

Topic: Healthy Snacks

Title: Guac and Go

Introduction:

People in the workforce often are so busy that hunger sneaks up on them when they least expect it. In that point in time, these people are no longer thinking about their task, but are now thinking about what they can eat that is quick and easy to obtain and will satiate their hunger until their next meal. The only solution for the ill equipped for this dilemma is the vending machine, which conveniently offers small bags of harmful fat and sodium. For those who are equipped, common snacks they pack in their lunch box can also be lurking with these same harmful components. Guac and Go is a program designed to help adults facing this same predicament by prioritizing health first, and teach participants what foods are best to pack for a quick mid-day snack.

Target Audience: Mexican females, middle-class, 30-45 years old, low nutrition knowledge

Warm-up Activity: True or False Pre-Test using colored cards.

→ **Nutrition Education Model:**

This program utilizes the Health Belief Model to assist participants in enhancing their desire to learn about healthy snack options. It recognizes three determinants: perceived threat, perceived benefits and self-efficacy. This model was chosen as the needs assessment showed the target audience lacked overall motivation to eat a healthy snack and only wanted something quick and tasty to eat on their break from work, such as a bag of potato chips. By acting upon the three determinants previously stated, Guac and Go will encourage participants to want to bring healthy snacks to work.

→ **Educational Goal:**

Guac and Go will help participants learn about healthy snacks.

→ **Objective:**

Participants will be able to answer 90% of post test questions correctly.

→ **Materials/Supplies:**

Item:	Amount	Cost:
Wonton Crackers	20	\$5.00
Avocado	4	3.98
Roma Tomatoes	3	2.99
Onion	1	0.98
Cilantro	1	0.98
Lime	2	1.20
Salt	1 tbsp	--
Small Plates	15	1.99
Napkins	15	0.99
Flyer	3	\$0.72

Activities:

- Pre- and Post-Test using colored cards and true and false questions. (See Evaluation)
 - True or false:
 1. Most of the snacks in vending machines are healthy. False
 2. Avocados are full of saturated fat. False
 3. 1 in 3 adults are affected by hypertension. True
 4. Snacking is bad? False
 5. Hypertension is caused by eating too much salt? True
 6. (*Question proposed during post-test only*) What is the daily recommended intake of Sodium?
- Sodium demonstration: The amount of sodium found in two slices of commonly used ham (640 mg) will be shown in a Ziploc bag and compared to another Ziploc containing the recommended dietary intakes of sodium for this demographic (1.5 grams)
- Snack Scramble! - Participants will get into groups of 4-5 people and receive cutouts of food. Using the foods given, they will have to combine them to come up with a healthy snack recipe.
 - Recipes to look for and encourage:
 - Ants on a Log- celery, peanut butter, raisins
 - Guacamole- avocado, cilantro, tomato, tortilla chips
 - Bell Pepper Nachos- bell peppers, beans, sour cream, cheese
- Food Tasting: The participants will be given a healthy snack sample of guacamole wontons to taste and enjoy.

→ **Content Outline:**

- 1 in 3 adults are affected by hypertension.
- Adequate intake of sodium a day is 1.5 grams for women between the ages of 35-45.
- Hypertension is reversible with diet and lifestyle changes.
- Hypertension is caused by plaque buildup in the arteries from high calorie diets that include a lot of saturated fats.
- The phytochemicals, vitamins and minerals found in fruits and vegetables are beneficial for reversing hypertension and preventing atherosclerosis.
- Phytosterols found in plant foods are good for lowering cholesterol and triglycerides levels.
- Recommended proportions
 - Recommendations include focusing on whole fruits and varied vegetables, half of grains should be whole grains, and varied protein sources

Lesson Instructions with Activities Interspersed:

Speaker	Time	Task	Notes
Jacob “Maria, Jose, Annyelka, Andreina”	2’’	Introduction and overview of the program	Speakers will introduce themselves and Jacob will introduce the program.
Annyelka	5’’	Pre test- Each team will be handed a True or False colored cards. Verbally, true or false questions will be asked and participants will have to hold up their card with their true or false answer.	Set up: Team will help hand out a colored card for each group. Refer to Activities for test.

Jose	5''	<p>Go over the cultural risk of developing high blood pressure using:</p> <ul style="list-style-type: none"> • Sodium demonstration • Artery model 	<p>Explain the risk associated with high sodium snacks commonly found in vending machines, and the effects in the physiology.</p>
Annyelka	3''	<p>Go over the flyer and benefits of healthy snacks for busy women.</p>	<p>Handout the flyer to each group.</p>
Andreina	3''	<p>Give examples of quick snacks for busy women.</p> <ul style="list-style-type: none"> • Ants on a Log • Bell peppers with hummus • Guacamole with cucumbers, celery, or carrots <p>Snack Scramble! game</p>	<p>Snacks take less than five minutes to make.</p>
Maria	5''	<p>Explain the nutrient content of avocados and go over the recipe of Guacamole wontons.</p> <ul style="list-style-type: none"> • Pass out the Guacamole wontons 	<p>All: Handout the pre-made Guacamole wontons with the recipe sheet.</p>
Maria	5''	<p>Conclusion:</p> <ul style="list-style-type: none"> • Post Test • Post Test Activity <ul style="list-style-type: none"> ○ Each team will have a basket filled with fruits, the team that answers the last question on the colored card correct 	<p>Maria: Go over post test. Andreina: pass out the fruit basket to each group. Maria: Ask the final question and announce the winning team. All: Answer questions</p>

		<p>will take home the fruits in the basket.</p> <ul style="list-style-type: none">• Answer questions from the audience	
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