

Instructor Guide

Good Grinding for Wise Dining Instructor Guide Introduction

Good Grinding for Wise Dining is a nutrition education curriculum for older adults that can be used in a group dining setting. Based on the dietary guidelines and food guidance system, the Good Grinding curriculum promotes healthy eating attitudes and behaviors using simple, targeted messages.

The evidence-based approach to creating Good Grinding includes successful components or best practices of nutrition education for older adults. Messages throughout the curriculum include simple, “catchy phrases” that are reinforced throughout the lesson. Lessons were created to be fun, fast-paced, and interactive. Participants are actively engaged and are encouraged to share their experiences and problem solve. Older adults are also encouraged to practice healthy behaviors in their daily lives. Participants can then support each other in the group dining setting by promoting a healthy food environment.

Good Grinding for Wise Dining has been developed with input from Area Agencies on Aging (AAA’s) and their Nutrition Service Providers (NSP’s). Three series of pilot testing were completed at Alu Like and Lanakila sites on Oahu over two separate time periods. Over 150 older adults from Alu Like participated in the first series of pilot testing and over 200 older adults from Lanakila provided input during the second series of testing. Alu Like and Lanakila staff were also consulted and involved in developing this manual.

Good Grinding for Wise Dining (GGWD) provides a total curriculum of 24 nutrition education lessons consisting of 4 modules with 6 lessons in each module:

- Module 1: Strategies for Eating
 - Easy meals
 - Sharing meals
 - Food storage
 - One-Pot Meals
 - Microwave Meals
 - Meals in Minutes

- Module 2: Choosing Foods
 - Fruits and veggies
 - Eating out
 - Eating for wellness
 - Seasonality of Fruits and Veggies
 - Spending Less Eating Better
 - Meal Planning

- Module 3: Regular Eating
 - Healthy bones
 - Nutritious snacking
 - Whole grains
 - Fruits & Veggies - All Forms Matter
 - Protein-Rich Foods
 - Breakfast
 -

- Module 4: Celebration Foods
 - Favorite foods
 - Sugars/fats/salts
 - Living local
 - Local Healthy Snacks
 - Delicious Desserts
 - Get Together

Good Grinding for Wise Dining is funded by the State of Hawaii, Executive Office on Aging in collaboration with the University of Hawaii (UH), College of Tropical Agriculture and Human Resources (CTAHR), Cooperative Extension Services (CES), Nutrition Education for Wellness (NEW) program and CES Supplemental Nutrition Assistance Program-Education (SNAP-Ed).

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Good Grinding for Wise Dining
Instructor Guide
How to Use This Manual

This manual was created for group dining leaders or other peer educators to implement nutrition education lessons in a congregate meal setting. The lessons from the original Good Grinding and Good Grinding 2 curriculums have been combined to provide a total of 24 nutrition education lessons. There are four Good Grinding modules and six lessons per module in the combined curriculum.

The Good Grinding lessons are short, fast-paced, and informal. Each lesson should take about 10-15 minutes to present. Participation and interaction with the group is encouraged. Each lesson has a take-home message or “catchy phrase” that participants repeat. To clarify unfamiliar terms, there is a Glossary section at the end of the training manual. Words or terms in a lesson that are in *Italics* can be found in the Glossary. It is not necessary for lessons to be given in any sequential order.

In each lesson, if the text is preceded by the word Action, it is an instruction for the group dining leader. Action items may include encouraging participants to repeat a phrase, counting the number of participants, or asking participants a question. Some questions are intentionally asked to spark interest and thought regarding a subject matter. Other questions are asked to engage participants and responses are encouraged. If the text is preceded by the phrase Read the following, the leader should read the information to the participants.

There is an optional recipe demonstration incorporated in many of the lessons. Providing a recipe demonstration is encouraged, but not necessary. Participants have the suggested recipe on their lesson handout. Recipes are also located in the Recipe Index of the training manual.

The Recipe Index includes all twenty-four recipes from both Good Grinding for Wise Dining manuals. All recipes may be demonstrated

Good Grinding for Wise Dining
Instructor Guide
How to Use This Manual

even if lessons do not have a recipe stated. The majority of the recipes are simple and require very little cooking. Please refer to the Food Safety section for information on safe food handling practices.

Participants are asked three questions at the end of each lesson. These questions are asked to evaluate the GGWD lessons by assessing if participants have gained knowledge or plan to incorporate the information presented into their lives. Responses are to be documented on the tally sheet. Tally Sheets for GGWD are not mandatory, but are provided as an evaluation tool for Good Grinding quality improvement.

Good Grinding for Wise Dining
Instructor Guide
Presentation Tips

- **Be Prepared:**
 - Practice reading the lesson beforehand.
 - Have ingredients and supplies (if demonstrating a recipe), or prizes (if needed).

- **Speak Clearly:**
 - Speak slowly and loud enough for everyone to hear.
 - Ask participants to let you know if you need to speak more slowly or louder.

- **Make Eye Contact:**
 - The audience will be more likely to pay attention to the presentation, if you're paying attention to them.
 - Occasionally glance at the audience to be sure they are listening.

- **Answer Honestly:**
 - Refer to the Glossary section if a participant has a question regarding an unfamiliar term.
 - It is okay if you do not know the answers to participants' questions. Answer honestly with "I don't know."
 - Contact program (808) 956-4124 if you have any questions. **DO NOT** distribute our phone number to participants.

- **Be Enthusiastic:**
 - Encourage the audience to participate.
 - Smile and have fun!