

Traditional Food Guide Activity Workbook for Alaska Native Youth

IHS Health Promotion Disease Prevention Webinar

September 20, 2016

Karen M. Morgan , BA

Disclosure

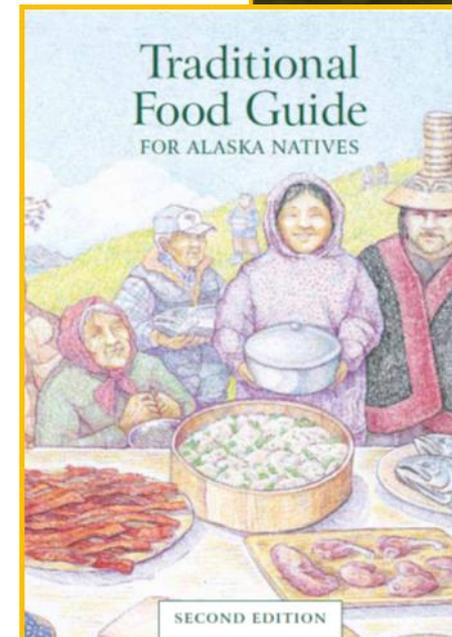
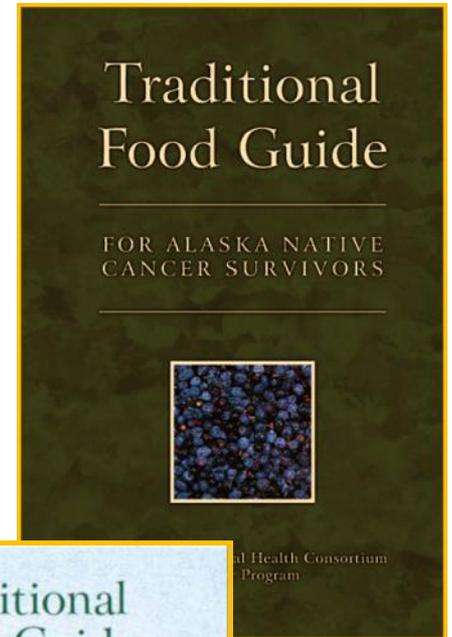
- No relevant financial relationships related to this presentation.

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

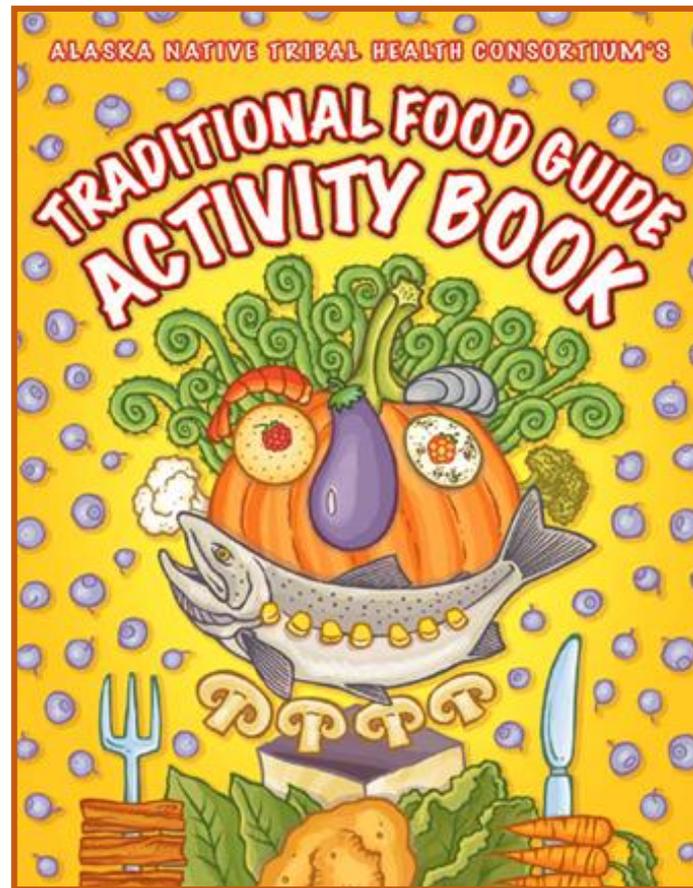
Background

- 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

Good Food For Life...



Good Food For Life

We can't live without food. We can't be healthy, feel good, and do well in school unless we eat the right kinds of food.

This book gives facts about traditional and store-bought foods. Learning about food helps you make healthy choices for your growing body — whether it's a food like caribou and salmonberries, or a fruit or vegetable on the cover.

What foods do we need?

Food is made of nutrients. Each nutrient has a special job in your body.

Protein builds and repairs body tissue to help you GROW.

Whole grains give you energy to help you GO.

Fats give you energy, keep you warm, and help you GO.

Minerals build strong bones, teeth, blood, healthy nerves and body organs. They help you GROW and GLOW.

Vitamins keep all parts of your body healthy. They help your body to work and help you GROW and GLOW.

Your body also needs water which keeps your body at the right temperature, helps digest foods, and helps you breathe and sweat. Water helps bones, muscles and organs to work well. You can't live without water. Milk, fruits, soups and vegetables all contain water.

How much food do you need?

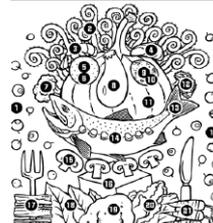
Food provides energy (calories) that you need to get through your day. If you eat too many calories, you can gain weight. If you don't eat enough calories, you get weak and tired.



Turn the page and learn more about the foods you need!



IDENTIFY THE FOODS ON THE COVER



- Pilot Bread Raspberry Mussel Trout
- Blueberries Sourdock Muktuk Carrots
- Sea Lovage Eggplant Broccoli Shrimp
- Salmonberry Fry Bread Pumpkin Corn
- Salmon Strips Mushrooms Ptarmigan Egg
- Cauliflower Fiddlehead Ferns

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

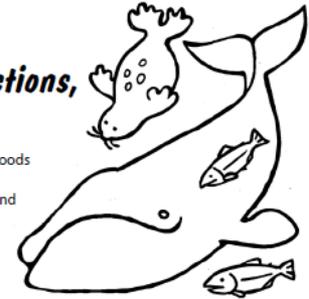
Traditional Foods *Good Nutrition, Family Connections, Culture and Physical Activity*

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 sea ties 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



The fat found in traditional Alaska Native foods, like seal oil, salmon, and whale, is good for your heart.

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. UILWRFLCAOE | 4. CRIBCOOL |
| 5. LOMRYNBSAER | 6. INUMKPP | 7. OMALSN | 8. RSUHMOSOM |
| 9. UTUKMK | 10. STARORC | | |

②

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"!

- 1 **Start with serving size**
Know the amount of food you need for one serving so that you don't eat too much.
- 2 **Then check calories**
Know how many calories are in one serving.
- 3 **Limit these nutrients**
Watch out for foods with high percentages of saturated and trans fat, sodium, cholesterol, and sugar.
- 4 **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.

Nutrition Facts

Serving Size: 1 Cup (227g)
Servings Per Container about 4

Amount Per Serving:		Calories From Fat 0	
		% Daily Value*	
Calories	130		
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	85mg		4%
Total Carbohydrate	9g		3%
Dietary Fiber	0g		0%
Sugars	9g		
Protein	23g		46%
Vitamin A	0%	Vitamin C	0%
Calcium	25%	Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: GRADE A PASTEURIZED SKIMMED MILK, LIVE YOGURT CULTURES (L. BULGARICUS, S. THERMOPHILUS, L. ACIDOPHILUS, BIFIDUS, L. CASEI)

GRAMS is the way foods are measured on nutrition labels. **1 OUNCE = 28 GRAMS**

LABEL A: Cheetos

Nutrition Facts	
Serving Size: 1oz. (28g)	
Amount Per Serving:	
	% Daily Value*
Calories	160
Total Fat	10g 16%
Saturated Fat	2g 10%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	230mg 12%
Total Carbohydrate	15g 4%
Dietary Fiber	less than 1g 2%
Sugars	1g
Protein	2g
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	2%

Ingredients: Enriched Corn Meal (Corn Meal, Ferrrous Sulfate, Nicotin, Thiamin Mononitrate, Riboflavin, and Folic Acid), Vegetable Oil (corn, canola, soybean, and/or sunflower oil), Cheese Seasoning (Whey, and less than 2% of the Following: Cheddar Cheese, (Cultured Milk, Cheese Cultures, Salt, Enzymes), Partially Hydrogenated Soybean Oil, Canola Oil, Maltodextrin, Disodium Phosphate, Sour Cream (Cultured Cream, Nonfat Milk), Artificial Flavor, Mono sodium Glutamate, Lactic Acid, Artificial Colors (Including Yellow 6), and Citric Acid. Contains Milk Ingredients.

LABEL B: Canned Sockeye Salmon

Nutrition Facts	
Serving Size: 3oz. (85g)	
Amount Per Serving:	
	% Daily Value*
Calories	130
Total Fat	0g 0%
Saturated Fat	1g 7%
Trans Fat	0g
Cholesterol	37mg 12%
Sodium	60mg 3%
Total Carbohydrate	0g 0%
Dietary Fiber	0g
Sugars	0g
Protein	17g
Vitamin A	0%
Vitamin C	0%
Calcium	20%
Iron	5%

Ingredients: sockeye salmon and salt

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?

5

- Cracking the code to understand:
 - How to read a food label
 - How to read an ingredients list
- Comparison of two store-bought foods nutrition labels

Activity Pages . . .

Protein

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

Why your body needs protein:

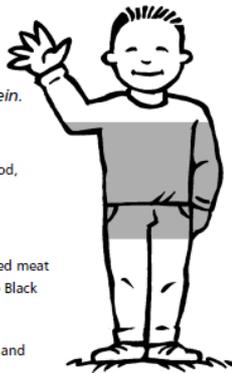
- Provides energy
- Builds muscles, skin, cartilage, blood, and bones
- Helps cells grow and heal

Good sources of protein:

- **Meat** — moose, caribou, seal, dried meat
- **Poultry** — chicken, wild birds like Black Brants 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

TAKE NOTE! Some foods high in protein can also have high amounts of unhealthy saturated fat. Look for healthy protein foods such as:

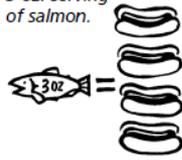
- Game meat like moose or caribou
- Salmon, trout, or herring
- Chili or lentil soup
- Beef or pork without fat you can see



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.



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 help 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.

6

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 keep us warm
 - d) Helps us GO
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, to 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.

9

Activity Pages . . .

Recipes

BUGS ON A LOG

- 2 celery stalks
- Peanut butter
- Blueberries or raisins



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

SIMPLE SNACK MIX

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



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

BLUEBERRY OATMEAL SQUARES

- 1 ½ cups oatmeal
- ½ cup whole-wheat flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ½ cup blueberries (fresh or frozen)
- 1 egg
- 1 cup low-fat milk
- 3 tablespoons apple sauce
- ¼ cup brown sugar



Have an adult 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.

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. Have an adult warm it up in the oven for you. Yum!

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!

FOR MORE RECIPES, VISIT:

Grandma's Recipes
<http://anthctoday.org/community/docs/Grandmas%20Recipes.pdf>

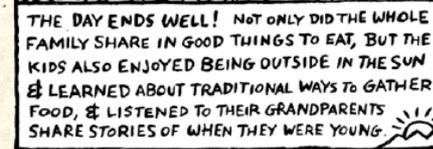
Disney Family, Recipes page,
www.familyfun.com/recipes

Eat Right, For Kids site: Recipes for Kids page,
www.eatright.org

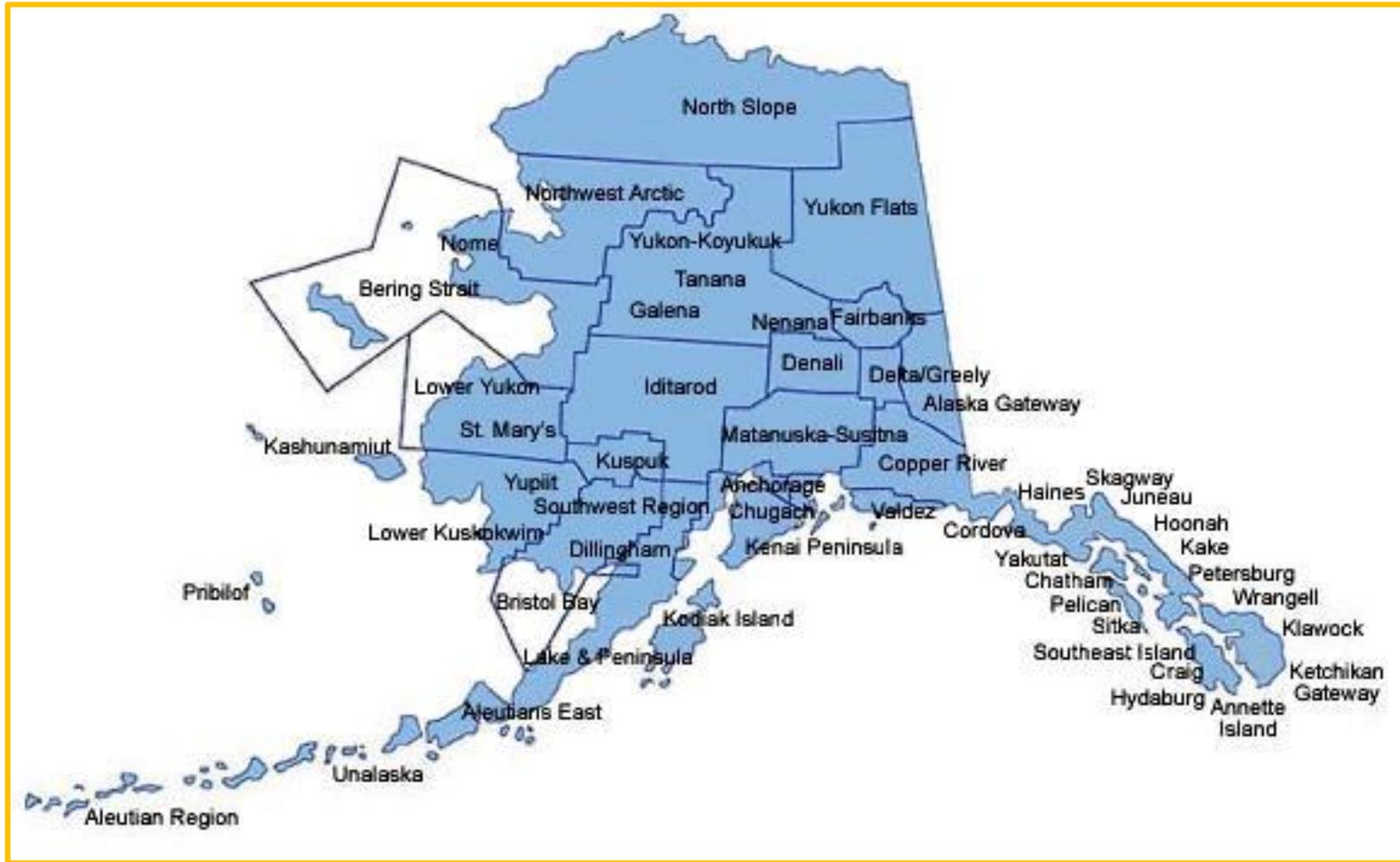
Fruits & Veggies More Matters, Healthy Kids site:
<http://www.fruitsandveggiesmorematters.org/HealthyCookingwithYourKidspage>

KidsHealth, Kids site: Cooking & Recipes page,
<http://kidshealth.org/>

U.S. Dept. of Agriculture, ChooseMyPlate site:
 Audience – Kids, Recipes page,
<http://www.choosemyplate.gov/>

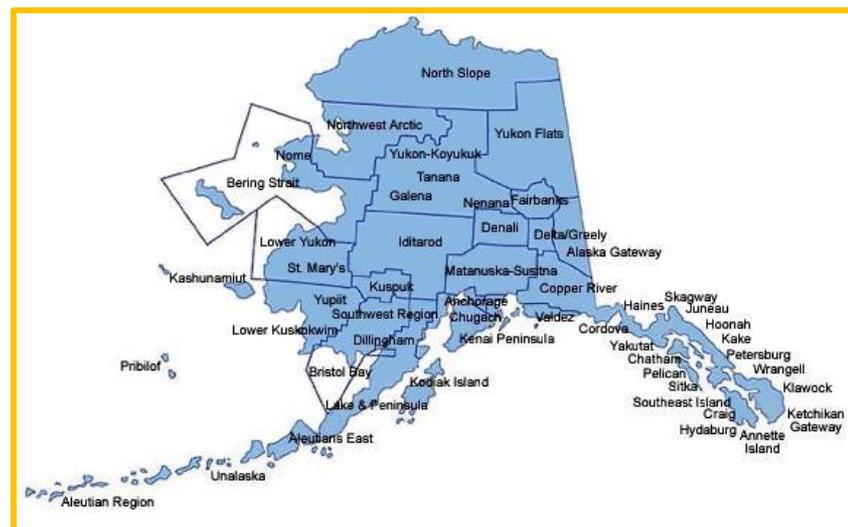


School Distribution



School Distribution

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

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: _____

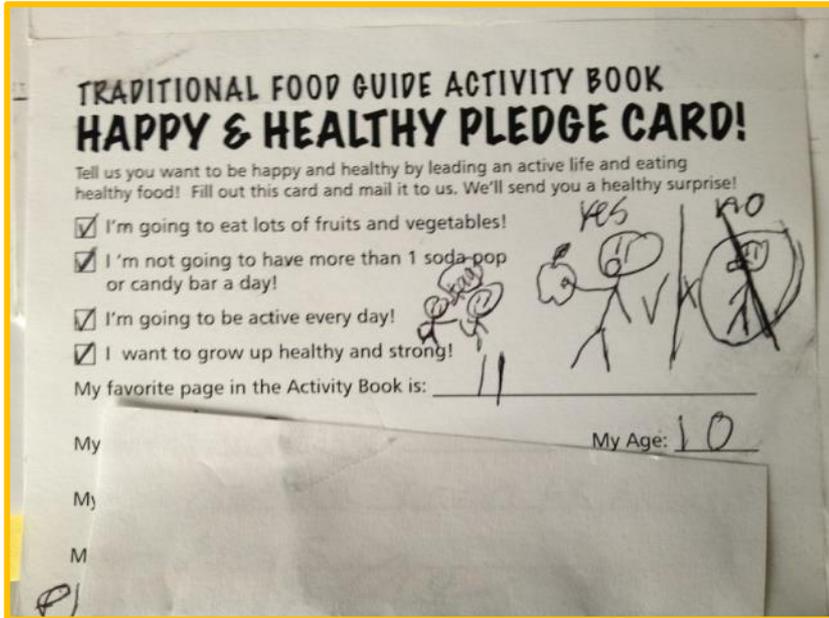
My name: _____ My age: _____

My teacher's name: _____

My school: _____

- Return your pledge card and receive a healthy surprise!

Evaluation – Students



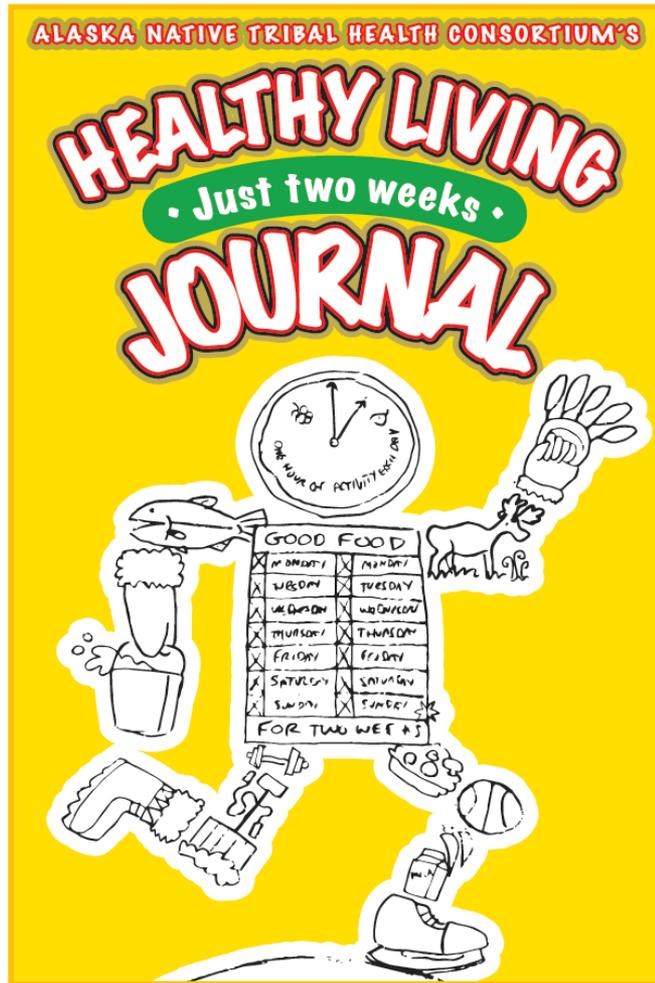
- Favorite pages
 - When to Eat
 - Sugar
 - Cartoon – front/back pages



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

- ANTHC Cancer Program
 - Karen M. Morgan
 - Alaska Native Tribal Health Consortium
 - (907) 729-4491, kmmorgan@anthc.org
- Website: <http://anthc.org/what-we-do/wellness/cancer-program/#Publications>
- Cancer Program email: cancer@anthc.org