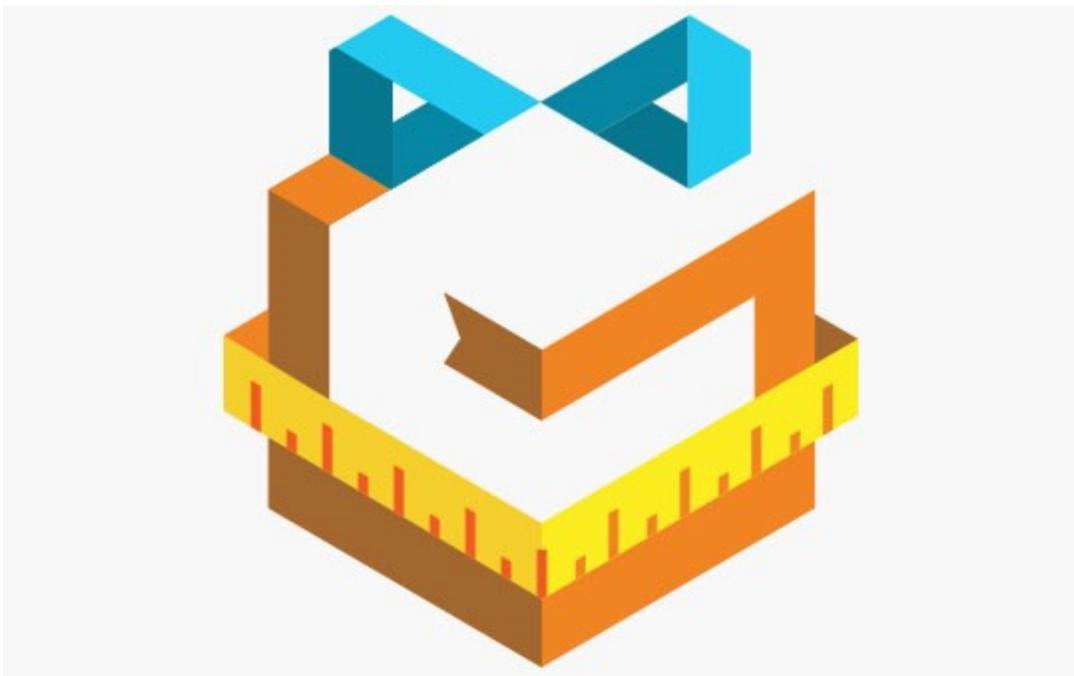


SESSION /

Weeks 1-6



**Your
GIFT
of a healthier lifestyle**

Welcome to GIFT! We are glad you want to learn more about improving your health. This program uses proven information to provide tools that can help you improve your nutrition, increase physical activity, and prevent and reduce chronic diseases through weight loss. The weekly lesson material is information you can use to guide and encourage you on your weight loss journey!

Accountability is also important! Completing physical activity/food/water logs is critical to your success. Keeping a log of what you eat and drink and your activity helps you manage your calories and keeps you on the road to meeting your goals. The “Talk It Out” is a great place to share your struggles, stumbling blocks, and successes.

If you are “sticking to the program like glue” and are having problems reaching your health or weight loss goals, seek assistance! Your local public health department or county extension office may be able to provide guidance from medical and nutrition professionals. Your healthcare provider is also an excellent resource. Be sure to access our “Eat Well, Live Well! “Ask the Dietitian”, which lets you ask our Registered Dietitians nutrition questions.

If you are interested in attending a group meeting rather than using online materials, just contact us and we’ll provide the location and schedule for group meetings near you. Do you want to learn to facilitate a group at your work, home, church, or other community location? Great! We’ll provide the training and materials at no cost. Please contact us if you have questions.

Enjoy getting healthier!

Health Education Staff
Florida Department of Health - Hillsborough County
(813) 307-8071

Session I Objectives

Food and Activity Tracking – Week 1

- Understanding the importance of keeping track of your food and activity

Plan for Success – Week 2

- Know your BMI and category
- Know a benefit of “Target 10”
- Understand the benefit of creating a plan for action

Portion Control and Fruit & Veggies – Week 3

- Name household items used to show food portion size
- Know how to read a food nutrition label for package portion size
- Name ways to include more fruit and vegetables in everyday menus

Carbs, Fats, Fiber & FADs - Week 4

- Name 2 types of carbohydrates
- Name 3 foods that are carbohydrates
- Name 2 types of healthy fat
- Describe the 2 types of fiber
- Describe a draw-back to fad dieting

Salt, Sodium, Herbs, and Spices - Week 5

- Know the recommended amount of sodium per day for most individuals
- Name 5 high sodium foods to limit
- Name 3 substitutes for salt that enhance food taste but are low sodium
- Name 2 herbs or spices that can be added to foods to increase flavor

Healthy Shopping – Week 6

- Know how to save money on healthy food purchases
- Know the location in most stores where the healthiest foods are placed

Pre-Test

Try to answer all the questions. If you can't answer them or get them wrong, it's ok!
You'll be learning about all of these in the upcoming weeks.

1. Do you know your BMI (Body Mass Index) number? No Yes, my number is _____
2. Do you know into which category that number fits? No Yes, I am (circle answer)
 - a. Normal
 - b. Overweight
 - c. Obese
 - d. Extremely Obese
3. Do you participate in regular exercise for at least 30 minutes a day? Yes No
4. Do you eat 5 or more fruit and vegetable servings a day? Yes No
5. Which of the following represents the correct serving size of meat?
 - a. postage stamp
 - b. deck of cards
 - c. compact disk
 - d. 5" x 7" note pad
6. How many cups of fruits and vegetables should adults eat every day?
 - a. 2 - 4 cups
 - b. 1 cup
 - c. 6-8 cups
 - d. 1/2 cup
7. Which colors of fruit or vegetables should adults choose daily?
 - a. white only
 - b. white and yellow only
 - c. bright orange and green
 - d. bright green only
8. Some herbs and spices that can substitute for sweet flavor: (circle all that apply)
 - a. Cinnamon
 - b. Cloves
 - c. Cilantro
 - d. none
9. What foods are considered carbohydrates? (circle all that apply)
 - a. Bread
 - b. Broccoli
 - c. Cheese
 - d. Blueberries
10. What are some things you can do to eat healthier and save money when grocery shopping? (circle all that apply)
 - a. Make a shopping list and stick to it
 - b. Go shopping hungry
 - c. Limit trips to the supermarket
 - d. Purchase convenience items

Compare this to the Post-Test you'll be completing at the end of 6 weeks.
You'll be surprised at how much you learn!