

Instructor Lesson Plan
Class 8: Fiber

Recommended Time Frame:

1 hour (small class) or 1.5 hours (large class – more than 5 children)

Handouts Needed:

“Fun with Fiber” Handout

“High Fiber Alternatives” Handout

“How Much Fiber Do You Eat?” Worksheet

Materials Needed:

Pencils

Chalkboard (if available) or two large sheets of poster paper

Chalk or Marker/Pen

Lesson Background Information:

Fiber is vital in the weight loss battle as it provides a feeling of fullness without providing any

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Lesson Objective:

Children should be able to state the importance of fiber in their daily diet, and which foods are high in fiber.

Class Format:

1. **Introduction** (*Suggested time: 10 minutes*)

A. Weigh in and Height Measurements

See Session #1 for addressing weight loss/ maintenance goals

B. Review of food records and activity records

Continue to review food records carefully to determine the class is calculating portion sizes correctly. Ask what has been the most difficult part of the meal plan

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children who did not eat out this week, ask those children if they reviewed the eating out packet and selected healthy options for when a meal is ordered out.

For each goal achieved, record the goal on the “Goal Tracking Form” (**Appendix B**). If a goal has not been achieved, ask the child what made this goal difficult and what can be done to achieve this goal in the future.

D. Address any questions children might have since the last class.

2. Nutrition Education (*Suggested time: 15 minutes*)

- Fun With Fiber

Explain the benefits of fiber such as fullness, hunger and craving suppression, and

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Discuss how increasing fiber increases our need for fluids, especially water. Instruct children to steadily increase water intake when increasing dietary fiber.

Discussion Questions:

1. Ask children what are some food source of fiber they consume daily?
2. Do you know why we need fiber and what it does in our bodies?
3. Ask children if they have ever noticed that they have an increased sense of hunger on days when they consume limited amounts of high fiber foods?

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than when you eat foods low in fiber?

6. What are some ways you can add more fiber to your diet?

- “High Fiber Alternatives” Handout

Review the list of high fiber foods with children. Ask what foods on this list the children enjoy eating. Review the high fiber alternative list. Are there foods on the low fiber list children consume often? Will they consider trying the high fiber alternatives?

- How Much Fiber Do You Eat Daily? Handout

Use this worksheet to discuss the amount of fiber children should consume each day. The RDAs recommend children should consume five grams of fiber plus one gram of fiber for each year of age. Using this formula, show your children his or her daily fiber needs. Instruct children to use this worksheet to track fiber intake

one day during the upcoming week. Explain where to locate the grams of fiber on a food label. Discuss how although fruits and vegetables are good sources of fiber, they often do not come with a food label stating their fiber content. Have children estimate an intake of 2 grams of fiber per vegetable or fruit serving consumed. Review this worksheet during your child's next visit.

3. Learning Activity (*Suggested Time: 20 minutes*)

High Fiber Race

1. Break the children into two even groups (Team A and Team B)
2. Have each team line up on one side of the room. On the other side of the room, place two large poster boards of paper on the floor to serve as walls.

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The last child to write a food down has returned to the other side of the room with his or her teammates. The first team to write down 10 foods high in fiber wins the game.

4. Fitness Challenge (*Suggested Time: 5-10 minutes*)

- a. Have each child refer to his or her Fitness Challenge worksheet that was provided in the previous class. Continue to stress how the fitness challenge incorporates exercises that not only get the heart pumping (aerobic exercise), but also build muscle (strength exercise).
- b. Explain to the class that the Fitness Challenge will be performed at each class to increase each child's daily exercise and physical fitness. Each child is expected to

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experience much difficulty to try and complete Day 5 of the fitness challenge. Ask the child's family to verify that the child performed the fitness challenge every day this week.

5. Review/ Final Discussion (*Suggested Time: 5-10 minutes*)

1. Create 3 new goals

- a. Have each child create three nutrition/ exercise goals to complete for the next week.
 - b. One goal for this week should be to perform the fitness challenge every day. Another goal(s) can be created based upon areas the child is struggling in identified by reviewing the child's food and activity records. Discuss each goal with the child, and ask the child how he or she plans to achieve each goal.
 - c. Have each child write down his or her goals for the week on the "Goal Sheet" form (**Appendix B**).
2. Provide each child with weekly food and activity record forms
Provide each child with enough **food records and activity record forms (Appendix B)** for each day until his or her next class.

3. Assignments

a. *Complete Day 1 of the Fitness Challenge every day this week*

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observations concerning how fiber affects the child's sense of fullness and hunger.

Suggested Class Recipe

If desired, a recipe can be made with the children during class or a recipe can be made prior to the class and given to children during the Final Discussion Section of the class.

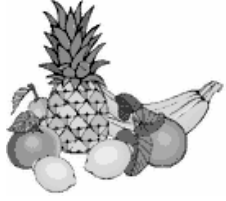
The following recipe was selected from the Healthy 'n Fit Recipe Packet as it allows the class to taste test a quick and easy high fiber meal as well as a great source of vegetables!

Chicken and Vegetable Stir Fry

3 oz grilled skinless chicken breast sliced into strips

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Exchanges: 3 protein, 1 vegetable



Fun With Fiber!



What is fiber?

Fiber is a nutrient found in many foods such as whole grain breads, fruits and vegetables. Fiber is not digested by our body, therefore it helps our stomach to feel full without providing any calories

Why do I need fiber?

Fiber helps keep our intestines healthy by promoting movement of waste out of our body. Fiber also helps us to maintain a healthy weight by providing a feeling of fullness without calories.

How much fiber do I need everyday?

You should consume 25-30 grams of fiber every day. Increase your intake of fiber gradually to avoid bloating or cramping. It is important to drink plenty of fluid as we increase our fiber intake.

What foods contain fiber?

Fruits, vegetables, whole grain cereals and bread, and dried beans are all great sources of fiber!



High Fiber Foods

Apples
Beans
Berries
Broccoli
Brussels sprouts
Carrots
Cauliflower
Figs
Oranges



Pears
Peas
Prunes
Bran muffins
Brown rice
Multi-grain cereals
Oatmeal
Popcorn



High Fiber Alternatives

Low-Fiber Foods

Corn flakes, crispy rice cereal
White bread
Croissants
Cheese crackers
Fruit juice
Cakes, biscuits, sweets
Puddings
Jam

High Fiber Alternatives

Shredded wheat, puffed wheat
Whole-grain bread
Whole-grain muffins
Wheat crackers
Fresh fruit, stewed fruit
Dried fruit, nuts, raw carrots, celery
Fresh-fruit salad
Nut butters (cashew, almond, etc.)



How Much Fiber Do You Eat?

Consuming fiber helps to keep our stomach full and provides no calories making it helpful in achieving and maintaining a healthy weight. The recommended amount of fiber for children is 5 grams of fiber plus the child's age. For example, if Billy is 8 years old, he needs to eat $8 + 5$ grams of fiber every day, or 13 grams of fiber.

How much fiber do you need daily?

Your age in years: _____

+ 5 grams of fiber

= _____ grams of fiber per day

Use the following form one day this week to track how much fiber you eat.

| Food Eaten | Amount of Fiber in Food |
|------------|-------------------------|
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| Total Fiber Intake: | |

Estimate 2 grams of fiber for each vegetable or fruit serving if no label is available