

Center for Rehabilitation, Education, Advocacy, Treatment and Employment
Personalized Recovery Oriented Services

LESSON PLAN

Component: CRS

Service: Basic Living Skills

Class: Healthy Eating; Healthy Eating on a Budget; Delicious and Nutritious (examples of names we have used for the class)

Goal: To increase awareness that well balanced nutritional status maximizes your sense of well being, promotes physical and mental health, helps prevent many chronic illnesses and is an integral part of recovery and relapse prevention.

Objective: To increase knowledge and skills necessary to enhance nutritional wellness and to make healthy food choices.

Topics:

How Diet impacts Mental and Physical Health
My Plate.gov: Learn about and use this resource
Healthy Eating Plate www.hsph.harvard.edu/nutritionsource:
Sources and benefits of each food group
Building healthy meals
Portion size count
Focus on reducing added sugar in food and beverages
All about fats
Strategies to replace saturated fats with unsaturated fats
Strategies to increase vegetables and fruits in diet
Strategies to increase whole grains in die
Choosing protein sources for health and wellness
Ideas for healthy snacks
How to read food labels
Planning and shopping for healthy eating
Tips for Healthy Eating on a Budget
Dining out with wellness

Resources:

Food Education for People with Serious Psychiatric Disabilities, by Alison Brooks, MS, LDN, Boston University

USDA center for Nutrition **MyPlate.gov**

Harvard T. H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

University of Minnesota
Taking Charge of your Health and Wellness
www.takingcharge.csh.umn.edu

Well, New York Times column

*There is a wealth of accessible information on line. I highly recommend the web sites listed above for finding clear and interesting topics and handouts for class. **The Food Education for People with Serious Psychiatric Disabilities** provides individual lesson plans and worksheets that are very helpful to assist students in setting nutritional goals and seeing how small changes are possible and can make a big difference.

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