



# Healthy Living Peer Leader Healthy Eating Training Manual

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## Background

The Healthy Living Peer Leader Project was created by Guelph CHC in partnership with the Onward Willow and Brant Avenue Neighbourhood Groups. The project is also being supported by a grant from the Ontario Ministry of Health Promotion.

Guelph CHC is committed to working with our community to provide access to health programs and services and to create opportunities for people to improve their well-being. We would like to welcome you to the Healthy Living Peer Leader Project and thank you for your participation!

This manual contains information and lesson plans pertaining to the healthy eating training that was provided to this project's Healthy Living Peer Leaders. When you see the title of a resource **UNDERLINED, BOLDED, AND IN CAPITALS** it means it is included with this package. Each lesson is supported by an accompanying PowerPoint presentation that was created by a Guelph CHC dietician and contains more detailed topic information. Refer to all supplemental resources for valuable information. You may also contact Guelph CHC for additional information or resources:

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# Chronic Diseases

## Overview of Chronic Diseases

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Chronic diseases are diseases that generally last a long time and slowly get worse. Chronic diseases are the major cause of disability and death in the world. Some examples include: <sup>i</sup>

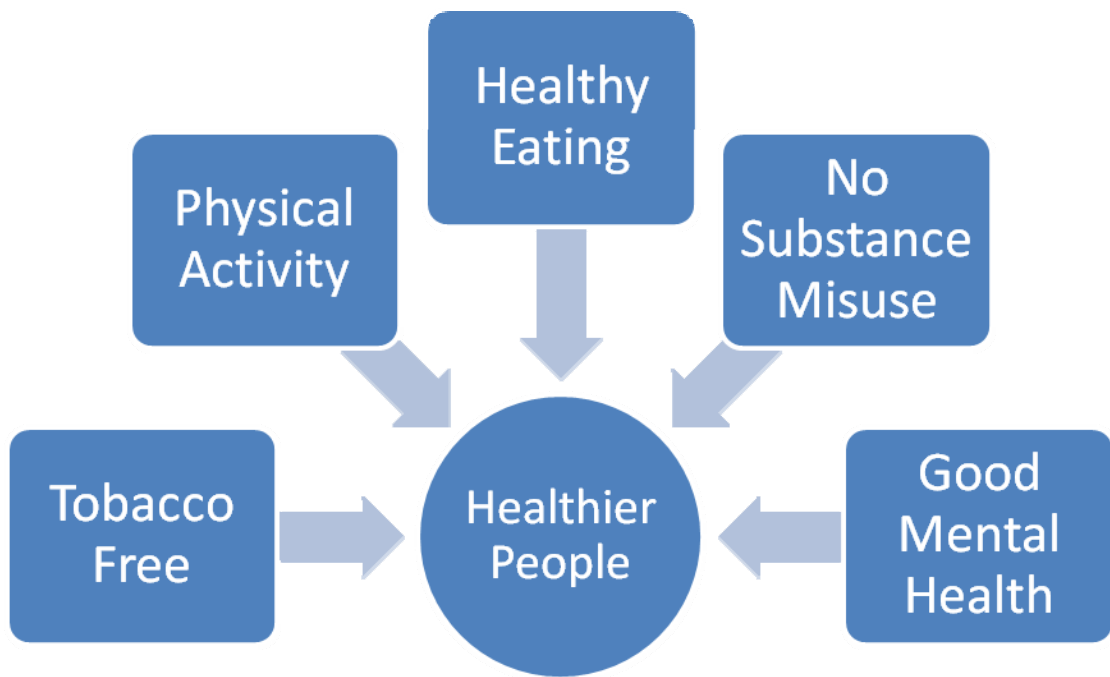
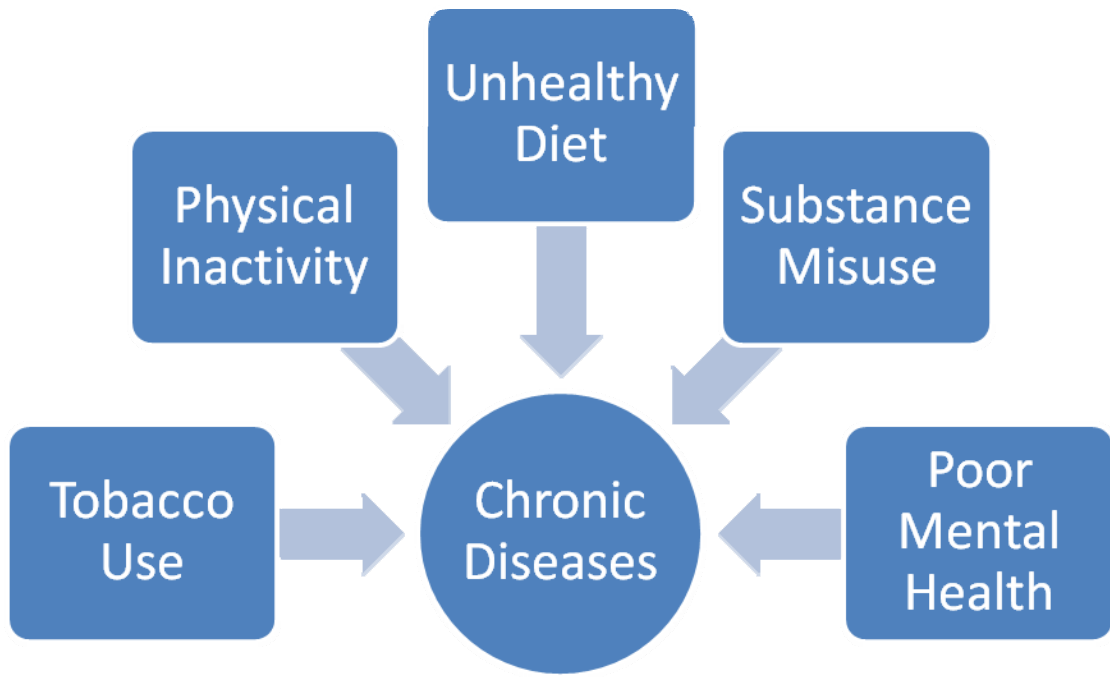
- cardiovascular diseases (heart disease and stroke)
- cancer
- chronic respiratory diseases
- diabetes

The causes (also called risk factors) of many chronic diseases are well known. A small set of common risk factors are responsible for most of the main chronic diseases. They include: <sup>ii</sup>

- unhealthy diet
- physical inactivity
- tobacco use

Substance misuse and poor mental health can also affect your ability to choose health-promoting behaviours.

The most important thing to note about these risk factors is that they are all things you can **change** about your lifestyle. In these training sessions, you will learn how physical activity and healthy eating can help reduce chronic diseases. We will give you the basic skills and knowledge to help increase physical activity levels in your community and to help others make healthy eating choices. The following diagrams show the relationship between risk factors and your health.



**FIGURE 1: CHRONIC DISEASE RISK FACTORS**

# Healthy Eating

## Overview

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Food nourishes your body and gives you energy each day. Healthy eating can help you achieve overall health and vitality. **CANADA'S FOOD GUIDE** (CFG) is a guide based on science. It is designed to help you get all the vitamins, minerals and other nutrients you need to be healthy. CFG is made up of four food groups, each containing different types of food. It teaches us: <sup>iii</sup>

- how many servings of each food we should aim to eat each day
- what is considered a serving
- what types of foods to look for in each food group
- how to make healthy food choices
- how to read food labels

Healthy eating is important in reducing the risk of many chronic diseases. It can help reduce the risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.<sup>iv</sup> Following Canada's Food Guide can help you make healthy food choices at home, at school, at work and when eating out.

It may interest you to know that in our community:

- The weekly cost of a food basket to feed a family of four is \$167.02.<sup>v</sup>
- At least 50% of Guelph CHC priority populations do not eat healthy at least some of the time.<sup>vi</sup>

## **Lesson Plans**

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The following section contains lesson plans for some of the core elements of healthy eating knowledge and skills. Each lesson plan relies on its accompanying PowerPoint presentation which contains the key teaching points for each topic, as well as speaking notes where required. Lesson plans have been provided for:

- Canada's Food Guide
- Fats and Sugars
- Fibre
- Sodium
- Food Label Reading

### **Lesson Plan for Canada's Food Guide**

Objective:

- To familiarize participants with the contents of Canada's food guide.

Suggested Time:

- 2 hours

Resources Required:

- PowerPoint presentation titled "Eating Well With Canada's Food Guide".
- Copies of Canada's Food Guide.
- Food models and plates.

Lesson Content:

- Hand out copies of Canada's Food Guide. Present information contained in PowerPoint.

Interactive Learning Activity:

- Have participants practice creating a healthy plate with food models, based on examples in presentation.

## **Lesson Plan for Fats and Sugars**

### Objectives:

- Participants will learn about fats in foods, including trans fats, current recommendations (Dietary Reference Intakes), and healthy choices.
- Participants will learn how to identify sugars on a food label and become familiar with the sugar content of some common foods.

### Suggested Time:

- 1 hour

### Resources Required:

- PowerPoint presentation titled “Peer Leader Training for Fat & Sugar”.

### Lesson Content:

- Present information contained in PowerPoint.

### Interactive Learning Activity:

- Have participants guess the amount of sugar in common items. (Samples and answers provided in PowerPoint presentation.)

## **Lesson Plan for Fibre**

### Objectives:

- Participants will learn what fibre is and why it is important
- Participants will learn how to increase their fibre intake.

### Suggested Time:

- ½ hour

### Resources Required:

- PowerPoint presentation titled “Peer Leader Training for Fibre”.

### Lesson Content:

- Present information contained in PowerPoint.

## **Lesson Plan for Sodium**

### Objectives:

- Participants will learn about sodium, including:
  - Where do we get it?
  - What does it do?
  - How is it a health risk? (Including information on hypertension.)
  
- Participants will learn about recommended sodium restrictions and how to reduce their sodium intake.

### Suggested Time:

- 45 minutes

### Resources Required:

- PowerPoint presentation titled “Peer Leader Training for Blood Pressure and Sodium”.

### Lesson Content:

- Present information contained in PowerPoint.

### Interactive Learning Activity:

- Have participants complete “Dietary Sodium True/False Trivia”. (The questions are contained in the PowerPoint presentation and the answers can be found in speaking notes bar below each slide.)

## **Lesson Plan for Food Label Reading**

### Objectives:

- Participants will learn how to interpret the “Nutrition Facts” on packaged Canadian food labels and how to use the list of ingredients to make healthy choices.
- Participants will understand the meaning of nutrition content claims.

### Suggested Time:

- 2 hours

### Resources Required:

- PowerPoint presentation titled “Peer Leader Training for Food Label Reading”.
- A collection of varied empty food packages.

### Lesson Content:

- Present information contained in PowerPoint.

### Interactive Learning Activity:

- As you go through the presentation, have the selection of empty food packages available to participants. Each time a new concept is discussed, look through the labels for examples to contrast and compare.

## In My Community

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The **GARDEN FRESH BOX PROGRAM** is a non-profit, fresh produce buying service created to help people access affordable fresh fruits and vegetables. It also supports local farmers. Participants go to a neighbourhood site at the beginning of the month to place their order and pay for it. The food box is delivered to their neighbourhood on the third Wednesday of the month.

## Resources

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More information about healthy eating can be found at:

- [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)  
Create your own food guide with the “My Food Guide” feature.
- [www.wdglivewell.ca](http://www.wdglivewell.ca)  
Interactive lessons on physical activity and nutrition.
- [www.eatracker.ca](http://www.eatracker.ca)  
Keep track of your eating and activity choices and get personalized feedback on your total intake of energy.
- [www.healthyeatingisinstore.ca](http://www.healthyeatingisinstore.ca)  
Do a virtual grocery store tour and learn how to shop for healthy food choices.
- [www.dietitians.ca](http://www.dietitians.ca)  
Nutrition and healthy eating tips & fact sheets, recipes, virtual grocery store, recipe analyzer and more from the Dietitians of Canada
- [www.eatrightontario.ca](http://www.eatrightontario.ca)  
Registered Dietitians provide EatRight Ontario visitors with feature articles on food and nutrition, meal planning advice, healthy eating tips and recipes.

## References - Endnotes

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<sup>i</sup> World Health Organization (2005) *Chronic Diseases and Their Common Risk Factors*. Geneva, Switzerland: World Health Organization. Retrieved from [http://www.who.int/chp/chronic\\_disease\\_report/media/Factsheet1.pdf](http://www.who.int/chp/chronic_disease_report/media/Factsheet1.pdf)

<sup>ii</sup> World Health Organization (2005) *Chronic Diseases and Their Common Risk Factors*. Geneva, Switzerland: World Health Organization. Retrieved from [http://www.who.int/chp/chronic\\_disease\\_report/media/Factsheet1.pdf](http://www.who.int/chp/chronic_disease_report/media/Factsheet1.pdf)

<sup>iii</sup> Health Canada. (2010). *Canada's Food Guide*. Retrieved April 9, 2010 from <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

<sup>iv</sup> Health Canada. (2007). *Eating Well With Canada's Food Guide: A Resource for Educators and Communicators*. Ottawa, ON: Health Canada.

<sup>v</sup> Wellington-Dufferin-Guelph Public Health. (2009). *Family Food Basket Increases by 11%*. Retrieved April 9, 2010 from [www.wdghu.org/page.cfm?id=2070](http://www.wdghu.org/page.cfm?id=2070)

<sup>vi</sup> Guelph CHC (2006) Community Health Survey. Guelph Ontario: Anne Phillips