



Presenter Guide

<h2>Lesson 6</h2> <h3>Nutrition Through the Ages</h3>	
<p>Objectives: (Purpose of Lesson)</p>	<p>Upon completion of this lesson, the participant will</p> <ul style="list-style-type: none"> ▪ Understand the importance of following a healthy eating plan and being physically active throughout the lifetime. ▪ Understand the different plans for MyPyramid related to the various stages of life (infants and toddlers, school age, adolescence and senior). ▪ Understand the areas of nutritional concern for different stages of the lifecycle.
<p>Materials: (All items needed to present the lesson including participant handouts)</p>	<ul style="list-style-type: none"> ▪ PowerPoint presentation: Nutrition Through the Ages ▪ Smart Choices: Feed Your Bones ▪ Smart Choices: Tips to Get More Calcium in Your Day ▪ Smart Choices: MyPyramid for Kids - Tips for Families ▪ Healthier Diet of Young Children ▪ MyPyramid for Kids ▪ Physical Activity Guidelines for Children ▪ Smart Choices: Climbing Around on MyPyramid ▪ Smart Choices: Make Smart Choices for Good Health (Youth) ▪ Better Nutrition As We Age ▪ Eating Well As We Age ▪ Determine Your Nutritional Health ▪ Elderly Nutrition Kitchen Aids Kit ▪ Containers of flour that represent different life stages and the amount of calcium in bones
<p>Background Information (Supporting evidence, reading or viewing material)</p>	<p>Same as above for fact sheets</p>
<p>Total time required</p>	<p>3 hours</p>
<p>References</p>	<p>Complete Food and Nutrition Guide by the American Dietetic Association</p>
<p>Lesson Guide Author</p>	<p>Terri Crawford, MS, Extension Agent (Nutrition)</p>

Lesson Plan		
Desired Learning Outcomes	Instructor Activity	Student Activity
Lesson Content	Present PowerPoint "Nutrition Through the Ages"	<p>Involve participants through interaction and responses as you go through presentation</p> <p>Ask participants for their ideas of "What To Do" in the section on Eating Well As We Age before you give the solutions.</p> <p>Have participants work with items in the elderly nutrition kitchen aids kit.</p> <p>Show containers of flour that represent different life stages and the amount of calcium in bones (activity description can be found in the Osteoporosis lesson with FNP)</p>
Evaluation	Final exam for Master Nutrition	
Participant Assignment (if needed)		