

Healthy Eating Around the World

Facilitator's Guide

Program Goal

Provide resources for a KEHA Area Lesson to increase knowledge about healthy eating guidance in countries around the world.

Program Objectives

After the program, participants will be able to:

1. Describe 2020-2025 Dietary Guidelines for Americans, and
2. Compare and contrast Dietary Guidelines for Americans to global Dietary Guidelines and Food Guides.

Lesson Materials

- Publication FCS3-631 <http://www2.ca.uky.edu/agcomm/pubs/FCS3/FCS3631/FCS3631.pdf>
- PowerPoint presentation that includes notes
- Facilitator's guide
- Dietary Guidelines around the world worksheet
- Additional resources handout
- Program evaluation tool
- Leader lesson letter
- Optional activities (see below)

Preparation

In-Person

- Make copies of the publication, evaluation tool, worksheet, and additional resources handout.
- Review the PowerPoint notes to prepare for your presentation.
- Gather pens and pencils for completion of worksheet and evaluation.
- Market the program through various channels.
- Reserve a room and the equipment needed for the program.

Virtual

- Develop plans for online implementation (e.g., Zoom, Facebook Live, Google Classroom).
- Market the program and share log-in information with interested and registered individuals.
- Email or mail the publication, evaluation, worksheet, and additional resources handout.
- Establish whether you need an online survey for the evaluation or if you will mail paper copies for participants to return.

Facility and Equipment Requirements

In-Person

- Tables and chairs for participants
- Projector for PowerPoint presentation
- Materials for selected activities (e.g., tasting)

Virtual

- Computer and virtual lesson platform (Zoom)
- Webcam
- Internet connection
- Materials for selected activities (e.g., demonstration)

Audience

- Potential audiences include Homemaker groups and clubs, MOPS and other parenting groups, diabetes support groups, high school classes, community centers for older adults, libraries, and faith-based organizations.

Potential Community Collaborators

- Organizations that improve health and wellness or work with multicultural groups are ideal. These partners may have patients or clientele who are interested in preparing more meals at home or increasing food preparation and cooking skills. They may also work with people from outside of the United States. Examples include health departments, local libraries, health coalitions, diabetes educators, support groups, WIC coordinators, Kentucky Refugee Ministries, or the International Center of Kentucky.

Introduction and Introductory Activity

Welcome to Healthy Eating Around the World. Please make yourself comfortable while we take a quick trip around the world to see how other countries promote healthy eating. This lesson will cover dietary guidelines and food guides around the world. The conversation and activities will focus on similarities and differences of the foods and guidance for health promotion around the globe.

For a roll call or icebreaker, ask participants to share the interesting places they have traveled and what they ate while they were there - both international and U.S.-based travel.

Lesson

Share the PowerPoint presentation or publication lesson material. The PowerPoint presentation includes notes below the slides to help teach the lesson. If you do not see the notes, download the slides from the web and/or make the slide smaller to reveal the notes. Lesson activities include a worksheet for taking notes about similarities and differences across countries' guidance and taste testing. This program can be delivered in 15 to 60 minutes, depending on selected activities and presentation format (see below).

Conclusion

I hope you enjoyed our trip around the world. While the local or preferred foods may be different, the general food-based dietary guidance and goals to promote health around the globe are quite similar. There is a great opportunity to learn about cultures around the world by exploring flavors of their cuisine. To start a discussion, ask each participant to share one interesting thing from the lesson. Answer any questions. Encourage continued conversation about where and how to meet people who have moved to Kentucky from out of state or another country and learn from each other and share great food. Complete the program evaluation – on paper or electronically – and provide the additional resources handout.

Activities

1. *Worksheet.* Participants can use this worksheet to take notes that will ease discussion about similarities and differences of foods and dietary guidelines around the globe.

Ideas for Additional Activities

1. *International flavor potluck.* Provide a list of countries before the meeting and invite each person to sign up and bring a dish to taste from one of the countries. You can challenge attendees to name how ingredients in each dish fit into the dietary guidance of that country (e.g., cereals, legumes, vegetables, etc.).
2. *Cooking demo and taste test.* Prepare and enjoy one or more recipes of your choosing from another country. You can prepare recipes in advance, do a cooking demo, or lead a cooking activity inspired by countries around the world. You can challenge attendees to name how ingredients in each dish fit into the dietary guidance of that country (e.g., cereals, legumes, vegetables, etc.).
3. *Go to a local restaurant.* Find a local spot that features foods from another culture. This is a wonderful way to learn about and support people living in your community.
4. *Provide recipe cards.* Select recipes with origins in one of the countries included in the presentation. You could also serve tasting samples. See resources for links to recipes and flavors from around the world.
5. *Seek out people living in your community who have moved from out of state or another country.* What can you learn about each other through great food?
6. *Explore other countries.* If your group has interest in a country not covered in the lesson, look up information about that country. Find information about food-based dietary guidelines at the Food and Agriculture Organization of the United Nations website: <https://www.fao.org/nutrition/education/food-based-dietary-guidelines>
7. *Create your own dietary guidance.* Give the group a chance to create their own dietary guidelines. What would they include? What would they leave out? They can discuss or write down ideas independently or as a group. You could also have people get crafty and design their own graphic representation of their recommendations (like MyPlate).

Marketing

Newsletter/Newspaper

The _____ County Extension Office will be hosting a workshop titled “Healthy Eating Around the World” at INSERT TIME, DATE, and LOCATION and OTHER DETAILS IF OFFERING THE CLASS VIRTUALLY. We’ll take a trip around the globe to learn about dietary recommendations from other countries. Along the way, we’ll learn about new foods and ways of eating. As we arrive back in the U.S., we’ll reflect on what we learned and see how advice about a healthy diet is remarkably similar, no matter where on Earth we live. Don’t miss out! (ANY OTHER INFORMATION YOU WANT TO SHARE ABOUT YOUR PROGRAM OR PLANNED ACTIVITIES).

Social Media

Come fly with us at the _____ County Extension Office at INSERT TIME and DATE to explore foods and dietary guidance from countries around the world.

Evaluation

At the end of the program, pass out the program evaluation tool or QR code for online completion. The results will inform the success story below.

Sample Success Story

Food is a significant piece of culture. Many countries around the world offer guidance for foods and lifestyle habits to promote health. While the local or preferred foods may be different, the general food-based dietary guidance and goals to promote health around the globe are quite similar.

_____ people attended a “Healthy Eating Around the Globe” workshop hosted by the _____ County Extension Office in MONTH YEAR. This program provided a wonderful opportunity to learn about cultures around the world and explore flavors of their cuisine. ADD OTHER INFORMATION ABOUT WORKSHOP HERE – location/partnership/special guest/activities/demographics.

Of those surveyed after the program, _____% felt their knowledge increased about how other countries’ dietary guidance compares to those of the United States. _____ % of people also had increased understanding of foods and meals eaten around the world. As a result of this program, _____% said they plan to try a new international ingredient, recipe, or restaurant, and _____% plan to learn more about how people in their community serve foods from other cultures.

Insert any observations from the lesson, personal testimony, or comments from participant(s) as a conclusion.

Other Resources

- For a podcast about the 2020-2025 Dietary Guidelines, listen to *Talking FACS*. 2021 Apr 6; Season 3, Episode 40. Let’s get excited about the DGA 2020-2025! [Audio blog post]. <https://ukfcsext.podbean.com/e/lets-get-excited-about-the-dga-2020-2025/>
- For more information about the countries and people of the world, visit the World Fact Book at <https://www.cia.gov/the-world-factbook/>.
- For food-based dietary guidelines around the world, visit the Food and Agriculture Organization of the United Nations page: <https://www.fao.org/countryprofiles/en/>.

- For participants who want more information or to make a series out of Healthy Eating Around the World, use our FCS Extension International Cooking Series:
 - German-Inspired Classics
https://fcs-hes.ca.uky.edu/files/traveltheworld_cookingseries_german_pub.pdf
 - Traditions from the Emerald Isle
https://fcs-hes.ca.uky.edu/files/traveltheworld_cookingseries_emeraldisle_pub.pdf
 - The Foods of Greece
https://fcs-hes.ca.uky.edu/files/traveltheworld_cookingseries_greekislands_pub.pdf
 - The Gastronomy of French Food
https://fcs-hes.ca.uky.edu/files/traveltheworld_cookingseries_the_gastronomyoffrenchfood_pub.pdf
 - The Italian Table
https://fcs-hes.ca.uky.edu/files/traveltheworld_cookingseries_the_italian_table.pdf
 - The Flavors of Mexico
https://fcs-hes.ca.uky.edu/files/traveltheworld_cookingseries_theflavorsofmexico.pdf
 - The Fusion Cuisine of Spain
https://fcs-hes.ca.uky.edu/files/traveltheworld_cookingseries_spanishcuisine.pdf
- For a look at energy sources by country, visit the National Geographic, What the World Eats at <https://www.nationalgeographic.com/what-the-world-eats/>.
 - Click on each country to see the sources change. When you click on the United States, sugar and fat become a larger part of daily calories. Click on the arrow below each graphic to see how dietary patterns have changed for that country from the 1960s to 2011.
- To view a photo gallery of what people eat around the world from photographers Peter and Faith Menzel, visit <https://www.menzelphoto.com/portfolio/G0000s3jj73.5TSs>.
- For a teaching guide for grades 3 through 5 that includes traditional and regional foods of the world's five most populated continents, visit the Center for Eco-Literacy, the Food and Culture Project: The World's Flavor Profiles: <https://www.ecoliteracy.org/sites/default/files/CEL-World-Flavor-Profiles.pdf>. The information and activities could be adapted for most any age group.
- Check out these Extension resources for descriptions and recipes of foods from around the world:
 - From the Virginia Cooperative Extension Service <https://eatSMARTmoveMoreVA.org/category/recipes/myplate-inspired-dishes-from-around-the-world/>
 - From Oklahoma State University Extension 4-H Programs
<https://4h.okstate.edu/projects/nutrition-health-wellness/food-fun-4h/food-fun-4h-around-the-world-2021/index.html>
 - From Kentucky Cooperative Extension Service, 4-H Youth Programs, the Passport Kitchen program. Here's a link to an Indian recipe demonstration. Contact Isaac Hilpp Isaac.hilpp@uky.edu for more information about the program. <https://www.youtube.com/watch?v=kyK01uHUys0>