



Presenter Guide

<h3>Lesson 1</h3> <h3>Charting Your Path to Wellness</h3>	
<p>Objectives: (Purpose of Lesson)</p>	<p>Participants will realize the important relationship between nutrition and health, fad diets and exercise. Participants will also learn how to navigate MyPyramid and create a personalized plan on MyPyramid.</p>
<p>Materials: (All items needed to present the lesson including participant handouts)</p>	<p>Materials needed:</p> <ul style="list-style-type: none"> <input type="checkbox"/> PowerPoint presentations, computer, projector, screen <input type="checkbox"/> Handouts/fact sheets that will be covered in the lesson <input type="checkbox"/> List of schedule of sessions and pamphlet over viewing the Master Nutrition Program
<p>Background Information (Supporting evidence, reading or viewing material)</p>	<p>Participants will be given all information needed in lesson. Wellness is the first step in being a healthy individual. It is an ongoing activity that starts at a young age and never ends. Wellness involves eating right, exercising, having regular doctor visits and being aware of sound nutrition advice.</p>
<p>Total time required</p>	<p>2 hours</p>
<p>References</p>	<ul style="list-style-type: none"> ▪ Center for Disease Control Web site www.cdc.gov ▪ LSU AgCenter Smart Choices Fact Sheets ▪ National Institutes of Health Web site www.nih.org ▪ Healthy People 2010 ▪ National Center for Health Statistics ▪ Kemper, D.W. <u>Healthwise Handbook</u>. 13th ed. 1997 by Healthwise Incorporated. ISBN: 1-877930-29-6. ▪ Duffy, R.L. <u>The American Dietetic Association's Food and Nutrition Guide</u>. 1st ed. 1998. ISBN: 1-56561-160-8. ▪ Margen, S. <u>The Wellness Encyclopedia of Food and Nutrition</u>. 1992. ISBN: 0-929661-03-6. ▪ Louisiana Dietetic Association Diet Manual 2000 ed. ▪ National Heart, Lung, and Blood Institute Web site www.nhlbi.org ▪ LSU AgCenter Web site www.lsuagcenter.com ▪ Food Insight Sept/Oct. 2003 Newsletter www.ific.org ▪ Mahan, L.K. and Escott-Stump, S. <u>Krause's Food, Nutrition, and Diet Therapy</u>. 10th ed. 2000. ISBN: 0-7216-7904-8.

	<ul style="list-style-type: none"> ▪ American College of Sports Medicine www.ascm.org ▪ American Heart Association www.americanheart.org ▪ 2005 USDA Dietary Guidelines for Americans ▪ My Pyramid www.mypyramid.gov ▪ American Dietetic Association- Fad Diets
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Lesson Plan		
Desired Learning Outcomes	Instructor Activity	Student Activity
Lesson 1- Introduction to Master Nutrition Program and What is Wellness (2 hours)	Overview of Master Nutrition Program. Introduction into wellness, exercise and fad diets.	Each person will listen to lecture on wellness and master nutrition program.
Evaluation	The teacher through several lessons and hands-on activities should be able to evaluate if the participant has successfully learned and can apply all information presented.	Participants will navigate on the Internet to find a reliable nutrition Web site and print out information from that Web site. Participants should be able to design or make a personalized plan on MyPyramid. They should be able to successfully navigate the MyPyramid Web site to find out more information on healthy eating.

Handouts Needed for Lesson: Good Nutrition Web Sites, Fad Diets, Creating a Personalized Plan on MyPyramid Activity, Internet Surfing Activity, Exercise Guidelines for Adults over 65, Exercise Guidelines for Adults under 65.