

Nutrition

Learning Objective	Behavior	Learning Method and Materials
1. Identify what it means to eat healthy. 2. Identify the importance of a prescription for the number of calories per day prescribed by your provider.	1. Make healthy eating a part of your meal planning. 2. Select the correct number of servings of carbohydrates each day.	1. Written material " Healthy eating with diabetes " and class discussion. 2. Written material, "Heating healthy with diabetes" and class discussion.
3. Explain what an "Exchange List" is and how to select from the food groups.	3. Use the "Exchange List" to make a daily food plan	3. Written material, "Eating healthy with diabetes", " Exchange List ", food models and pictures, measuring cups and spoons, and class discussion.
4. Describe serving sizes on an "Exchange List".	4. Demonstrate using the "Exchange List", artificial food and food pictures, and verbalize understanding of portion size	4. Written material, " Visualize Your Portion Size ".
5. Identify carbohydrates, protein, sodium, and fats on a food label.	5. Demonstrate reading a label using food containers. Make good food choices, good serving size and follow a good schedule. Practice using the "Reading Food Labels" worksheet.	5. Written material, " New Food Labels are Here! ", worksheet and class discussion.
6. Compare the regular Food Pyramid with the Diabetic Food Pyramid.	6. Make food choices based on the Diabetic Food Pyramid.	6. Written material " Food Pyramids " and class discussion.
7. Describe the effect of carbohydrates on your body then identify foods that are high and low in carbohydrates.	7. Make food choices based on the carbohydrate content	7. Written material " Carbohydrates " and class discussion.

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8. Describe the number of servings of carbohydrates per day in your meal plan.	8. Ask your provider for the number of calories you should have each day.	8. Written material, " Meal Plans by Calories ", "What Counts as Carbohydrates" and "Exchange List".
9. Describe serving size and the number of servings per day of meat, eggs and cheese.	9. Select the correct number and size of servings of meat, eggs and cheese per day	9. Written material, " What counts as Meat, Eggs and Cheese? ".
10. Describe healthy ways to prepare meat, eggs and cheese without adding fat.	10. Prepare meat, eggs and cheese without adding fat	10. Written material, "What counts as "Meat, Eggs and Cheese"?"
11. Describe foods that contain cholesterol and how to reduce cholesterol.	11. Select foods low in cholesterol as part of the meal plan	11. Written material, " What counts as Cholesterol? "
12. Describe foods that contain cholesterol	12. Select most of the fats from the unsaturated choices	12. Written material, " What counts as fats? "
13. Describe how to determine "Hidden sugar" on a food label and how to include these foods in a meal plan.	13. Read labels for "Hidden sugar" and substitute them for other carbohydrates in the meal plan	13. Written material, " What counts as hidden sugar and sodium? "
14. Understand that "sugar-free" and "fat-free" does not mean that it is a free food, it still needs to be counted in the meal plan.	14. Examine the labels of foods with these statements to determine the carbohydrates in a serving	14. Written material, "What counts as hidden sugar and sodium?" and packages of "sugar free" and "fat free" food, " How sweeteners compare ".
15. Describe foods that are high in sodium.	15. Select foods that are low in sodium as part of the meal plan	15. Written material, "What counts as hidden sugar and sodium?"
16. Review tips for health eating	16. Use tips in daily meal planning.	16. Written Materials, " Tips for Healthy Eating "

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17. Understand the importance of three meals a day at the same time each day and not to skip meals	17. Eat at least 3 meals per day at scheduled meal times	17. Written material, "Tips for Healthy Eating".
18. Compare what is a current days food intake to a healthy diabetic meal plan.	18. Determine daily caloric need. Complete the "What is on your plate" worksheet and make a meal plan for a day	18. Written material, " What's on your plate? "
19. Name some strategies to stick with a food plan.	19. Compare your current meal plan with target plan.	19. Worksheet, " Making changes to your meal plan "
20. Name some strategies to use when eating out.	19. Discuss strategies that would work when eating out.	20. Written material, " Dining out ".