

## Ohio SNAP-Ed Adult & Teen Programs Variety Really IS Key!

**Task Topic:** Protein Foods

**Task Title:** Variety Really IS Key!

**Teaching Message(s):**

- ☒ When consuming meat like beef, pork, chicken, or seafood, choose lean or low fat options.
- ☒ Use MyPlate to make healthy choices with a limited budget.
- ☒ Eat plant-based protein foods like beans, lentils, soy, or nuts.
- ☒ Use food labels to make better choices.

**Resources:** Adapted from ChooseMyPlate.gov, *Dietary Guidelines*

### Objectives for the Task:

1. Identify one benefit of eating plant-based protein sources.
2. Name two kinds of protein foods besides meat and chicken/poultry to include in your diet.

### Materials needed for the Task (including Handouts):

- Fact Sheet – Ten Tips Nutrition Education Series: With Protein Foods, Variety is Key
- Healthy Protein Practices game board and cards, (printed on card stock) – enough for 4-6 small groups

### Food and Equipment for Demonstration and Sampling:

- [None needed for this task]

Some ingredients may not be available in your area. Feel free to make ingredient substitutions as necessary. If you decide to make a recipe substitution, please use a SNAP-Ed approved recipe from the What's Cooking? USDA Mixing Bowl website:

<http://www.whatscooking.fns.usda.gov/>

### General Materials List:

- |                    |                                |               |
|--------------------|--------------------------------|---------------|
| • Flip chart paper | • Post-it notes                | • Index cards |
| • Thought box      | • Markers                      | • Pens        |
| • Highlighters     | • Masking tape                 | • Name tags   |
| • VOICE principles | • Participant evaluation forms |               |

### Preparation:

- Print the game board and game cards on card stock (4-6 copies). Cut each set of cards into individual cards and place into envelopes.



**Key Points to Review:**

- Introduce yourself. Give brief description of the program (program name, length of sessions, duration of program).
- Include your purpose as the facilitator (i.e. to introduce ideas that are supported by research, to give them the tools to make informed decisions about areas that affect their health & nutritional needs, and to identify topics that might be covered based on the curricula used in the program).
- Review the V.O.I.C.E. Principles.
- Ask participants to sign in on the SNAP-Ed sign-in sheet.
- Remember to pass out the appropriate participant evaluation form at the end of the session, making sure to read the questions out loud to the participants.

**Transition:**

Last time we met, we discussed.... We also .... Who would like to share an example of ...?

Today we will learn about health benefits associated with eating a variety of protein foods, including plant-based proteins, seafood, and nuts.

But before we start, let's talk about the importance of physical activity. Four types of physical activity are endurance, strength, balance, and flexibility. In order to reap the most benefit, it's a good practice to do different kinds of activity. Being creative not only keeps it fun, but it also reduces your risk of getting hurt. Let's work on some balance exercises to start off today's lesson. *Refer to the National Institute on Aging's Exercise and Physical Activity guide, pages 63-68, for examples of balance exercises. This resource can be found at: <https://www.nia.nih.gov/health/publication/exercise-physical-activity/introduction>.*

*Physical activity guidelines can be found at the following websites:*

- Office of Disease Prevention and Health Promotion: [www.health.gov/paguidelines/](http://www.health.gov/paguidelines/)
- CDC: <http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>
- President's Council on Fitness, Sports, and Nutrition: [www.fitness.gov/being-active/physical-activity-guidelines-for-Americans/](http://www.fitness.gov/being-active/physical-activity-guidelines-for-Americans/)

Anchor

Meat, chicken or turkey, and eggs are the protein foods most commonly eaten by Americans, according to the *Dietary Guidelines*. Think about how often you eat protein foods from these sources. Now, think about how this compares with how often you eat protein foods that include fish, beans, soy products, or nuts. Jot down some thoughts on the Post-it notes at your table.

Who would like to share their thoughts?

Add

*Pass out a copy of the Fact Sheet – 10 Tips Nutrition Education Series: With Protein Foods, Variety is Key to each participant.*



Many Americans meet their protein needs by eating foods from animal sources. While these are, indeed, good sources of protein, they also tend to contain solid (or saturated) fats. On the other hand, the fats in foods like seafood, nuts, and seeds are considered oils, and some of these foods contain healthy fats, like mono-unsaturated fats or omega-3 fatty acids. Research shows that eating mono-unsaturated fats has positive effects on one's health, whereas eating a lot of saturated fat can contribute to heart disease. Nuts and seeds (flax seed or sunflower seeds) provide healthy fats and protect against heart disease, and the *Dietary Guidelines* recommend including nuts and seeds in your diet regularly. However, be careful to watch portion sizes to keep calories in check.

Studies have also shown health benefits associated with eating fish and seafood. Seafood contains a wide range of nutrients, especially certain healthy fats called omega-3 fatty acids. These healthy fats have been linked to the prevention of heart disease. The *Dietary Guidelines* suggest about 20% of a person's total protein intake should come from seafood, which is about 8 ounces of seafood a week for adults. Fresh or frozen seafood are both good options. You can also try canned fish that is packed in water.

Soy products are another great source of protein and offer health benefits such as reduced risk of heart disease and certain types of cancer. These include tofu, edamame (which is simply soybeans), soy nuts (roasted soybeans), or textured vegetable protein (meatless "chicken nuggets" or hot dogs). Soy milk, yogurt, and cheese are also available at most grocery stores and are usually fortified with calcium and vitamins A and D.

The fact sheet I passed out talks about the benefits of eating protein foods from a variety of sources, as well as minding portion sizes and limiting sodium.

### Apply

*Divide the participants into 4-6 small groups. Give each group a Healthy Protein Practices game board and an envelope containing various protein behavior messages.*

Each group has a Healthy Protein Practices game board with three squares: Already Do It, Will Try It, or Not Practical for Me/Don't Want to Do It, as well as an envelope that contains cards that have statements about practices relating to healthy protein behaviors. In each group, take turns pulling out one protein behavior card, reading it aloud, and as a group, deciding which square on the Game Board you would place the behavior. Discuss WHY you chose the square you did, or what you might do differently.

Who would like to share which behaviors relating to eating protein foods that you already do? Which behaviors are ones that you are willing to do but not yet doing? Which behaviors are ones that are either not practical for you or ones you are not willing to do? What changes would you suggest that could enable you to do these practices?



Away

Look at one of the protein consumption behaviors that you, yourself, would have categorized under “Will Try It” in the activity we just did. Write that behavior down on a Post-It note and plan to try it in the upcoming week. Think about what you will have to do in order to make it happen.

**Facilitator’s Notes:****Facilitator’s Checklist:**

- ☐ Have I gathered all of the pertinent materials needed for the lesson?
- ☐ Did I spend the requisite amount of time covering each targeted message?
- ☐ Did I apply the principles of adult learning to my program?
- ☐ Did I create a comfortable and functional learning atmosphere?
- ☐ Did I fill out a Program Log with the necessary program information?
- ☐ Did I ensure that all participants signed the sign-in sheet?
- ☐ Did I read the survey instrument out loud to the participants?
- ☐ Did I collect all requisite survey instruments needed for today’s lesson?

