



UNITED TRIBES TECHNICAL COLLEGE EXTENSION PROGRAM



Instructor's Guide

The Lean Machine: The Four Directions to Eating Lean and Being Lean

Lesson Objectives: The participants will be able to:

1. List three ways to reduce daily fat intake.
2. Describe why the traditional diet was low in fat.
3. List three ways to increase daily physical activity.
4. Describe how Native Americans were traditionally physically active.
5. Recognize how each of the four directions are important to leading a healthy lifestyle.

Suggested Lesson Outline:

1. Introduction/Icebreaker
2. Presentation: The Four Directions to "Eating Lean"
 - a. Physical
 - b. Mental
 - i. Handout: How do you know if a food is low in fat?
 - c. Emotional
 - d. Spiritual
3. Presentation: The Four Directions to "Being Lean"
 - a. Physical
 - b. Mental
 - c. Emotional
 - i. Handouts: "Barriers to Being Active Quiz" and "Physical Activity Calendar"
 - d. Spiritual
4. Optional Handouts
 - a. "Healthy Weight Loss"
 - b. "Body Mass Index"
5. Closing Remarks/Evaluation

Before the Lesson:

1. Read through the lesson plan, objectives, and handouts. Present the information in the order it is listed in the lesson.
2. The lesson can be started out with an icebreaker activity. Contact your local Extension Office or library about books on icebreaker activities.
3. Throughout the lesson text, suggested activities are listed. They will just enhance the lesson if used, but are not necessary.
4. The lesson should be ended with the evaluation. Activities to end the lesson include: inviting an elder to speak about their lifestyle in the past, traditional foods, or traditional physical activities; passing out low fat recipes of commonly eaten food; and having participants do some type of physical activity such as a walking, aerobics, dancing, chair exercises, etc.
5. Uses for this lesson include, but are not limited to,
 - a. Community Gatherings
 - b. Diabetes Education Classes
 - c. Diabetes Support Groups
 - d. Teacher In-services

6. When planning the lesson, points to consider include, but are not limited to,
 - a. Equipment needs
 - b. Setting the date, place, and time
 - c. Advertising plan
 - d. Snacks and/or meals: See back cover for recipes.
 - e. Incentives and/or prizes
 - f. Photocopying handouts
 - g. Childcare and/or activities for children

Visual Aid Suggestions:

1. Fat test tubes: Designed to show people the amounts of fat in a variety of foods. Contact Young People’s Healthy Heart Program to purchase:
Address: Mercy Hospital, 570 Chautauqua Blvd., Valley City, ND, 58072
Website: www.healthyheartprogram.com
E-mail: info@healthyheartprogram.com
Phone: 701-845-6456 Fax: 701-845-6413
2. Rez-Robics exercise videos: These videos are free to American Indians and any organizations that serve American Indian communities. Contact DreamCatchers to order:
Address: 23852 Pacific Coast Highway #766, Malibu, CA, 90265
Phone: 310-457-1617 Fax: 310-457-2688
Website: <http://www.dreamcatchers.org/rezrobics>
3. Food labels: Collect a variety of food labels from commonly eaten foods including commodities. This may be useful to show participants the amount of fat in those foods.
4. Milk Comparison: Show the participants the amount of fat in the different types of milk. You can do this by measuring out the different amounts of fat in each type of milk using a solid fat like lard or shortening. Place the solid fat into a plastic bag or container. Label with the type of milk it represents.

Type of Milk (1 cup)	Calories	Fat (grams)	Amount of Solid Fat (teaspoons)
Whole Milk	150	8	1 ½
2% Reduced Fat Milk	120	5	1
1% Lowfat/ Light Milk	100	2.5	½
Fat Free/Skim Milk	90	0.5 or less	0

5. Fast Food Nutritional Information: Ask local fast food restaurants for copies of the nutrition information for their menus. The Internet is another source for finding the nutritional information for fast foods.
6. Stretching Activities: Practice stretching activities with participants. Several useful handouts are from the NDSU Extension Service: HE-400 Chair Exercises, HE-401 Beginning Stretch Exercises, and HE-402. Contact the NDSU Extension Service Distribution Center to order:
Address: Morrill Hall, PO Box 5655, North Dakota State University, Fargo, ND, 58105-5655
Phone: 701-231-7882 Fax: 701-231-7044
Website: www.ag.ndsu.nodak.edu E-mail: dctr@ndsuent.nodak.edu