a reflection. You are going to find the link in the chat, click on it and enter the code _____, then answer this question: What is your biggest takeaway from this course?	
32) 3 min	 What is your biggest takeaway?	SAY: Begin DO: Leave slide for Word Cloud results and review them.	DO: Have Mentimeter link in chat and code available for final Word Cloud activity.

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33) 1 min		SAY: Hopefully you now have a bit more knowledge about portion sizes and daily amounts, menu ideas, and ways to track your food intake.	
34) 3 min		ASK: Are there any final questions? SAY: Remember, I will be sending out a follow-up email to each of you regarding all the things we discussed today, including portions, menu options, and some food tracking sheets and phone apps you could try out., besides this presentation. In that email will also be our Zoom link for next week's meeting. Please know that I am also available to meet with you 1:1 if you'd prefer. Please remember to complete and return the survey that will also be sent to you.	

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35) 1 min



SAY: As you go forward with your day and your week, remember healthy food makes a healthy life!