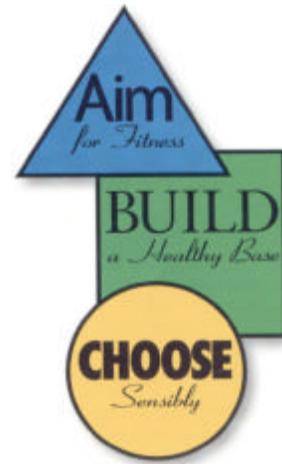




NUTRITION 2000: DIETARY GUIDELINES FOR THE NEW MILLENNIUM



Teaching Guide

Objectives

- 1) To acquaint participants with the 2000 Dietary Guidelines for Americans.
- 2) To teach participants how they can improve their health and well-being using the 2000 Dietary Guidelines.

Before the program

Ask participants to complete 'before' form. (Have a helper summarize results to share with the group at the end of the program.)

Correct answers:

- 1) 1980
- 2) Aim, Build, Choose
- 3) Food Safety

Activity to start the program

- ◇ Ask participants to share their concerns about the health and eating habits of Americans.
- ◇ Ask them what they think could be done to improve the situation.

- ◇ Discuss the Dietary Guidelines, their history, how they are used, and their application.
- ◇ Distribute fact sheet and begin presentation.

During “Aim for Fitness”

Have calculators and tape measures on hand to practice calculating BMI and taking waist measurements.

During “Build a Healthy Base” and “Choose Sensibly”

Activity #1 – reading a label

Have several food products on hand to teach participants how to correctly read a nutrition label.

Teach them what to look for on the ingredient list (heaviest weight to least), and what the % Daily Value means.

Activity #2 – portion control

- ◇ What you will need:

deck of cards

baseball

measuring cups

cereals, rice, potato chips, canned foods
(you can use the same foods used in
activity #1)

- ◇ Show the participants that a deck of cards is the same size as a serving of meat.
- ◇ Show the participants that a baseball is the same size as a medium apple, which is a serving of fruit.
- ◇ Use the measuring cups to allow participants to measure out serving sizes as indicated by the nutrition facts label on various foods.

Program Resources:

- ◆ Fact Sheet -- “Nutrition 2000: Dietary Guidelines for the New Millennium
- ◆ Power Point presentation available online at <http://www.ca.uky.edu/agcollege/fcs/wildcat/guide.htm>
- ◆ Before/After/Follow-up Forms
- ◆ Teaching Guide
- ◆ 2000 Dietary Guidelines available online at www.usda.gov/cnpp

Evaluation and Reporting

- ◇ Ask participants to take ‘before’ quiz and summarize results.
- ◇ Have participants fill out the program feedback form.
- ◇ Conduct follow-up evaluation by mail, email, phone, or at a later meeting.

Please forward responses from the program feedback to Janet Tietyen, jtietyen@ca.uky.edu, 234 Scovell, Lexington, KY 40546-0064. Report number of program participants, KOSA changes, feedback form, and any follow-up evaluations about practice changes. Use PAC 410 and the priority indicators for diet and health. Include a summary of ‘before’ quiz results.

- ◇ Use data from the Kentucky Behavioral Risk Factor Surveillance System or information from local health care providers to justify the need for this program in your county or area.

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Before Quiz

Please answer these questions BEFORE the program.

1) The first U.S. Dietary Guidelines were issued in:

___ 1969

___ 1972

___ 1980

2) The 200 Dietary Guidelines advise Americans to:

___ Eat, Exercise, Eliminate

___ Aim, Build, Choose

___ Wait, Watch, Worry

3) For the first time, the 2000 Dietary Guidelines include advice about:

___ fruits

___ food safety

___ physical activity

___ whole grains

___ vegetables

___ added sugars

Return this form to your program leader before the presentation.

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Follow-Up Evaluation

You recently attended this program offered by your County Extension Office. You can help us offer better programs in the future by providing the following information.

1) As result of this program, I have changed my diet by . . .

2) As result of this program, I have changed my physical activity by . . .

3) And the last thing I want to say is . . .

Please return this form to:

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Program Feedback Form

Please answer these questions AFTER the program.

	<u>YES</u>	<u>NO</u>
1) I learned something new about the 2000 Dietary Guidelines.	___	___
2) I will share this information with others.	___	___
3) This program presented ideas that I can put into action.	___	___
4) As result of this program, I intend to do the following:		
5) This would have been a better program if:		

Please return this form to your program leader.

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