


Summer Session - Year 3: Healthy Fare with an International Flair

In this session, the participant will:

1. Identify major ingredients and food preparation methods of various international cuisines
2. Apply knowledge of international food preparation in analyzing international dishes at restaurants or other social gatherings
3. Share strategies to maintain WHI nutrition goals when eating international foods/dishes away from home

	Checklist of Materials Needed
Supporting Materials	<input type="checkbox"/> Fat Scans or other self-monitoring tool <input type="checkbox"/> Local menus from international restaurants (Chinese, Japanese, Thai, Indian, Mexican, Greek, Middle Eastern or Italian). <input type="checkbox"/> Quick Tips booklets for various international cuisines <u>Optional Resources:</u> Nutritionist Resources: (provided) <ul style="list-style-type: none"> • Glossary International Cuisine Terms • Sample International Restaurant Menus • List of International Recipes available in Year 1 Participant Manuals • Additional international recipe ideas Books: <ul style="list-style-type: none"> • The Restaurant Companion: A Guide to Healthier Eating Out, Hope S. Warshaw, M.M.Sc, R.D; Surrey Books, Inc., Chicago, 1995. • The Fat Tooth Restaurant & Fast Food Fat-Gram Counter, Joseph C. Piscatella; Workman Publishing, New York, 1993. • AICR (American Institute for Cancer Research) booklets: (1) <i>Healthy Eating Away from Home</i> and (2) <i>From Around the World, International Menus and Recipes to Lower Cancer Risk</i>, Information Series Part II,
Food & Paper Supplies	<input type="checkbox"/> Beverages of choice (coffee, tea, juice), creamer, sugar, coffee stir sticks, optional <input type="checkbox"/> Paper supplies: paper plates, napkins, cold cups, hot cups (if needed) <input type="checkbox"/> Plastic spoons or forks <u>Activity/Food Tasting:</u> <i>Note:</i> Emphasize lower-fat international foods used by the participants in your area.

	Participant Manual	
Worksheets	Worksheet	Page(s) #
	Summer 3-1	15
	Summer 3-2	16-18
	Summer 3-3 (optional)	19
Resource Section	Additional materials available in Participant Manual	
	Resource	Page(s) #
	Glossary and Answers to Summer Worksheet 3-2 (Summer 3 session)	24-30
	<u>DM Participant Manual, Year 1:</u>	
	Dining Out the Low-Fat Way	25-26
	Eating Out in Ethnic Restaurants	27-29
	<u>Quick Tips booklets:</u>	
	Quick Tips for Chinese/Japanese Restaurants	
	Quick Tips for Thai/Indian Restaurants	
	Quick Tips for Mexican Restaurants	
	Quick Tips for Greek/Middle Eastern Restaurants	
	Quick Tips for Italian Restaurants	
	<i>Group Nutritionist Note:</i> The purpose of this session is to have participants:	
	<ul style="list-style-type: none"> • Identify ingredients and food preparation methods used in various international cuisines. • Share information about the international foods/dishes they enjoy when eating out at restaurants or other social gatherings. • Practice making lower-fat international food selections using local menus and resources available with this session. • Identify strategies to maintain WHI nutrition goals when selecting international foods/dishes at restaurants or other social gatherings. • Reinforce problem-solving and communication skills introduced during Year 1 DM Intervention. <p>By taking part in the session activities, participants will be able to share ideas, solve problems, and maintain WHI nutrition goals when faced with unfamiliar foods or situations.</p>	

***Group Nutritionist Note:*****Suggestions for Participants Who Don't Eat International Restaurant Foods:**


It can be fun and interesting for participants to learn about other international cuisines. The goals for participants who have never tried different international dishes or spices would be to:

- Introduce new flavors and cuisines.
- Help participants find ways to add variety to low-fat meals.
- Review basic skills (eating out, analyzing mixed dishes, reducing meat serving size, increasing grains and vegetables, accepting new tastes)

Potential Approaches:

- Ease participants into new cultural cuisines by pointing out how different cuisines focus meals around grains and vegetables instead of meat, chicken or fish.
- Discuss foods or dishes that they currently eat that have an 'international background' (e.g., stuffed green pepper, cabbage rolls, stir-fry vegetable or meat dishes, bean or minestrone soups, pasta dishes, such as spaghetti, lasagna, etc.).
- Introduce new flavors by preparing some international dishes that use ingredients participants can easily find.

Summer Session Outline--Key Activities

Activity Type (Time)	Activity
<p>Pair or Small Group Discussion and Whip (Go round) (25 minutes)</p> <p> Notes</p>	<p style="text-align: center;">Review of Progress/Success</p> <p>♦ Discuss how participants feel about their progress since the last session.</p> <p>Q/A:</p> <ul style="list-style-type: none"> - During the past three months, what have you done to keep your WHI eating patterns interesting for yourself and your family/friends? <p>(Groups who had peer group activities):</p> <ul style="list-style-type: none"> - What peer-led activities did you have and how did they help you maintain your WHI nutrition goals? <p>(Ask the group a question that addresses their last maintenance session.)</p> <hr/> <p>Whip (“Go round” to introduce the topic of international foods):</p> <ul style="list-style-type: none"> - What is your favorite type of international food or cuisine? <p>Note: If participants do not eat at international restaurants, refer to page 4 for suggestions.</p>

Pair Activity
and Large
Discussion
(25 minutes)

- ◆ Participants use **Worksheet Summer 3-1** to identify two international cuisines they want to know more about.
- ◆ Participants use **Worksheet Summer 3-2** to identify high- and low-fat menu descriptions for the two selected international cuisines.
- ◆ Group Nutritionist uses the appropriate Nutritionist Resources (pgs. 17-46) and **Worksheet Summer 3-2** to discuss two international cuisines. (Use participants' knowledge and experiences whenever possible.)
Discuss:
 - Ingredients commonly used.
 - Food preparation methods.
 - Lower-fat and higher-fat menu descriptions
- ◆ Key point--participants identify advantages and disadvantages of various international foods/preparation methods to their WHI eating pattern.



Notes

Pair, or Small
Group Activity
(20 minutes)

*Summary
allows time for
discussion of
activity
(15 minutes)

- ◆ Distribute specific international restaurant menus and corresponding Quick Tips booklets.
- ◆ Participants use menus and appropriate Quick Tips booklets to:
 - Practice making lower-fat selections and special requests
- ◆ Participants report on foods that are interesting and identify strategies they can use to maintain their WHI goals. (**Worksheet Summer 3-3**, optional.)
 - Discuss how the specific cuisines can help or hinder them in meeting their WHI goals.
- ◆ Key point--participants identify strategies they can use to maintain their WHI nutrition goals in a challenging new situation.



*Large Group
Discussion
(15 minutes)

Summary


Discuss issues and identify participants who need more help.

- ◆ Participants share ideas and strategies that will help them maintain their WHI goals and when eating international dishes at restaurants or other social gatherings.

Q/A:

- What criteria did you use to make your menu selections?
- What special requests did you decide to make?
- How would you plan ahead to handle this type of international cuisine?
- What other dining out strategies do you think would be useful in handling the type of international dishes offered?



<p>Lecture (5 minutes)</p> 	<p style="text-align: center;">Home Activity</p> <ul style="list-style-type: none"> ◆ Assign 3 Fat Scans (or other self-monitoring method). ◆ Suggest activities to work on during the next 3 months. Answer questions.
<p>Large Group Discussion/ Group Activity (15 minutes)</p>	<p style="text-align: center;">Food Tasting</p> <ul style="list-style-type: none"> ◆ Emphasize lower-fat international foods used by the participants in your area. ◆ (Optional Activity): Have the participants discuss how they would record the international dish (or dishes) on their self-monitoring tool (Food Diary, Fat Scan, etc.).
<p>105 minutes</p>	<p>Peer Group activity suggestions to follow-up on this maintenance session (optional activities):</p> <ul style="list-style-type: none"> • Plan to meet at an international restaurant for a meal. Use some of the strategies identified in the session. • Plan an international meal or potluck. Meet at another member's home and share lower-fat international dishes.