



## AT THE MARKET (PART II)



AS YOU MAY REMEMBER, WE ENDED THE LAST WORKSHOP BY DISCUSSING HEALTHY SHOPPING TIPS. NOW WE'RE GOING TO HAVE A BIT OF FUN WHILE DISCUSSING THE FOOD PYRAMID. THE FOOD PYRAMID WILL HELP GUIDE YOU WHEN YOU'RE BUYING FOODS AT THE MARKET.



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ACTIVITY: FOOD PYRAMID LOTERÍA

**Q & A: HOW MANY OF YOU HAVE SEEN THE FOOD PYRAMID? DID YOU KNOW THAT THERE'S A PYRAMID CREATED ESPECIALLY FOR THE LATIN AMERICAN DIET?**



**PAUSE FOR RESPONSE**

THERE'S A SHEET IN YOUR PACKET THAT SHOWS THE PYRAMID. PLEASE TAKE THAT OUT NOW, AND FOLLOW ALONG.



**HOLD UP THE PYRAMID SHEET.**

AS YOU CAN SEE, THE FOOD PYRAMID IS IN THE SHAPE OF A TRIANGLE. THE TRIANGLE HAS A VERY WIDE BASE, A LARGE FOUNDATION, A SMALLER MIDDLE, AND A VERY SMALL POINT. AS YOU CAN SEE, THERE ARE FOUR LAYERS IN TOTAL.

PICTURED AT THE VERY BOTTOM OF THE BASE ARE **PHYSICAL ACTIVITIES**. IT IS RECOMMENDED THAT YOU GET AT LEAST 30 MINUTES OF PHYSICAL ACTIVITY PER DAY. THIS COULD BE ANY PHYSICAL ACTIVITY SUCH AS TAKING A WALK AROUND THE BLOCK WITH YOUR FAMILY. YOU DON'T HAVE TO GO TO THE GYM TO GET YOUR EXERCISE.

THE NEXT THREE LAYERS CONSIST OF FOODS. THE SIZE OF THE LAYER IS TO SHOW HOW MUCH YOU SHOULD CONSUME OF THE FOODS IN THAT LAYER.

**THE LARGER THE LAYER, THE MORE YOU SHOULD CONSUME OF THAT FOOD.** FOR EXAMPLE, FOODS CLOSER TO THE BOTTOM OF THE TRIANGLE - FRUIT, VEGETABLES, MAIZE, POTATOES, GRAINS, GRAIN PRODUCTS LIKE TORTILLAS, BEANS, AND NUTS - ARE FOODS THAT SHOULD BE CONSUMED FREQUENTLY, LIKE AT EVERY MEAL.



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THE FOODS IN THE MIDDLE - FISH, SHELLFISH, PLANT OILS, DAIRY, AND POULTRY - SHOULD BE CONSUMED MODERATELY, SAY ON A DAILY BASIS. AND THE **FOODS AT THE VERY TOP** - RED MEAT, DESSERTS, SWEETS, AND EGGS - SHOULD BE CONSUMED OCCASIONALLY, LIKE **ONCE A WEEK**.

**SO, IN CONSIDERING YOUR AND YOUR FAMILY'S MEALS, BUY AND ENJOYS FOODS AT THE PYRAMID'S BOTTOM FOR MOST MEALS, AND LIMIT THE FOODS AT THE TOP.**

IF YOU DON'T ALREADY USE THE PYRAMID AS A GUIDE FOR YOUR FAMILY'S DIETS, HERE ARE SOME TIPS ON HOW TO USE IT IN AN EASY WAY:

 **BULLET THESE POINTS ON THE EASEL PAD.**

- ONE:** CHOOSE A VARIETY FROM EACH GROUP.
- TWO:** ADAPT A PLAN TO YOUR AND YOUR FAMILY'S SPECIFIC TASTES.
- THREE:** COMBINE FOODS FROM DIFFERENT GROUPS.
- AND FOUR:** SELECT MEALS AND SNACKS WISELY.

WE'RE NOW GOING TO GET SOME PRACTICE USING THE FOOD PYRAMID BY PLAYING **LOTERÍA, KNOWN IN ENGLISH AS BINGO!**

**Q & A: DOES EVERYONE KNOW HOW TO PLAY LOTERÍA?**

 **PAUSE FOR RESPONSE**

IF YOU DON'T KNOW HOW TO PLAY, NO WORRIES. TO REVIEW, THE RULES ARE VERY EASY. EACH PERSON WILL RECEIVE A ZIPLOC BAG WITH 20 GAME PIECES. EACH PIECE WILL CONTAIN A PICTURE OF A FOOD OR A PERSON DOING A PHYSICAL EXERCISE. ONCE YOU GET YOUR GAME PIECES, BE SURE TO SPREAD THEM ALL OUT IN FRONT OF YOU. EACH GAME PIECE WILL CORRESPOND TO THE COLORS OF THE



*ACTIVITY: FOOD PYRAMID LOTERÍA*

GAME BOARD SHOWN ON THIS HANDOUT AVAILABLE IN YOUR PACKET. LET'S BE SURE EVERYONE HAS THIS SHEET IN THEIR PACKETS. THIS WILL BE YOUR PERSONAL GAME BOARD.

 **HOLD UP THE LOTERÍA PLAY BOARD SHEET & DISTRIBUTE ZIPLOC BAGS WITH GAME PIECES TO EVERY PARTICIPANT.**

TO PLAY, WE WILL SHAKE THIS CONTAINER THAT HOLDS THE MATCHING PIECES. WE WILL SELECT AND READ THE NAME OF ONE FOOD AT A TIME. IF YOU HAVE THAT FOOD, PLACE YOUR GAME PIECE IN THE LEVEL THAT MATCHES THE FOOD TYPE.

AS YOU CAN SEE FROM THIS PYRAMID, BLUE REPRESENTS PHYSICAL ACTIVITY, GREEN REPRESENTS FRUITS, VEGETABLES, WHOLE GRAINS, BEANS AND PASTA, YELLOW REPRESENTS FISH, SHELLFISH, DAIRY, PLANT OILS, OR POULTRY, AND FINALLY RED REPRESENTS MEATS, EGGS, AND SWEETS.

FOR EXAMPLE, IF WE SAID "PAPAYA", AND YOU HAD A GAME PIECE WITH A PICTURE OF A PAPAYA, YOU WOULD PLACE THE GAME PIECE IN THE "FRUITS" SECTION. IF YOU DIDN'T HAVE A PAPAYA GAME PIECE, YOU WOULDN'T DO ANYTHING, AND WOULD JUST WAIT FOR THE NEXT PIECE TO BE CALLED OUT. **IF YOU HAVE MORE THAN ONE OF THE SAME PIECE THEN PUT BOTH BECAUSE BOTH PIECES WILL COUNT. PLEASE BE SURE THAT THE FOOD PICTURE BEING SHOWN EXACTLY MATCHES YOUR FOOD PICTURE!**

**THE GOAL IS TO FILL UP YOUR FOOD PYRAMID WITH FOUR BLUE PIECES AT THE BOTTOM, 3 IN THE NEXT GREEN LEVEL, 2 PIECES IN THE YELLOW LEVEL, AND 1 PIECE AT THE RED LEVEL.**

**REMEMBER TO LET US KNOW WHEN YOU FILL UP YOUR BOARD BY CALLING OUT "LOTERÍA"! THE FIRST PERSON WHO HAS A COMPLETE BOARD WILL WIN A PRIZE!**



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*ACTIVITY: FOOD PYRAMID LOTERÍA*

**Q: DOES EVERYONE UNDERSTAND? ARE THERE ANY QUESTIONS?**

 *PAUSE FOR QUESTIONS AND RESPONSES*

OKAY, LET'S PLAY!

 *REMEMBER TO HAND OUT PRIZE (CUTTING BOARD)*



ACTIVITY: FOOD PYRAMID

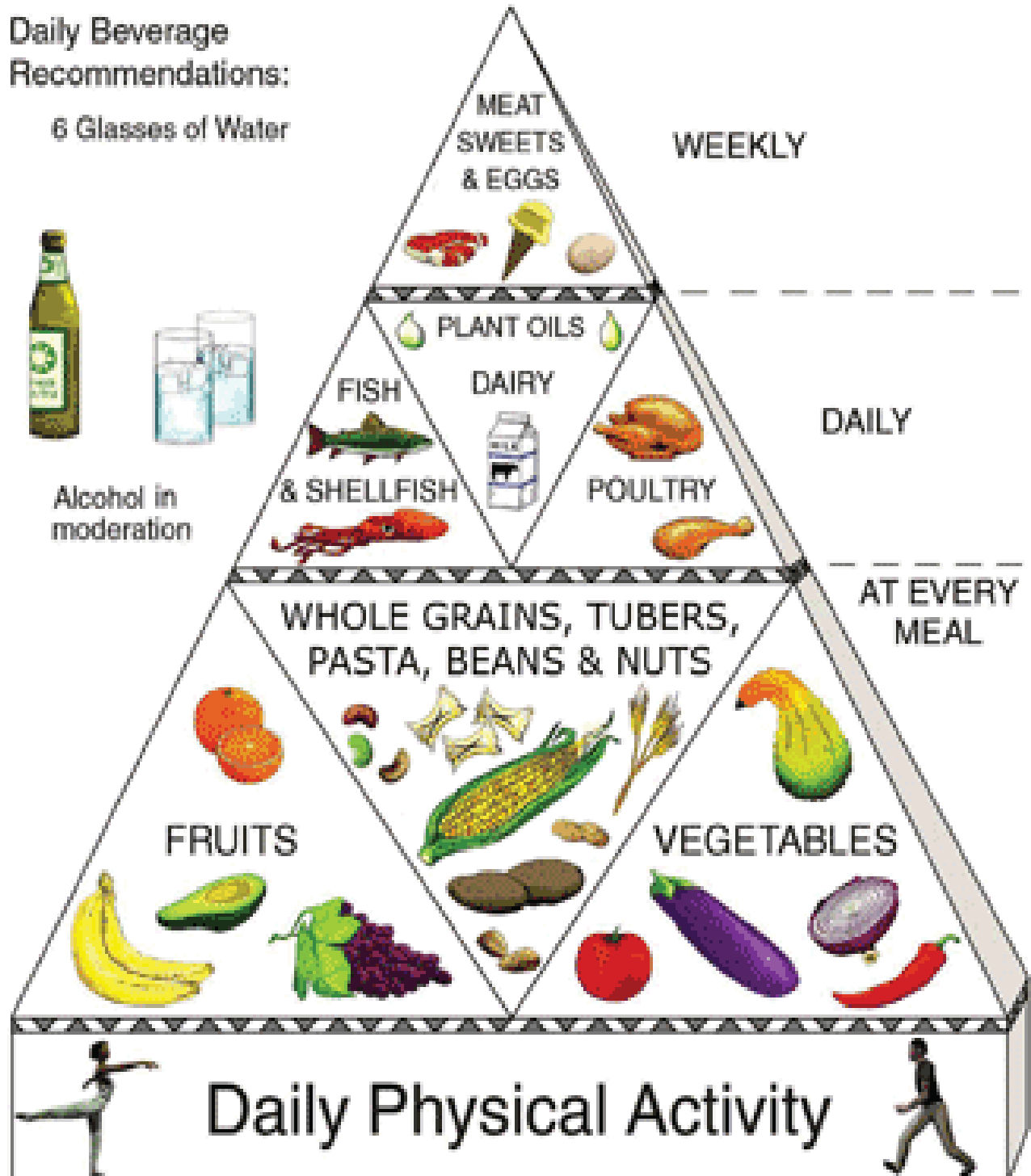
### The Traditional Healthy Latin American Diet Pyramid

Daily Beverage Recommendations:

6 Glasses of Water

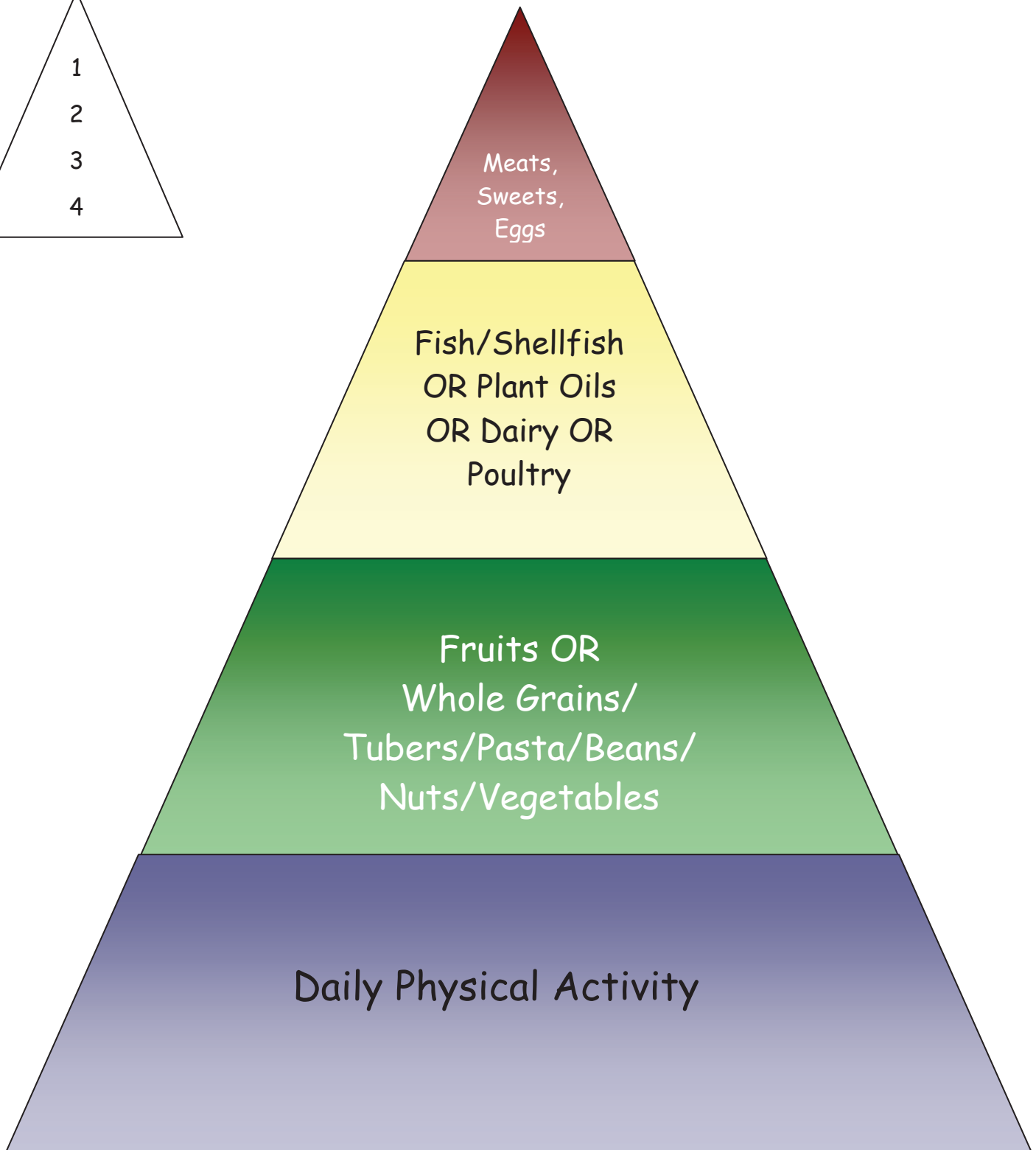
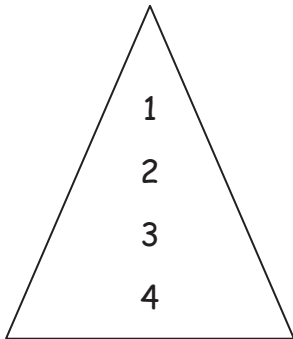


Alcohol in moderation





ACTIVITY: FOOD PYRAMID LOTERÍA





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ACTIVITY: READING FOOD LABELS

**Q & A: HOW MANY OF YOU HAVE SEEN A NUTRITION FACT LABEL BEFORE?**

*PAUSE FOR RESPONSE*

**Q & A: WHO CAN TELL ME WHAT A NUTRITION FACT LABEL CAN TELL A CONSUMER?**

*PAUSE FOR RESPONSE*

SOME MAY CONSIDER THE LABEL TO BE A BIG MYSTERY. WE HOPE TO SHOW YOU TODAY THAT IT'S ACTUALLY A VERY EASY AND HELPFUL SOURCE OF INFORMATION. CONSIDER IT TO BE THE WINDOW THROUGH WHICH YOU CAN SEE WHAT YOU'RE PUTTING INTO YOUR AND YOUR FAMILY'S BODIES.

THE AMOUNT OF FAT THAT WE EACH CONSUME WILL VARY AMONG YOU AND YOUR FAMILY MEMBERS AND WILL DEPEND ON FACTORS LIKE AGE, HEIGHT, GENDER, AND BODY TYPE. LET'S BEGIN TO LEARN HOW TO READ A LABEL BY LOOKING AT THIS HANDOUT.

*HOLD UP THE NUTRITION FACTS "HOW TO READ LABEL" SHEET.*

HERE WE HAVE A NUTRITION LABEL. THIS IS WHAT CAN BE FOUND ON THE BACK OF MOST FOODS PURCHASED IN THE U.S. THERE ARE SEVERAL THINGS WE CAN LOOK AT. WE'D LIKE TO BRING YOUR ATTENTION TO A FEW ITEMS ON THE LABEL.

**Q & A: THE FIRST THING YOU WANT TO LOOK FOR IS WHAT THE SERVING SIZE IN THE ITEM IS. WHAT IS THE SERVING SIZE IN THIS FOOD?**

*MAKE SURE SOMEONE SAYS "ONE CUP" BEFORE PROCEEDING.*





ACTIVITY: READING FOOD LABELS

**Q & A: SECOND, YOU WANT TO CHECK THE SERVINGS PER CONTAINER. WHO CAN TELL US THE NUMBER OF SERVINGS PER CONTAINER?**

 *MAKE SURE SOMEONE SAYS "TWO" BEFORE PROCEEDING.*

**Q & A: THIRD, CHECK THE NUMBER OF CALORIES PER SERVING. WHO WANTS TO TELL US THE NUMBER OF CALORIES PER SERVING?**

 *MAKE SURE SOMEONE SAYS "'250 CALORIES" BEFORE PROCEEDING.*

**Q & A: SO, HOW MANY TOTAL CALORIES ARE THERE FOR THE ENTIRE ITEM? HOW DID YOU COME UP WITH THAT ANSWER?**

 *MAKE SURE SOMEONE SAYS "500 CALORIES" BEFORE PROCEEDING. ILLUSTRATE HOW YOU CALCULATED 500 CALORIES; 2 SERVINGS MULTIPLIED BY 250 CALORIES PER SERVING EQUALS 500 CALORIES.*

**Q & A: FOURTH, BECAUSE WE'RE MOST INTERESTED IN FAT, LET'S MOVE ON TO FIGURING OUT THE FAT CONTENT IN THIS PRODUCT. HOW MANY TOTAL FAT GRAMS ARE THERE PER SERVING?**

 *MAKE SURE SOMEONE SAYS "12 GRAMS" BEFORE PROCEEDING.*

**Q & A: AND FIFTH, HOW MANY SATURATED AND TRANS FAT GRAMS EXIST PER SERVING?**

 *MAKE SURE SOMEONE SAYS "THREE SATURATED GRAMS" AND "THREE TRANS FAT GRAMS" BEFORE PROCEEDING.*



ACTIVITY: READING FOOD LABELS

Cómo Leer una Etiqueta HOW TO READ A LABEL

1. →
2. →
3. →
4. →
5. →

# Nutrition Facts

Service Size 1 cup (228g)  
Servings Per Container 2

**Amount Per Serving**

**Calories** 250      Calories from Fat 110

	% Daily Value*
<b>Total Fat</b> 12g	<b>10%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	<b>4%</b>
Vitamin C	<b>2%</b>
Calcium	<b>20%</b>
Iron	<b>4%</b>

**% Daily Value\***

**Total Fat** 12g **10%**

  Saturated Fat 3g **15%**

  Trans Fat 3g

**Cholesterol** 30mg **10%**

**Sodium** 470mg **20%**

**Total Carbohydrate** 31g **10%**

  Dietary Fiber 0g **0%**

  Sugars 5g

**Protein** 5g

Vitamin A **4%**

Vitamin C **2%**

Calcium **20%**

Iron **4%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

For more information and recipes: [www.latinonutrition.org](http://www.latinonutrition.org)

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Empieza aquí:  
Número de porciones

*Start here:  
Number of servings*

Chequea las calorías  
*Check calories*

Limita las grasas,  
el colesterol y el sodio  
*Limit fats, cholesterol  
and sodium*

% Valor Diario:  
menos de 5% es bajo  
más de 20% es alto  
*% Daily Value:  
less than 5% is low  
more than 20% is high*

Consume suficiente  
fibra, vitaminas,  
calcio y hierro  
*Get enough fiber,  
vitamins, calcium  
and iron*

Cantidades Diarias  
Sugeridas  
*Recommended Daily  
Values*



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*ACTIVITY: READING FOOD LABELS*

OKAY, LET'S HAVE SOME FUN! NEXT, WE HAVE TWO MYSTERY LABELS PRINTED ON THIS LARGE POSTER BOARD.

 *SET UP POSTER BOARDS FOR DISPLAY*

THESE LABELS ARE UNIDENTIFIED, BUT WE THINK THAT YOU'LL BE ABLE TO GUESS WHAT THESE PRODUCTS ARE. WE'LL START READING CLUES ABOUT BOTH LABELS. ONE IS LABELED "A" AND ONE IS LABELED "B".

ONCE YOU KNOW BOTH OF THE ANSWERS, PLEASE RAISE YOUR HAND AND TELL US YOUR GUESSES. YOU CAN GUESS ONLY ONCE, SO BE SURE TO WAIT UNTIL YOU HAVE A GOOD IDEA ABOUT YOUR GUESSES.

**Q & A: ARE THERE ANY QUESTIONS BEFORE WE BEGIN?**

 *PAUSE FOR RESPONSE*

**OKAY, LET'S BEGIN. HERE ARE SOME FACTS ABOUT LABEL "A" AND LABEL "B".**

- FOOD PRODUCT REPRESENTED BY LABEL "A" IS EATEN REGULARLY BY MANY LATINO FAMILIES. EVEN IN VERY SMALL AMOUNTS, IT CAN INCREASE YOUR RISK FOR THE DISEASES WE HAVE DISCUSSED. FOOD PRODUCT REPRESENTED BY LABEL "B" HAS BEEN RECOMMENDED AS A FAT THAT CAN HELP REDUCE THE RISKS ASSOCIATED WITH THESE DISEASES.
- "A" IS OFTEN FOUND IN A RED BOX, WHILE "B" IS FOUND WITH A RED TOP.



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ACTIVITY: READING FOOD LABELS

- 1 SERVING OF "A" CONTAINS ALMOST THE SAME NUMBER OF CALORIES AS A GLASS OF 1% MILK, WHEREAS 1 SERVING OF "B" CONTAINS THE SAME NUMBER OF CALORIES AS HALF OF A JELLYBEAN.
- "B" IS MADE FROM VEGETABLE FAT, WHEREAS "A" IS MADE FROM ANIMAL FAT.

THIS IS THE CONCLUSION OF THE CLUES FOR OUR MYSTERY PRODUCTS. DOES ANYONE HAVE A GUESS FOR WHAT FOOD PRODUCT EACH LABEL REPRESENTS?

 IF NO ONE IS ABLE TO GUESS, TELL PARTICIPANTS THAT "A" IS LARD AND "B" IS A SPRAY FROM A PAM CANISTER.



ACTIVITY: READING FOOD LABELS

A

<b>Nutrition Facts</b>	
Serving Size 1 tbsp 13g (12 g)	
<b>Amount Per Serving</b>	
<b>Calories</b> 115	Calories from Fat 115
% Daily Value*	
<b>Total Fat</b> 13g	20%
Saturated Fat 5g	25%
Trans Fat	
<b>Cholesterol</b> 12mg	4%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein</b> 0g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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ACTIVITY: READING FOOD LABELS

**B**

<b>Nutrition Facts</b>	
Serving Size 1 spray , about 1/3 second 1 NLEA serving 0g (0 g)	
<b>Amount Per Serving</b>	
<b>Calories 2</b>	Calories from Fat 2
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein</b> 0g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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