

Good Grinding for Wise Dining
Module 3: Regular Eating
Lesson 1: Healthy Bones

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience and record on tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the amount of people agreeing with the statement on the tally sheet.

Action: Pass out “Healthy Bones” Handout. Begin lesson when everyone receives a handout.

Read the following: Today we will talk about the importance of calcium. Calcium is important to keep our bones and teeth healthy. It is also important to keep our body working properly. There are many foods that contain calcium. But, milk and milk products are the best sources of calcium for our bones.

Action: Everyone repeat the following with me, “sticks and stones may break my bones, but calcium foods may help it.”
Have participants repeat the following:

Action: Can anyone name a milk or milk product that has calcium?
Ask the following question:

Read the following: Milk, yogurt, cheese, cottage cheese, dry powdered milk, evaporated milk, and most frozen yogurts are good sources of calcium. Sour cream and cream cheese do not have enough calcium for it to be a good source. Although ice cream has calcium it may also be high in fat and sugar, so it should be eaten in moderation.

If someone is not able to digest milk or milk products properly, or is lactose intolerant, there are non-dairy calcium foods. Non-dairy calcium foods include almonds, beans, and green vegetables such as broccoli, Chinese cabbage, mustard greens, and spinach. Canned salmon and sardines are also sources of calcium if the bones are eaten. These foods do not have as much calcium as milk or milk products, but still contain some calcium.

Action:
Have participants repeat the following:

Everyone repeat with me, “sticks and stones may break my bones, but calcium foods may help it.”

Read the following:

Some foods are fortified with calcium. This means calcium is added to foods to increase its nutritional value. These foods may include soy milk, rice milk, or almond milk, orange juice, or cold breakfast cereal. Calcium may also be added to tofu as part of the manufacturing process.

Eating calcium foods are important to keep our bones healthy, especially good sources of calcium such as milk and milk products.

*** Optional:**
Read the following:

After this lesson, I will demonstrate how to prepare a creamy fruit/vegetable salad. The recipe is on the back of your handout.

Action:
Ask the following question:

What are some calcium foods that you like to eat?

Action:
Have participants repeat the following:

Everyone repeat with me, “sticks and stones may break my bones, but calcium foods may help it.”

Read the following:

Now we are going to talk about food poisoning. Did you ever wonder if your food was spoiled? Was food ever left in the refrigerator and you wondered if it was still good to eat? Or, we could not remember how long food was left out, but still wanted to eat it? Did we look at it, smell it, or dare to taste it?

Spoiled food does not always look bad, smell bad, or taste bad. If we even think our food may be bad, we should throw it out. It's not worth getting sick over. When in doubt, throw it out!

Action:
Have the participants repeat the following:

Repeat with me, "When in doubt, throw it out."

Read the following:

How often should we drink water? It is important to drink water regularly throughout the day. Drink water from the water fountain, tap water or carry a water bottle so we can drink water with our meals, between meals, especially if water is not served or readily available. Drinking water regularly is important to keep us healthy.

Read the following:

Now I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to eat calcium foods that will keep my bones healthy.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

How many of you agree with this next statement: I plan to always throw out food if I think it is spoiled.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: The last statement is: I plan to drink water regularly throughout the day. How many people agree with this last statement?

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: That's the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

***Optional:** Creamy Fruit/Vegetable Salad (see Recipe Index Pg 7)
Any type of fruit and yogurt can be used. Participants may even bring fruit grown in their yard. Fresh fruit must be rinsed and cut into chunks.

*** Optional:** Now, we will make a creamy fruit/vegetable salad. The recipe is very easy! All that is needed is fruit or veggies and yogurt. Today I will use (say what kind of fruit/vegetable and yogurt that is being used), but any type of fruit or veggie and yogurt can be used when making this recipe at home. I will wash my hands with warm water and soap before I begin making the recipe.

Action: Wash hands with warm water and soap before beginning. Rinse lid of canned, if canned fruit is used, fruit before opening and follow recipe directions:

- Depending on fresh, frozen or canned fruits or vegetables used:
 - CHOP fresh ingredients OR
 - THAW frozen ingredients OR
 - DRAIN canned ingredients
- In a small bowl, MIX all ingredients together. COVER and REFRIGERATE until ready to serve.

Read the following: It is as simple as that! Eating healthfully can be simple and easy. Come and taste this creamy salad treat.

Action: Pass out food.