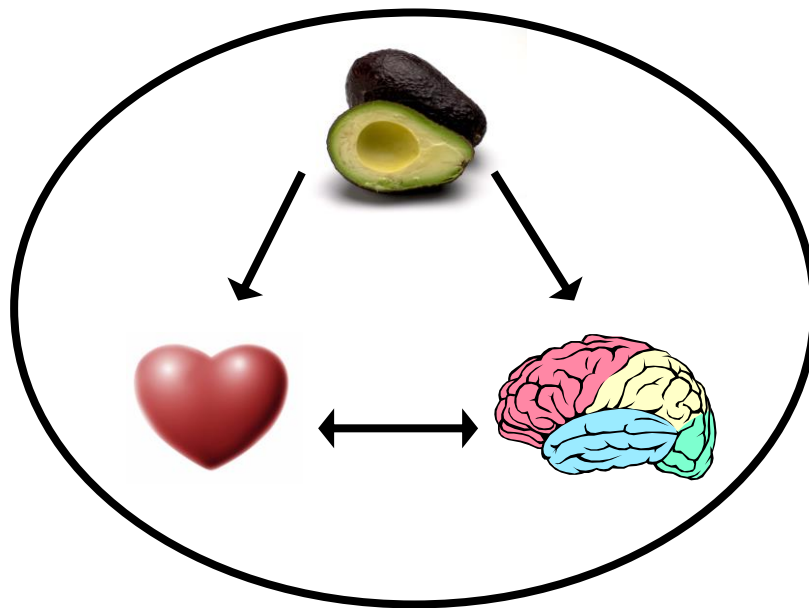


GOOD EATING HABITS FOR GOOD HEALTH

INTERVENTION MANUAL

FACILITATOR GUIDE



Poorni Otilingam, Ph.D.

TABLE OF CONTENTS

Legend.....	iv
Workshop I.....	1
Welcome	2
Program Goals.....	5
<i>Learning about Fats</i>	6
Fat versus Muscle.....	7
Benefits & Barriers.....	8
The Chain Game.....	10
Types of Fats.....	11
The Colors of Milk.....	16
Bottle Cap Home Activity.....	18
<i>Why Do Fats Matter?</i>	19
Disease Discussion.....	20
The Brain Connection.....	27
<i>Take Small Steps</i>	35
Achieve Your Goals by Taking Small Steps.....	41
<i>At the Market (Part I)</i>	44
Local Food Directory for La Puente, CA.....	45
Buy Healthy Foods on a Budget.....	47
Supermarket Map.....	52
Buy for Taste. Not for Fat.....	53
Buying Snacks.....	55
<i>Concluding Workshop I</i>	57
Workshop II.....	58
Welcome and Review.....	59
<i>At the Market (Part II)</i>	63
Food Pyramid Lotería.....	64
Reading Food Labels.....	70

TABLE OF CONTENTS, continued

<i>In the Kitchen</i>	77
Cook with Less Fat.....	78
Cooking Class.....	84
What to Cook.....	89
<i>Mealtime</i>	90
Portion Size.....	91
Serving Size.....	94
Balanced Plate.....	96
Eating During Holidays & Celebrations.....	100
Eating Out.....	102
<i>Concluding Workshop II</i>	107
References.....	108
Acknowledgments.....	109

LEGEND

One or more of these symbols appear on the following pages:



=

Lecture topic



=

Class activity



=

Action item for facilitators



=

Handout included in participants' packets