Traditional Food Guide Activity Workbook for Alaska Native Youth

IHS Health Promotion Disease Prevention Webinar
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Disclosure

• No relevant financial relationships related to this presentation.
Presentation Objectives

1. Understand the development process for creating a youth nutrition resource that incorporates traditional Alaska Native lifestyles

2. Identify the three formats used for communicating information on each activity book nutrition page

• 3. Describe methods used to evaluate the activity books use
Background

- Alaska Tribal Health System Cancer Plan 2005 – 2010
  - Identified need for nutrition resource for Alaska Native cancer survivors
- Traditional Food Guide developed
  - Originally funded by the Lance Armstrong Foundation (2008)
  - Updated in 2015 as use broadened from original intent—now used by many as a healthy lifestyle tool
  - Layout:
    - User friendly, 168-page full color booklet
    - More than 70 traditional foods from land and sea
    - 30+ traditional food recipes
Activity Book Development

• Spin off – Traditional Food Guide Activity Book
  – Funded by Prevent Cancer Foundation (2012)
  – Target population: Alaska Native children living in rural Alaska in 3rd and 4th grade
  – Goal: provide nutrition information for store-bought and traditional foods and physical activity information in a fun, interactive activity book
Activity Book Development

• Spin off cont’d
  – Content development included input from:
    • Two Alaska Native dieticians
    • Rural Teacher
    • Elders
    • Student reviewers
  – Updated spring 2016 based on feedback received from teachers:
    • Current nutrition information
    • Addressed readability
    • Removed answer key
Content

• Page layout focuses on:
  • Both traditional and store bought foods
  • Activities tied to culture, family, and physical activities
  • Health messages with a problem solving activity for each page

Traditional Foods
Good Nutrition, Family Connections, Culture and Physical Activity

The gathering, hunting, putting up, and eating of traditional foods is a way of life for Alaska Native families. Eating foods from the land, rivers and seas sustains us to the land and water, and helps keep Alaska Native traditions alive.

Traditional foods are good for you:
- Traditional foods are low in unhealthy fat and cholesterol
- They don’t have chemicals and additives
- They are high in protein, vitamins and minerals
- Hunting, fishing, gathering, and putting up traditional food helps your body stay strong

Interview an Elder
Traditional food practices and customs are important! To learn more about them, ask an elder:
- What foods did you gather growing up?
- What is your favorite hunting, fishing, or berry picking memory?
- How do I tell which foods are safe to eat?
- Is there a food that you don’t gather anymore and miss?
- Can you share a recipe for your favorite traditional food?

Word Unscramble
How many of these traditional foods can you unscramble? Give it a try!

1. UBEISERBLRE 2. MIHRSP 3. UILWRFLECA DE 4. CRIBCOOL
5. LOMRYNBSAER 6. INUMKPP 7. OMALSN 8. RSUHMSOM
9. UTUKMK 10. STARORC
Content cont’d . . .

**Cracking the Code!**

**Understanding the Nutrition Facts**
- The nutrition label on store-bought foods is easy to understand once you know how to “crack the code”!
- **Start with serving size**
  - Know the amount of food you need for one serving so that you don’t eat too much.
- **Then check calories**
  - Know how many calories are in one serving.
- **Limit these nutrients**
  - Watch out for foods with high percentages of saturated and trans fat, sodium, cholesterol, and sugar.
- **Get enough of these nutrients**
  - Look for foods with fiber, vitamins, and minerals.

**Understanding the Ingredients List**
- Ingredients are listed in order of weight. How much of each ingredient is in the food is listed from the most to the least amount. For example, yogurt is made mostly from milk, so milk will be the first ingredient listed.

**Comparison of two store-bought foods nutrition labels**

**Label Quiz:**
- Compare the two nutrition food labels:
  1. Which has the largest serving size?
  2. Which has more calories?
  3. Which has less unhealthy fat?
  4. Which has more protein?
  5. What are the total grams of carbohydrates in Label A?
  6. Which label has easy-to-understand and easy-to-say ingredients?

- Cracking the code to understand:
  - How to read a food label
  - How to read an ingredients list

*Community Health Service: Cancer Program*
Activity Pages . . .

Protein

About one-third of your daily calories should come from protein.

Why your body needs protein:
- Provides energy
- Builds muscles, skin, cartilage, blood, and bones
- Helps cells grow and heal

Good sources of protein:
- Meat — moose, caribou, seal, dried meat
- Poultry — chicken, wild birds like black bears and Canadian geese
- Seafood — fish, clams, abalone
- Beans and peas — kidney, navy, and pinto beans, split peas
- Eggs — wild and store-bought
- Nuts and seeds — unsalted nuts, peanut butter
- Dairy products — low-fat or fat-free milk, yogurt, cottage cheese

Not all protein foods are the same

Salmon and caribou have a lot of protein. Hotdogs have much less.

You need to eat 4 hotdogs to get the same amount of protein that’s in a 3 oz. serving of salmon.

TAKE NOTE! Some foods high in protein can also have high amounts of unhealthy saturated fat. Look for healthy protein foods such as:
- GAME meat like moose or caribou
- Salmon, trout, or herring
- Chili or lentil soup
- Beef or pork without fat you can see

SOLVE THE ANAGRAM

Rearrange the letters in the words below to spell another word that matches the description.

POINTER Energy source your body uses to helps cells grow and heal.
TEAM A source of protein.
CALMS A seafood that provides protein.
POINT A type of bean that provides protein.
TUTOR A fish that is a healthy protein source.

POP QUIZ

What have you learned so far?

1. Eating the right kinds of foods helps us be healthy, feel good, and do well in school.
   a) True
   b) False
   c) Not sure

2. Which of the following IS NOT something that fat does for our bodies?
   a) Provides us with energy
   b) Builds strong bones
   c) Helps us keep warm
   d) Helps us go
   e) Not sure

3. Why do our bodies need water?
   a) Keep our body temperature even
   b) Helps our breathing and sweating
   c) Helps digest food
   d) All of the above

4. The number of calories (energy) you need depends on a lot of things.
   a) True
   b) False
   c) Not sure

5. Why is a traditional diet good for you?
   a) High in nutrients like protein, vitamins and minerals
   b) High in unhealthy fat and cholesterol
   c) Has chemicals and additives
   d) All of the above

6. Which are ways you can be active?
   a) Playing basketball
   b) Picking berries
   c) Running
   d) All of the above

7. What are the benefits from some store bought foods?
   a) Easy to prepare
   b) Can be healthy choices
   c) Provide important nutrients
   d) All of the above

8. What is a serving size?
   a) The number of servings in a package
   b) The amount of food that equals one serving
   c) How much energy it has
   d) Not sure

9. What is a calorie?
   a) A measurement of energy
   b) Fuel your body needs to grow, breathe, and to be active
   c) Calories come from fat, carbohydrates, and protein
   d) All of the above

10. Ingredients on food fact labels are listed in what order?
    a) From least to most
    b) From most to least
    c) From A to Z
    d) Not sure

Check your answers: How well did you do?

If you’ve got 5 or more questions right, Good Job!
If you’ve got 8 or more right, you’re a budding nutrition expert! Congratulations!
Keep reading to learn even more about good food for life.
**Sugar**

Sugar that has been added to foods has no nutritional value, and is high in calories. The nutrition fact label includes BOTH natural and added sugar, but the ingredient list shows only the added sugar.

Check the ingredients list for added sugar.
- Many pre-packaged foods and drinks have added sugar like:
  - High-fructose corn syrup
  - Brown sugar
  - cane sugar
  - White granulated sugar
  - Honey
  - Corn syrup
  - Dextrose
  - Sucrose
  - Maltose
  - Glucose
  - Maple syrup
  - Fruit juice concentrate

Suggestions for healthy snacks & drinks:
- Fruits & vegetables
- Water or unsweetened drinks
- Low-fat cheese & yogurt
- Low-fat & non-fat milk
- Whole-grain cereal & crackers

**SUGAR MAZE:**

Travel through healthy snacks. Avoid high sugar snacks. Get home by way of the healthy snacks!

**Think before you eat or drink foods high in sugar**

- Most sod pop contains 10 teaspoons of sugar.
- Most candy bars have 5 teaspoons of sugar.

**Instead...**

- Use a water bottle & refill with water throughout the day.

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**My Plate**

My Plate shows food group portions for breakfast, lunch, and dinner.

**FRUITS AND VEGETABLES**

- Fill your plate 1/2 full: Vary your veggies. If you have canned vegetables, pick low salt. Your fruit can be fresh, frozen or canned. If you pick canned, pick fruits in water or 100% juice.

**WHOLE GRAINS**

- Fill your plate 1/4 full: Whole grains include cereals, breads, popcorn, pasta, and brown rice.

**PROTEIN**

- Fill your plate 1/4 full: Game meat (moose, caribou), chicken and wild birds, seafood (fish, clams, abalone, and dried fish), beef, pork, beans and peas, eggs, nuts and seeds.

**DAIRY PRODUCTS**

- Eat or drink one serving with each meal (3 cups a day): Low- or fat-free milk, yogurt, or cheese. If you don’t drink milk, try yogurt, bone broth or soya mammas to get your daily calcium needs.

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**DOUBLE PUZZLE**

Unscramble each of the clue words. 1. Write them in the spaces next to the scramble. 2. Copy the letters in the numbered cells to the cells at the bottom of the page matching numbers to show the hidden message.

- SUIRT
- FAELECGTSBEV
- NASRIG
- ONTIRPE
- RIPTOOSN
- RYDIA

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Community Health Service: Cancer Program
Activity Pages . . .

Recipes

**Bugs on a Log**
- 2 celery stalks
- Peanut butter
- Blueberries or raisins

Wash celery. Cut celery stalk into four pieces each and fill each with peanut butter, top with blueberries or raisins.

**Pizza Pizzazz**
- Pilot bread or bagel
- Tomato sauce
- Low-fat cheese
- Your favorite vegetable

Top Pilot bread, ½ bagel or ½ english muffin with tomato sauce, add small pieces of vegetable and low-fat cheese. Heat an adult warm it up in the oven for you. Yum!

**Simple Snack Mix**
- 1 cup of any whole grain cereal
- 1 cup of any whole grain cracker
- ½ cup unsalted nuts like peanuts, walnuts, or almonds
- ¼ cup dried fruit like raisins

Mix ingredients in a large bowl or in a gallon-size plastic food storage bag. Store snack mix in a re-sealable container.

**Juicy Pops**
- 1 cup orange juice
- Small paper cups
- 1 cup apple juice
- Plastic spoons
- 1 cup berries
- Tin foil

Mix ingredients together, pour into small paper cups, cover each cup with tin foil, insert plastic spoon in cup, and freeze. Once frozen, enjoy a cool treat by peeling away paper cup!

**Blueberry Oatmeal Squares**
- 1 ¾ cups oatmeal
- ¾ cup whole wheat flour
- ½ cup brown sugar
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon cinnamon
- ½ cup blueberries (fresh or frozen)
- 1 egg
- 1 cup low-fat milk
- 3 tablespoons apple sauce
- ½ cup brown sugar

Preheat oven to 350 degrees F. Lightly coat a baking pan with cooking oil. Mix all ingredients together in a large bowl. Pour into pan and bake for 20 minutes. Allow to cool for 5 minutes and cut into squares.

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Later That Day...

WOW, GRANDPA, THAT SURE WAS FUN TO Catch Those SALMON!

Good Job!!!

Fiddlehead Ferns are a great natural source of vitamins A & C

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AND SALMON, LIKE MOST FISH, ARE ONE OF THE BEST SOURCES OF PROTEIN YOU CAN GET!

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And I think we’ll have some of it tonight!

AND IT IS SO NICE TO SHARE IT WITH ALL OF THE FAMILY

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We will freeze some of the salmon so we can enjoy it all year long!

The day ends well! Not only did the whole family share in good things to eat, but the kids also enjoyed being outside in the sun & learned about traditional ways to gather food. We listened to their grandparents share stories of when they were young.
School Distribution
School Distribution

• 1\textsuperscript{st} distribution, SY2011–12:
  – Goal – 10 to 15 schools
  – 41 elementary schools (1,450 activity books)
  – 18 school districts
  – Interest also included 1\textsuperscript{st}, 2\textsuperscript{nd}, and 5\textsuperscript{th} grade teachers

• Current 5\textsuperscript{th} distribution, SY2015–16:
  – 62 elementary schools (3,300 activity books)
  – 24 school districts
Internal and External Requests

• ANTHC and ANMC Programs:
  • Clinics: Pediatrics and ENT
  • Community Health Aide
  • Dental Health Aide
  • Diabetes
  • Food Distribution

• External requests:
  • Mayo Clinic Spirit of EAGLES
  • State of Alaska Public Health Nursing and Division of Agriculture
  • Bureau of Indian Affairs – Annual Providers Conference
  • Anchorage School District Title II summer program
  • Tribal Health Organization HP and Diabetes programs
Evaluation – Teachers

• Workbook use
• Rate educational content of workbook
• Sections most valuable
  • Traditional Foods Good Nutrition
  • Pop Quiz
  • Protein
  • Store Bought Foods
  • Cracking the Code
• Additional feedback:
  – Fits in with existing curriculum
  – Made an impact on student’s knowledge or healthy behaviors
  – Would recommend the workbook to other teachers
  – Expressed interest in additional nutrition resources
Evaluation – Teachers Comments

• My students enjoyed this book . . . I'd like to use it again next year. Thank you!

• The district limits sweets, sodas, and sport type drinks students are allowed to purchase. The activity book helped spell out nutrition information in an engaging manner.

• Thank you for providing this workbook! I also found YouTube videos on traditional foods to fit with using the book.
Student Healthy Pledge Card

• Return your pledge card and receive a healthy surprise!

TRADITIONAL FOOD GUIDE ACTIVITY BOOK
HAPPY & HEALTHY PLEDGE CARD!

Tell us you want to be happy and healthy by leading an active life and eating healthy food! Fill out this card and mail it to us. We’ll send you a healthy surprise!

☐ I’m going to eat 2 servings of fruits and vegetables every day.
☐ I’m not going to drink more than 3 sodas or sweetened drinks a week.
☐ I’m going to be active for at least 30 minutes every day.
☐ I want to grow up healthy and strong!

My favorite page in the book is: ____________________________
My name: ____________________________ My age: ______
My teacher’s name: ____________________________
My school: ____________________________
Evaluation – Students

- Favorite pages
  - When to Eat
  - Sugar
  - Cartoon – front/back pages
Other Feedback

• I love the fact that the kids are trying out things at home, thus affecting the whole family's eating habits.
  
  ANMC Pediatrician

• I find it relevant, engaging, factual, and fun. It was so hard when teaching to find printed material relevant to the students' lives. I could easily make a weeks worth of lesson plans in health from this book for 4-7 grades.
  
  Retired Shaktoolik teacher
Next Project . . . Healthy Living Journal

− Result from 2014 teacher survey
− Two week challenge
− Log foods eaten and physical activities
− Pilot with teachers/classrooms that have requested repeatedly ordered copies of the activity book.
Contact Information

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• Website:  http://anthc.org/what-we-do/wellness/cancer-program/#Publications
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