

Extension Activities

In-Class Options

- View online module as a class then ask students to work individually or pairs to complete a chart note and answer discussion questions related to each case study.
- Ask students to keep a 3 day food log and bring to class for another classmate to identify if their food pattern applies total diet concepts and where possible changes could be made.
- In groups of 3-4 discuss how you decreased confusion by utilizing a total diet approach and explaining the importance of dietary patterns while avoiding simplistic dietary recommendations and telling Erika what NOT to eat.

Case Study: Erika is a 35-year-old school teacher, wife, and mother of two who is interested in learning about healthy eating so she can be a good role model for her children. She has come to you because she would like to eliminate processed foods from her family's diet. Respond to each of the client's statements below.

Nutrition Educator: "Tell me about what brings you here to see me today."

Erika: "I am concerned that what I'm feeding my children is not healthy. I have read articles in the newspaper about children getting fat because they eat processed foods. I need to know what foods are good to eat."

Nutrition Educator: *Suggested Answers* "It sounds like you're primary concern is processed foods. Please tell me which foods you consider to be "processed" and therefore are unhealthy." Or "The good news is that all foods can fit into a healthy diet, even processed foods. We need to be sure foods from all the food groups are including in your dietary pattern." Or "Let's start by talking about the foods your family most often consumes from each of the food groups."

Erika: "I know eliminating all foods with sugar is important."

Nutrition Educator: *Suggested Answers* "Remember all foods can fit into a healthy diet when eaten in moderation." Or "By eliminating all foods with sugar you may unintentionally eliminate foods rich in nutrients. Let's talk about you current food patterns to see where we might be able to make some changes."

Out of Class Options

- Ask students to complete online module as homework and answer discussion questions from the Core Concepts section of this facilitator guide.
- Ask students to complete chart note and discussion questions for each case study as homework.
- Ask students to observe a counseling session conducted by a Registered Dietitian and note how the Dietitian keeps in mind total diet and food patterns. Also what client-centered counseling techniques are used.