

A) Healthy Eating Key Words

Alcohol

Muscle

Calcium

Nutrient

Calories

Organization

Constipation

Overweight

Dairy

Substitute

Diabetes

Supplement

Exercise

Tissue

Healing

Vitamin

B) Introduction

Learning Outcomes

At the end of Lesson 3, learners should be able to:

- a) **use** the words that are listed in the Lesson 3 key words list and discuss what they mean in the context of this lesson and their lives
- b) **discuss** at least four benefits of healthy eating for older adults
- c) **give** five examples each of daily servings of fruit and vegetables as recommended in Canada's Food Guide to Healthy Eating
- d) **plan** a healthy breakfast, lunch and dinner for an older adult for a day .

Lesson 3 literacy activities

The types of literacy activities in Lesson 3 are:

- a) **Reading** exercise on "Healthy Eating"
- a) **Fill-in-the-blanks** with words from the above reading material that are on the key word list
- b) **Word search** - to find the words that are listed in the Healthy Eating key words list
- c) **Brainstorming** activities on "Healthy Eating"
- d) **Writing** exercises such as writing a daily menu, creating a scrapbook on healthy eating, and creating grocery lists.

Activities are explained further in the lesson. Facilitators may use additional literacy activities to help learners enhance their understanding of Healthy Eating.

C) Reading Exercise

Facilitator Notes: According to the SMOG test, the following text is written at about a Grade 9 reading level, or literacy level 2 and can be read using *assisted* or *choral* reading techniques. In *assisted* reading, facilitator and learners take turns reading parts of the text, whereas *choral* reading involves reading together. These techniques are described further in Section 2 of the manual of the Nova Scotia Tutor & Instructor Training and Certification Program.

Learner Activity:

Healthy Eating

Eating healthy foods is important at any age. As we get older though, our food needs change. We usually exercise less as we age, and our bodies tend to lose muscle and gain fat. This happens even when our weight does not change.

Being overweight can lead to high blood pressure, diabetes and heart disease. Continuing or starting an exercise program, and eating lean foods can limit weight gain and muscle loss.

Most of our vitamin and mineral needs stay about the same as we age. One exception is CALCIUM. Older adults need more calcium. If calorie needs fall, but other nutrient needs stay the same, the food choices we make should be good ones.

C) Reading Exercise (continued)

Eating foods from all of the food groups (breads and grains, fruits and vegetables, dairy, and meats or meat substitutes) is one way of ensuring you get all the nutrients you need.

Too many sweets and fatty foods add **UNNEEDED CALORIES** and little else, so they should be limited.

Some people need to limit their salt intake. Alcohol, if it is used, should be limited to 1 or 2 drinks a day at most.

Healthy bones need calcium. After age 30 or 35, adults begin to lose bone tissue, but this process can be slowed down if enough calcium is eaten. Calcium is found in dairy products and dark green, leafy vegetables. If you do not get at least 10 minutes of sunshine a day, you may need a Vitamin D supplement. Your bones need this vitamin to take in the calcium.

Older adults need to get enough iron, zinc, and fiber. **IRON** is important for healthy blood and is found in foods such as red meats, whole grains, dried fruit and eggs. **ZINC**, which is also found in meats, is important for maintaining taste ability and for healing. **FIBER** is important to prevent

C) Reading Exercise (continued)

constipation and is found in foods such as whole grain products, fresh fruit and vegetables, and dried beans and peas.

Sometimes it is hard to fix meals for just one person. If you find yourself not wanting to shop, cook, or eat alone, consider joining in with a family member or neighbor.

Also, there may be organizations in your community which offer meals for seniors.

(Adapted from the article *Nutritional Needs for Older Adults* from the University of Iowa Health Care at:

www.uihealthcare.com/topics/nutrition/nutr3312.html)

D) Fill-in-the-Blanks Activity

Facilitator Notes: Having read the first text, learners are then asked to re-read the same text read by filling the blanks with words from the key word list. This activity is meant to re-enforce learning from the first reading and to place words in context.

Learner Activity**Healthy Eating**

Eating healthy foods is important at any age. As we get older though, our food needs change. We usually _____ less as we age, and our bodies tend to lose _____ and gain fat. This happens even when our weight does not change. Being _____ can lead to high blood pressure, _____ and heart disease. Continuing or starting an exercise program, and eating lean foods can limit weight gain and muscle loss. Most of our _____ and mineral needs stay about the same as we age. One exception is _____. Older adults need more calcium. If calorie needs fall, but other _____ needs stay the same, the food choices we make should be good ones.

Eating foods from all of the food groups (breads and grains, fruits and vegetables, dairy, and meats or meat

D) Fill-in-the-Blanks Activity (continued)

Eating foods from all of the food groups (breads and grains, fruits and vegetables, dairy, and meats or meat _____) is one way of ensuring you get all the nutrients you need.

Too many sweets and fatty foods add UNNEEDED _____ and little else, so they should be limited.

Some people need to limit their salt intake. _____, if it is used, should be limited to 1 or 2 drinks a day at most.

Healthy bones need calcium. After age 30 or 35, adults do not make more bone tissue, but bone _____ is saved if enough calcium is eaten. Calcium is found in _____ products and dark green, leafy vegetables. If you do not get at least 10 minutes of sunshine a day, you may need a Vitamin D _____. Your bones need this vitamin to take in the calcium.

Older adults need to get enough iron, zinc, and fiber. IRON is important for healthy blood and is found in foods such as red meats, whole grains, dried fruit and eggs. ZINC, which

D) Fill-in-the-Blanks Activity (continued)

is also found in meats, is important for maintaining taste ability and for _____. FIBER is important to prevent _____ and is found in foods such as whole grain products, fresh fruit and vegetables, and dried beans and peas.

Sometimes it is hard to fix meals for just one person. If you find yourself not wanting to shop, cook, or eat alone, consider joining in with a family member or neighbor.

Also, there may be _____ in your community which offer meals for seniors.

E) Word Search Exercise

Facilitator Notes: In this activity learners are asked to circle the words in the puzzle that are found on the key words list in Section A. Learners may find it helpful to list the keywords in the margin. This activity helps with word recognition and recall. (Solutions are found in the appendices.)

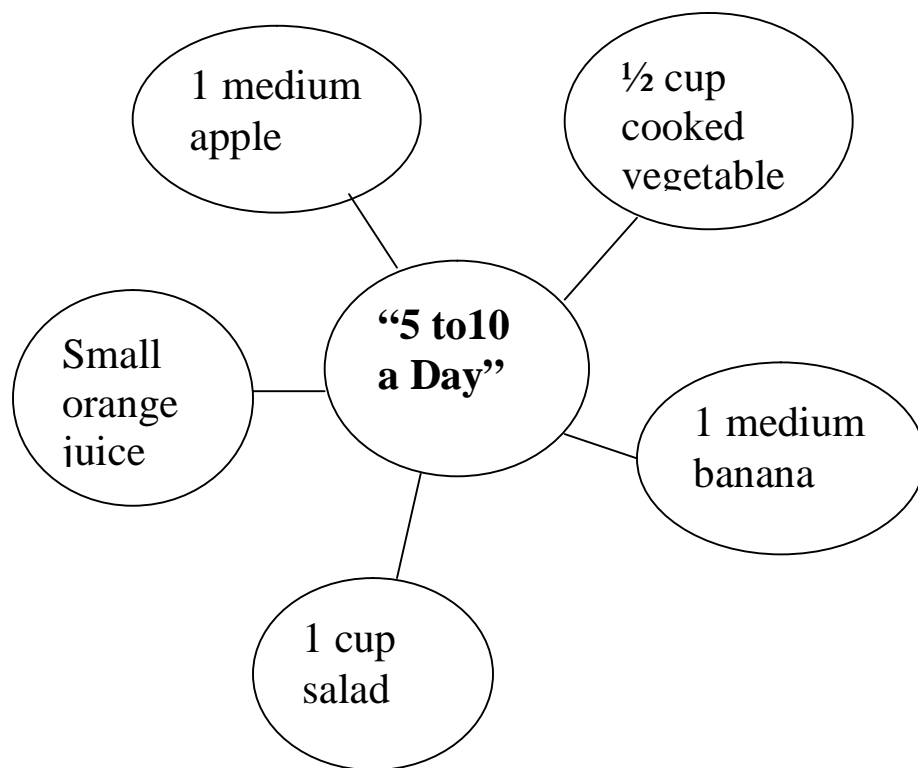
Learner Activity

N	O	I	T	A	Z	I	N	A	G	R	O
O	V	E	R	W	E	I	G	H	T	Z	W
I	N	Z	E	S	I	C	R	E	X	E	T
T	U	C	A	L	C	I	U	M	P	D	N
A	T	N	I	M	A	T	I	V	B	A	E
P	R	E	L	C	S	U	M	Z	W	I	M
I	I	G	N	I	L	A	E	H	B	R	E
T	E	E	U	S	S	I	T	Y	C	Y	L
S	N	W	Z	L	O	H	O	C	L	A	P
N	T	Y	S	E	T	E	B	A	I	D	P
O	C	A	L	O	R	I	E	S	D	B	U
C	Z	E	T	U	T	I	T	S	B	U	S

F) Brainstorming Exercise

Facilitator Notes: This activity often helps learners change the way they think about things. It allows them to personalize the words they learned in the reading activity and to place them in their own context. The following example represents a brainstorming exercise using Canada’s Food Guide to Healthy Eating found at www.hc-sc.gc.ca. It recommends 5 to 10 servings of fruit and vegetables a day for healthy eating.

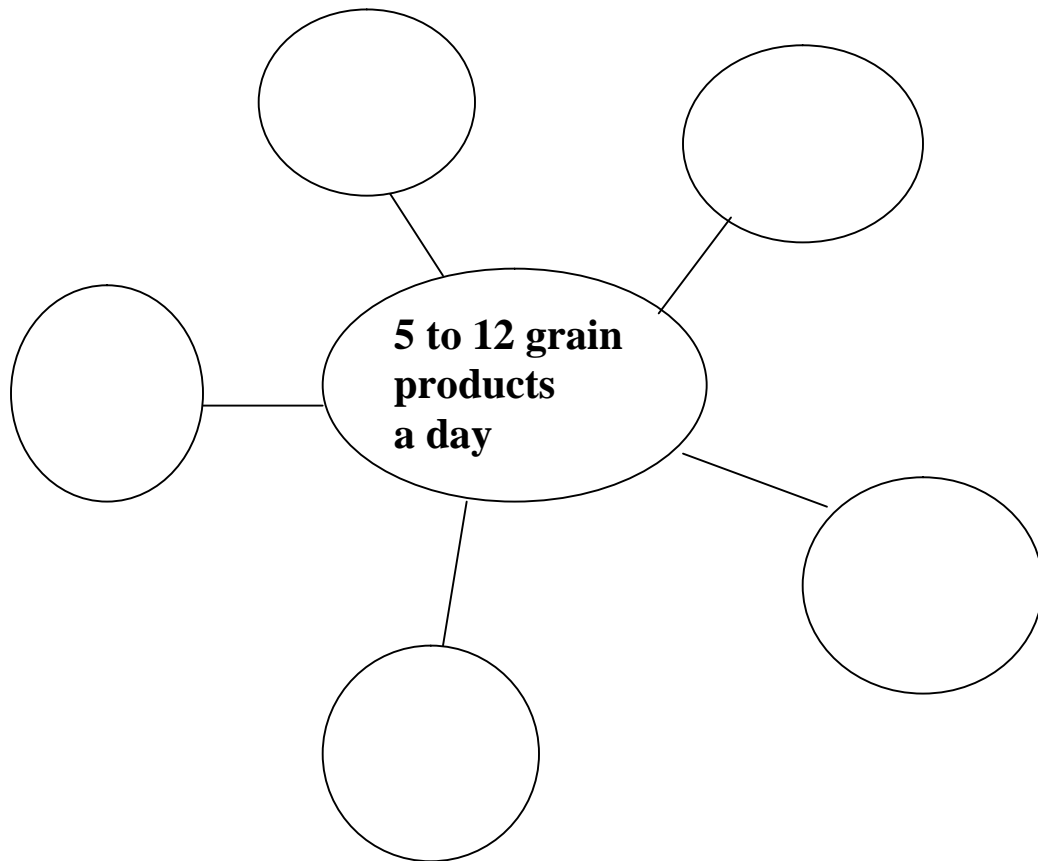
Example



F) Brainstorming Exercise (Continued)

Facilitator Notes: Canada’s Food Guide to Healthy Eating also recommends 5 to 12 servings of grain products a day for healthy eating. Learners are asked to brainstorm the kinds of grain products they can include in their day and enter them in the outer circles.

Learner Activity



G) Writing Exercises

Facilitator Notes:

- a) **Daily menu:** Using the following menu exercise, learners can create a typical daily menu that meets Canada's Food Guide requirements. The menu was obtained from the Dietitians of Canada at www.dietitians.ca/public/content/eat_well_live_well/english/menuplaner/. Recipes on this sample menu are available by clicking on the underlined food choices.

Note: There is currently no Canadian food guide for seniors but facilitators are encouraged to check Health Canada's web site at www.hc-sc.gc.ca on a regular basis to see when a food guide for seniors will be available.

G) Writing Exercises (continued)

Learner Activity

Daily Menu

Meal	<u>Food Choices</u> (Enter the food and the amount)	Canada's Food Guide Servings
Breakfast Beverage	(Example: 1 cup cereal)	(1 serving grain G)
Snack		
Lunch Beverage		
Snack		
Dinner Beverage		
Evening Snack		

	<u>Totals of your food servings</u> (Total up the servings in the right hand column and compare them to the recommended number of servings.)	Recommended Number of Servings
Grain (G)		5 to 12
Vegetable/ Fruit (VF)		5 to 10
Milk Product (M)		3
Meat & Alternatives (MA)		2
Others (O)		minimal

G) Writing Exercises (continued)

- b) **Scrapbooking:** Learners may choose to create a scrapbook about healthy eating for older adults. It could include healthy recipes, pictures of healthy foods, etc.

G) Writing Exercises (continued)

- c) **Grocery listing:** Learners may choose to create a shopping list for one week of healthy breakfasts, lunches and dinners and calculate the total cost. This could be compared to another list of not-so-healthy meals.

Learner Activity

	Grocery List	Price
Breakfast Foods		
Lunch Foods		
Supper Foods		
		Total Cost:

References and Resources

Title	Information
<i>Cooking for One or Two</i>	This is a 152 page recipe book for seniors who wish to cook for one or two. It is available on the British Columbia government website at www.healthservices.gov.bc.ca/prevent/pdf/senchef.pdf
1) <i>Eating for a Healthy Heart</i> 2) <i>Eating Well as We Age</i>	These are colorful, easy-to-read brochures from the U.S. Food and Drug Administration containing tips on healthy food choices, shopping, loss of appetite, cooking, etc. www.fda.gov/opacom/lowlit/englow.html .
<i>Facts about the DASH Eating Plan</i>	This is an easy to read heart-healthy eating plan published by the National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health (U.S.). Available at www.nhlbi.nih.gov
<i>5 to 10 a Day Are you Getting Enough?</i>	This is an easy to read guide for persons of all ages about the benefits of eating 5 to 10 servings of fruit and vegetables a day to help reduce the risks of cancer, heart disease and stroke. Available at www.5to10aday.com
<i>Healthy Eating for Seniors</i>	This is a resource package being prepared by ActNowBC to help seniors eat to prevent or manage chronic diseases, read labels, keep a healthy weight, etc. DVDs are included. It will be available at the end of 2007 free of charge to British Columbia Seniors and others can purchase it from www.gov.bc.ca/health .
<i>Healthy Eating for the Later Years</i>	This is an excellent publication for older adults to assess their nutritional score. Published by University of Nebraska-Lincoln at http://ianrpubs.unl.edu/foods/g1083.htm

Title	Information
<i>Senior Friendly Ideas for Healthy Eating</i>	Published by Dietitians of Canada, this publication has great ideas on planning meals for 1 or 2 persons using Canada’s Food Guide to Healthy Eating. www.dietitians.ca/english/frames.html
<i>Steps to Healthy Aging: Eating Better & Moving More- A Guidebook</i>	A publication of the National Policy & Resource Center on Nutrition and Aging, Florida International University describes a step-by-step 12-week program for healthy eating and exercise for older adults. Available at www.nutritionandaging.fiu.edu >centers & institutes> National Policy & Resource Center on Nutrition and Aging
<i>Your Game Plan for Preventing Type 2 Diabetes – Information for Patients and the Fat and Calorie Counter</i>	Valuable information on how to prevent Type 2 diabetes and a booklet with lists of foods indicating their fat and calorie contents, published as part of the National Diabetes Education Program of the National Institutes of Health and the Centers for Disease Control and Prevention (U.S.) http://ndep.nih.gov/diabetes/pubs/GP_booklet.pdf
<i>Others</i>	The following additional websites have excellent information on healthy eating for seniors: www.health.gov.sk.ca/rr_healthy_eating_forsen.html www.healthyalberta.com/he_older.asp www.canadian-health-network.ca (All material is reviewed.)