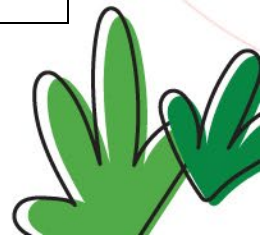




HEALTHY EATING

Introduction	This workshop aims to challenge students to evaluate their own risk behavior to cardiovascular diseases and diabetes and supports them to promote their own health, especially their eating habits. Students learn how to evaluate their own eating habits; they find the information about plate model and nutrition and food recommendation. Finally, they can enjoy their school meal by applying the plate model together with their team
Objective / teachers' goal	The goal of this workshop is to teach meaning of the healthy eating and how it can impact on different risk factors of the diseases.
Relation to competence framework INTRODUCTION TO THE VITALITY COMPETENCE FRAMEWORK copy (vitalityforthefuture.eu)	Competence in analyzing health needs, Capacity building and intervention
Dimensions (check the dimensions and related aspects below) <input checked="" type="checkbox"/> Bodily functions <input type="checkbox"/> Mental wellbeing <input type="checkbox"/> Meaningfulness <input type="checkbox"/> Quality of life <input type="checkbox"/> Participation <input type="checkbox"/> Daily functioning	
Materials	Measure tape, computers, internet connection.
Approach	Interaction, assignments, cooperation
Type of activity (workshop, assignment, quiz, debat, presentation, etc.)	Workshop consists of different action points: Point 1) Waistline measurement (goal value: women <80 cm, men < 94 cm, mild risk: women 80-87 cm, men 94-101 cm, increased risk: women over 88 cm, men over 102 cm). In this measurement point, there is guidance poster to do the measurement right and find the right place in your waistline. Point 2) Test your eating habits At this point, students do a test about eating habits (atleast one of the following tests). Healthy eating assesment: https://www.hss.gov.nt.ca/sites/hss/files/resources/healthy-eating-assessment.pdf





	<p>Finnish Diabetes Associations test about eating habits: https://www.diabetes.fi/files/594/Testaa_ruokatottumukseksi_2018_paino.pdf (In Finnish)</p> <p>Finnish Diabetes Associations test about eating habits: https://www.diabetes.fi/files/502/eRiskitestilomake.pdf (in English)</p> <p>More information about healthy eating habits can be found: https://www.ruokatieto.fi/briefly-english https://www.ruokavirasto.fi/en/themes/healthy-diet/</p> <p>Point 3) Food pyramid and plate model At this point, students are going to explore the consist of the food pyramid and plate model for healthy eating within their teams. They should answer the following questions:</p> <ol style="list-style-type: none">1. Describe how you should eat according to the food pyramid and plate model?2. Draw a healthy and balanced meal <p>https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/</p> <p>https://www.ruokavirasto.fi/en/themes/healthy-diet/nutrition-and-food-recommendations/the-plate-model/</p> <p>Point 4) Eating the school meal At the final point, students go to the school canteen to apply this nutrition and food recommendation (especially the plate model) in to practice. The students are going to collect food from the school meal buffet according the plate model and they are having their lunch together.</p>
Duration	1-1,5 hour + lunch with the team
Final goal (learning outcome)	Students learn how to evaluate their own health and eating habits, they find the information about plate model and nutrition and food recommendation.





Dimension/Aspects							
Bodily functions	Feeling healthy	Fitness	Complaints and pain	Sleep	Food	Condition	Exercise
Mental well-being	Remember	Concentrate	Communicating	Being cheerful	Accepting yourself	Dealing with change	Sense of control
Quality of life	Enjoy	Being happy	Balance	Feeling safe	How you live	Get by with your money	Feeling comfortable with yourself
Social participation	Social contact	Be taken seriously	Doing fun things together	Belonging	Doing meaningful things together	Support from others	Interest in society
Daily functioning	Taking care of yourself	Knowing your limits	Knowledge of health	Dealing with time	Dealing with money	Being able to work	Being able to ask for help
Meaning	Meaningful life	Zest of life	Wanting to achieve deals	Have confidence	Accept	Gratitude	Keep learning

