

### **Curriculum for Session #3: Diabetes and Healthy Eating (Part 2)**

Activities can be done in a different order depending on time needed to complete Diabetes and Healthy Eating Map and the schedule of the 30 minute carb counting demonstration.

1. Complete sections for Healthy Eating Map (Merck curriculum guide)
2. Provide Carb Counting Presentation. Use Carb Counting 101 presentation provided by the American Dietetic Association, can have university student or facilitator present information.

#### **3. Nutrition Activities from Road to Health Toolkit:**

1. Ask participants to review the Nutrition Facts Label on page 16-20 and share their experiences reading labels and provide some tips regarding looking for one item at the grocery store rather than overwhelming participants.
2. Review Tips for Portion Control in RTH Toolkit Activities Section page 9. Have volunteer(s) read tips out loud.
3. Review the Plate Method on page 53 and ask participants to read restaurant tips on page 55.
4. Read motivational quotes on page 70 of RTH toolkit.
5. Write nutrition related goal in binder and ask volunteers to share their goals with the group.
6. Encourage class participants to go on a grocery store tour provided by SNHD staff or Albertson's (provide flyers to participants).