

Healthy Diet Reduces Risk of Disease Activity

Suggestions for Use in Training

School nutrition directors, managers, or anyone providing training to employees may use this group activity to illustrate the importance of a healthy diet.

Preparation for the Activity

Ask ahead of time for volunteers to role-play the scenario. The scenario has three characters - the manager and two other people.

Script for Scenario

The school nutrition manager sits at a table with two other people. They are in the school library reading magazines or newspapers.

Person 1

Wow! It's amazing how many diseases you have to worry about today.

Person 2

I know what you mean. My sister-in-law was just diagnosed with high blood pressure.

Person 1

I have a friend who has diabetes. She just found out that her teenage daughter does too, so it must run in the family.

Person 2

You would think that with all of the attention we put on these diseases, somebody would find a cure for them. I guess there just isn't anything anyone can do about it.

End scene

Activity Directions

DO: Role-play the scenario and discuss briefly.

SAY: Remind participants that following a healthy diet can reduce the risk of developing high blood pressure and diabetes. Even when a disease runs in the family, a healthy lifestyle that includes a balanced diet, regular physical activity, maintaining a healthy weight, and other lifestyle factors, such as not smoking, helps protect us against these health problems.

Additional Handouts

For additional handouts to support this activity, refer to the Tools and Tips for Trainers on the ICN Web site.

- Dietary Guidelines Fact Sheet
- Serving the Dietary Guidelines With Style
- Healthful Eating and Healthy Weight
- Healthful Eating Guide

Source: National Food Service Management Institute. (2005). *Nutrition 101: A taste of food and fitness*. University, MS: Author.

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