

# GOOD EATING HABITS FOR GOOD HEALTH

## WORKSHOP II



WELCOME TO THE FINAL PART OF USC'S GOOD EATING HABITS FOR GOOD HEALTH NUTRITION EDUCATION PROGRAM, OR BUENOS HABITOS ALIMENTICIOS PARA UNA BUENA SALUD. BY NOW, YOU SHOULD HAVE SIGNED IN, PICKED UP A NAMETAG AND HAVE AN INFORMATION PACKET.

Q: IS ANYONE MISSING ANY OF THESE THINGS?

IF YOU HAVE ANY QUESTIONS DURING THE PROGRAM, PLEASE ASK US. WE'LL BE YOUR FACILITATORS FOR TODAY'S WORKSHOP. OUR NAMES ARE \_\_\_\_\_ AND \_\_\_\_\_.

 *MAKE ADDITIONAL STAFF INTRODUCTIONS AS NECESSARY.*

AS YOU MAY REMEMBER, THIS IS A HEALTHY NUTRITION PROGRAM FOR LATINAS ENROLLED IN USC'S LATINO LOS ANGELES LATINO EYE STUDY. IT IS A TWO-PART PROGRAM. TODAY'S WORKSHOP IS THE LAST OF THE WORKSHOPS, AND IT WILL LAST THREE HOURS.

THERE ARE HEALTHY DRINKS AND SNACKS HERE (*POINT*) FOR YOU. PLEASE HELP YOURSELVES. IF YOU NEED TO USE THE RESTROOM, IT IS LOCATED AROUND THE CORNER IN THE CLINIC.

AS YOU MAY REMEMBER, THE PRIMARY FOCUS OF THE PROGRAM IS ON THE IMPORTANCE OF CONSIDERING DIFFERENT TYPES OF FATS IN OUR DIETS. EATING LOTS OF CERTAIN TYPES OF FATS IS ASSOCIATED WITH INCREASED RISK FOR HEART DISEASE AND RELATED DISEASES. IN THIS PROGRAM, WE WANT TO SHOW HOW YOU CAN MODIFY FATS IN YOUR FOODS, AND STILL EAT HEALTHY AND TASTY DISHES.

BY THE END OF THIS PROGRAM, YOU WILL BE ABLE TO HELP IMPROVE YOUR AND YOUR FAMILY'S HEALTH BY TEACHING YOUR FAMILY WHY IT IS IMPORTANT TO USE CERTAIN FATS, KNOWING HOW TO SELECT HEALTHIER FOODS AT THE MARKET, AND PREPARING DELICIOUS,



TRADITIONAL LOW-FAT MEALS. MOST IMPORTANTLY, YOU WILL BE ABLE TO ENJOY TASTY AND HEALTHY MEALS WITH YOUR FAMILY.

IN A FEW MINUTES, WE WILL BEGIN THE WORKSHOP. BEFORE THE END OF TODAY'S WORKSHOP, WE WILL ASK EACH OF YOU TO COMPLETE A 30 MINUTE INTERVIEW. AFTER YOU DO THIS INTERVIEW, YOU WILL RECEIVE MOVIE TICKETS AS A THANK YOU GIFT FOR YOUR PARTICIPATION. THEN, WE'LL HAVE GRADUATION AND CONCLUDE THE PROGRAM.

**Q: ANY QUESTIONS SO FAR?**

WE WANT TO MAKE THIS CLASS AS SUPPORTIVE AS POSSIBLE. WE REALLY LIKED THE IDEA OF A **GROUP-BASED CLASS** BECAUSE WE CAN ALL LEARN FROM EACH OTHER IN THIS ROOM TODAY. THEREFORE, PLEASE PARTICIPATE AS MUCH AS YOU FEEL COMFORTABLE, AND PLEASE SUPPORT YOUR CLASSMATES THAT DO.

BEFORE WE GO ON, WE'D LIKE TO KNOW A **LITTLE ABOUT YOU** ONCE AGAIN. WE'D LIKE TO ASK EACH OF YOU TO BRIEFLY TELL US YOUR NAME, WHY YOU WERE INTERESTED IN THIS CLASS, WHAT YOU HOPE TO GET OUT OF THIS CLASS, AND YOUR FAVORITE DISH.

**Q: WHO'D LIKE TO BEGIN?**

**👉 PROCEED AFTER ALL PARTICIPANTS HAVE INTRODUCED THEMSELVES.**

AGAIN, OUR NAMES ARE \_\_\_\_\_ AND \_\_\_\_\_. NOW THAT EVERYONE'S INTRODUCED THEMSELVES, LET'S CONTINUE.



LET'S BEGIN BY REVIEWING YOUR GOALS FROM THE PREVIOUS WORKSHOP. OUR GOAL IS TO EMPHASIZE MAKING NUTRITION CHANGES IN SMALL, GRADUAL STEPS.

**Q: DO YOU REMEMBER THE HANDOUT WITH THE LADY CLIMBING THE LADDER?**

AT THE END OF THE PREVIOUS WORKSHOP, YOU LISTED THREE GOALS THAT YOU WANTED TO WORK ON IN THE LAST ONE TO TWO WEEKS. WE WANT TO HEAR ABOUT YOUR SUCCESSES, BUT WE ALSO WOULD LIKE TO HEAR ABOUT THE CHALLENGES YOU MAY HAVE HAD IN REACHING YOUR GOALS. THEN, AS A CLASS, WE CAN HELP EACH OTHER BY GIVING YOUR OWN SOLUTIONS AND/OR TRYING TO HELP PROBLEM-SOLVE IN OTHER WAYS. PLEASE REMEMBER, THERE'S NO PRESSURE TO PARTICIPATE, BUT WE WELCOME PARTICIPATION. EVEN IF YOU DON'T WANT TO SHARE, AS WE MENTIONED LAST TIME, WE APPRECIATE YOU SUPPORTING ONE ANOTHER IN DISCUSSIONS.

**Q: WHO'D LIKE TO START? ANY VOLUNTEERS?**

*ENCOURAGE PARTICIPANTS TO SHARE THEIR SUCCESSES, AS WELL AS THEIR CHALLENGES. GUIDE THE GROUP TO HELP TROUBLESHOOT ANY CHALLENGES THAT ARE DISCUSSED.*

*👉 PROCEED AFTER ALL PARTICIPANTS WHO ARE INTERESTED IN SHARING HAVE DONE SO.*

THERE'S ONE MORE ACTIVITY TO REVIEW BEFORE WE MOVE ON TO TODAY'S TOPICS. IN THE PREVIOUS WORKSHOP, WE DISCUSSED SWITCHING THE CAPS FROM YOUR FAMILY'S MILK JUGS TO HELP DECREASE THE FAT IN YOUR FAMILY'S DIET.

**Q: DID ANYONE HAVE A CHANCE TO TRY THIS TECHNIQUE? HOW WAS IT FOR YOU?**



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THANKS FOR SHARING YOUR EXPERIENCE.

**Q: WHAT WORKED FOR YOU IN TRYING THIS TECHNIQUE? WHAT DIDN'T WORK?**

**Q: WOULD ANYONE ELSE LIKE TO SHARE?**

*ENCOURAGE PARTICIPANTS TO SHARE THEIR SUCCESSES, AS WELL AS THEIR CHALLENGES. GUIDE THE GROUP TO HELP TROUBLESHOOT ANY CHALLENGES THAT ARE DISCUSSED.*

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