

# Curriculum Overview

## Eat Healthy, Be Active Community Workshops (EHBA)

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### Core Components

#### Objectives

Eat Healthy, Be Active Community Workshop Series is based on the 2010 Dietary Guidelines for Americans and the 2008 Physical Activity Guidelines for Americans. Six, 1-hour workshops are designed to address key messages.

The key messages include:

- Balance calories:
  - Enjoy your food, but eat less
  - Avoid oversized portions
- Foods to increase:
  - Make half your plate fruits and vegetables
  - Make at least half your grains whole grains
  - Switch to fat-free or low-fat (1%) milk
- Foods to decrease:
  - Compare sodium in foods like soup, bread, and choose foods with lower numbers
  - Drink water instead of sugary drinks

The series builds on these concepts by providing detailed tips for how to put these recommended behaviors into practice. The workshops are designed to move participants from the “thinking” phase to taking desired health actions. Specific objectives for each lesson are reviewed at the beginning of each lesson. All objectives are designed to help participants implement the key messages from the Dietary and Physical Activity Guidelines.

#### Theoretical framework

Eat Healthy, Be Active is an evidence based curriculum. Pilot testing was conducted at ten locations across the U.S. Key findings for behavior change showed that 64% of participants changed their eating or physical activity behaviors after attending the workshops and 94% of these participants attributed their changes to the workshops.

## Setting & target audience

EHBA is suitable for all groups of adults, including those with varying socioeconomic backgrounds, education levels, and low health literacy.

EHBA is designed for a variety of settings including worksite wellness programs, faith-based organizations, senior centers and parent groups.

## Number and duration of lessons

Six lessons; approximately 60 minutes each.

## Recommended pacing

Suggested time frames for each part of the workshop is outlined in each lesson plan. Frequency of workshop delivery is not specified.

## Instructional order & strategies

Optimally, the workshops will be offered as a series of six lessons. However, the curriculum authors state that it is okay to select particular workshop(s) that best fit the needs of your audience. Each workshop contains learning objectives, icebreaker activities, talking points, instructions for stretch breaks, and hands-on learning activities. Each lesson provides opportunities to implement new practices that will lead to lasting lifestyle changes.

Workshop	Title	Duration
1	Enjoy Healthy Food That Tastes Great	60 minutes
2	Quick, Healthy Meals and Snacks	60 minutes
3	Eating Healthy on a Budget	60+ minutes
4	Tips for Losing Weight and Keeping It Off	60 minutes
5	Making Healthy Eating Part of Your Total Lifestyle	60 minutes
6	Physical Activity Is Key to Living Well	60 minutes

## Core Activities

Workshops 1, 2, and 6 include two options for the core activity. Facilitators should choose one of the two activities and gather the appropriate materials prior to teaching the lesson. All other workshop components are required to maintain curriculum fidelity.

## Optional Activities

Workshop 3 has an optional grocery store tour activity to be included as time and resources allow. Lessons 4 and 5 have videos that are not included in the lesson outline but may be used to support core content.

## Materials

A detailed list of supplies needed is included in the Preparing for Workshops Guide. See the curriculum appendix for an extensive list of additional resources. Lesson plans, short videos, educational handouts, and evaluation forms may be viewed, printed or ordered from the following website: <https://health.gov/dietaryguidelines/workshops/>.

It is suggested that a complete review of materials needed is done to assess availability of resources to conduct lessons/activities for this curriculum prior to commitment to teach the lessons.

## Training

- ✓ Review curriculum overview.
- ✓ Review teachers guide and materials
- ✓ Practice or talk through at least one lesson with another educator or your supervisor
- ✓ Observe another educator teach an Eat Healthy, Be Active Community Workshop (if possible)

## Recipes

Most of the workshops include taste testing to allow participants to try new foods or foods they do not frequently eat. You are encouraged to include these activities when you are teaching the workshops. Recipes should always support core content of lessons.

Other recommended recipes resources include:

- <https://snaped.fns.usda.gov/basic-nutrition-everyone/healthy-low-cost-recipes>
- <http://growhappykids.org/>
- <https://cfacaa.human.cornell.edu/dns.fnec/files/resources/4HRecipeBookFinal.pdf>
- <http://www.foodhero.org/>
- <https://spendsmart.extension.iastate.edu/recipes/>

## Fidelity is...

The extent to which a curriculum or program is delivered in accordance with the intended (and tested) design. This means:

- Using program materials
- Adhering to recommended pacing
- Keeping the program's instructional order
- Utilizing the program 'routines'
- All teachers using the same materials to equalize student learning opportunities and meet instructional objectives

## **Making adjustments while delivering with fidelity**

You can make some adjustments to the curriculum without impacting fidelity. Examples include:

- Supplement core lessons with appropriate additional activities.<sup>1</sup>
- Provide participants with coaching, ongoing support, and individual instruction when needed.
- Adjust group size.
- Increase opportunity for participants to engage and ask questions, and provide answers.
- Select different recipe.

## **Evaluation**

Check with your supervisor for required evaluation tool and current evaluation protocol.

### **Link to curriculum:**

<https://health.gov/dietaryguidelines/workshops/>

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<sup>1</sup> Many curricula have several options for activities. Choose from these options first. If you plan to use additional activities, outside of the written curricula, please review with your supervisor to ensure they meet Snap-Ed guidance.