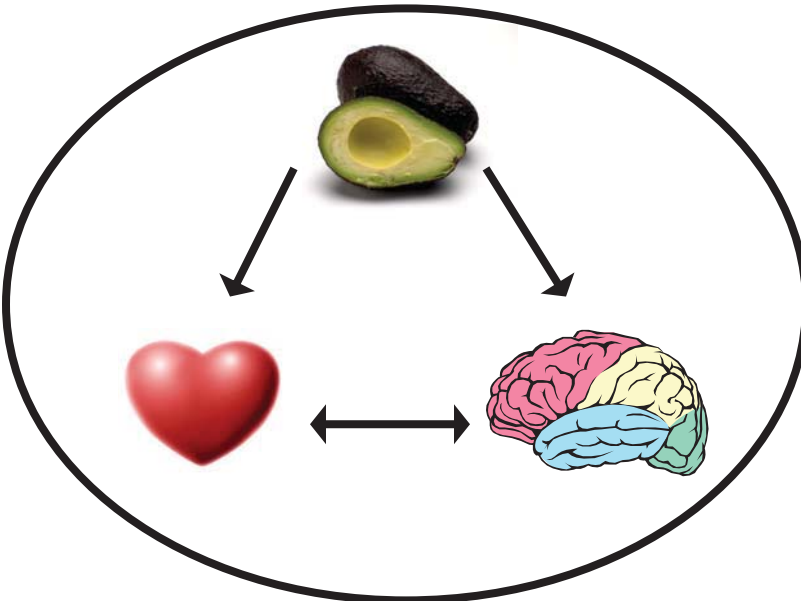


# GOOD EATING HABITS FOR GOOD HEALTH

## WORKSHOP I





WE WOULD LIKE TO WELCOME YOU TO USC'S GOOD EATING HABITS FOR GOOD HEALTH NUTRITION EDUCATION PROGRAM, OR BUENOS HABITOS ALIMENTICIOS PARA UNA BUENA SALUD. YOU SHOULD HAVE SIGNED IN, PICKED UP A NAMETAG AND HAVE AN INFORMATION PACKET. 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 \_\_\_\_\_. (SAY AS NEEDED: YOU ALREADY MET \_\_\_\_\_, WHO WILL BE PROVIDING BABYSITTING SERVICES HERE IN THE CLINIC WHILE YOU ARE IN THE WORKSHOP TODAY).

 **MAKE ADDITIONAL STAFF INTRODUCTIONS AS NECESSARY.**

AS YOU MAY KNOW, THIS IS A HEALTHY NUTRITION PROGRAM FOR LATINAS ENROLLED IN USC'S LOS ANGELES LATINO EYE STUDY. IT IS A TWO-PART PROGRAM. TODAY'S WORKSHOP WILL LAST TWO HOURS. AT THE END OF THE WORKSHOP, WE'LL ASK THAT YOU SIGN UP FOR THE SECOND PART. THE SECOND WORKSHOP WILL COVER NEW INFORMATION, AND WILL LAST THREE HOURS. 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.

TO LET YOU KNOW, THERE ARE HEALTHY DRINKS AND SNACKS HERE (POINT) FOR YOU. PLEASE HELP YOURSELVES. ALSO, RESTROOMS ARE LOCATED JUST AROUND THE CORNER IN THE CLINIC.



**HOLD UP THE HANDOUT SHOWN ON THE NEXT PAGE**

AS YOU CAN SEE ON THIS HANDOUT, BY THE END OF THIS PROGRAM, YOU WILL BE ABLE TO HELP IMPROVE YOUR AND YOUR FAMILY'S HEALTH BY TEACHING YOUR FAMILY ABOUT THE IMPORTANCE OF USING CERTAIN FATS, KNOWING HOW TO SELECT HEALTHIER FOODS AT THE MARKET, PREPARING DELICIOUS, LATINO LOW-FAT MEALS, AND MOST IMPORTANTLY, ENJOYING TASTY AND HEALTHY MEALS WITH YOUR FAMILY. IN A FEW MINUTES, WE WILL BEGIN THE WORKSHOP. HALF THE WORKSHOP WILL BE COVERED IN THIS CLASS; THE OTHER HALF OF THE WORKSHOP WILL BE COVERED IN THE NEXT CLASS. 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. THEREFORE, PLEASE PARTICIPATE AS MUCH AS YOU FEEL COMFORTABLE, AND PLEASE SUPPORT YOUR CLASSMATES THAT DO.

ALSO, WE WANT TO EMPHASIZE MAKING NUTRITION CHANGES IN **SMALL, GRADUAL STEPS**. AS WE CONTINUE ON, WE'LL PRESENT LOTS OF SMALLER STEPS THAT YOU CAN CONSIDER TAKING TO MODIFY FAT IN YOUR DIETS. AS WE PROCEED, WE WANT TO ENCOURAGE YOU TO THINK ABOUT THREE SMALL STEPS THAT YOU'D LIKE TO FOCUS ON BEFORE THE NEXT WORKSHOP. WE'LL DISCUSS THE THREE STEPS THAT YOU'VE CHOSEN AT THE END OF TODAY'S WORKSHOP.

BEFORE WE GO ON, WE'D LIKE TO KNOW A **LITTLE ABOUT YOU**. WE'D LIKE TO ASK EACH OF YOU TO VERY BRIEFLY TELL US YOUR NAME, WHAT YOU HOPE TO GET OUT OF THIS CLASS, AND YOUR FAVORITE DISH. WHO'D LIKE TO BEGIN?

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

*WELCOME*



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



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BY THE END OF THE TWO-WORKSHOP PROGRAM, YOU WILL BE ABLE TO HELP YOUR AND YOUR FAMILY'S HEALTH BY KNOWING MORE ABOUT HOW TO:

- USE CERTAIN FATS OVER OTHER TYPES OF FATS
- SELECT HEALTHIER FOODS AT THE MARKET
- PREPARE DELICIOUS, LATINO LOW-FAT MEALS
- ENJOY TASTY AND HEALTHY MEALS WITH YOUR FAMILY

