

My Everyday Nutrition - Workshop Plan	
Learning Objectives:	Participants will be able to - Briefly describe the role calcium plays in their bone health. - State the daily recommended calcium intake for adults. - Discuss why we should aim for natural sources of calcium - Identify a minimum of 2 ways to increase their calcium intake. - Calculate how much calcium they intake every day. - Determine if a calcium supplement might be needed. - Briefly describe the role Vitamin D plays in their bone health. - State the daily recommended Vitamin D intake for adults. - Identify a minimum of 2 ways to increase their Vitamin D intake. - Briefly describe the role protein plays in their bone health. - Identify a minimum of 3 factors that can harm their bone health - Discuss how they can reduce the risk associated with factors that can harm their bone health
Time: (min)	Workshop Details
5	Workshop Sign-In - Circulate the Workshop Sign-In Sheet while everyone is getting settled and during the introductions for the workshop - Prior to the start of the workshop, place a My Everyday Nutrition - Workshop Guide on every desk/wherever participants will be seated Starter Activity - Nutrition Assessment [Slide 2] - have each participant record what they ate for every meal during the previous day including any supplements they might have taken - using the resource tables provided, calculate the amount of calcium and vitamin D intake for the previous day - this information will be used later in the workshop
5	- After the starter activity, review the Agenda and Learning Objectives for the workshop [Slides 3-5] - indicate that the learning objective for each slide will be located at the bottom of that slide [Slide 6] - encourage participants to complete their My Everyday Nutrition - Workshop Guide during the workshop as this will provide them with a useful resource [Slide 7] - following these introductory slides, the facilitator will work through the PowerPoint slides with the participants, engaging the group in participant-centric activities while they complete the My Everyday Nutrition - Workshop Guide
5	Part 1 - Calcium and Your Diet Activity - Calcium and your diet - facilitator directed [2 minutes] - Briefly discuss why calcium is important and the recommended daily intake [Slide 9] - Have groups brainstorm ways to increase your calcium intake [Slide 10], and record their ideas in their My Everyday Nutrition - Workshop Guide - After 2 minutes, have groups compare their ideas to the suggestions listed on [Slide 11]
3	- Calcium Intake Calculator - Misconception Check [2 minutes] [Slide 12] - Have each participant review what they wrote down for their intake of calcium from the starter activity - Each participant should compare this value to the recommended daily intake value for calcium - Facilitator poses the following questions, participants answer by raising their hands - How many participants met the daily intake value? - How many were below or above the recommended value?

2	○ The participants should review what they ate and assess what changes they could make to their diet to help ensure that they are meeting their daily recommendation ■ If they are in-taking enough calcium, are there other areas of their diet that can be improved upon? ■ highlight that they should aim to intake as much calcium from natural sources as possible [Slide 13] ● Calcium Supplements - facilitator directed [2 minutes] [Slides 14-17] ○ Ask the participants how they can determine if they need a calcium supplement [Slide 14] ○ Briefly review when a calcium supplement might be needed [Slides 15-17] ■ They should talk to their healthcare provider if they feel they might need a calcium supplement Part 2 - Why should I care about Vitamin D? Activity ● Why is vitamin D so important? - facilitator directed [2 minutes] [Slides 19-20] ○ Briefly discuss why Vitamin D is important and the recommended daily intake ○ Participants should complete the appropriate sections on their My Everyday Nutrition - Workshop Guide, answering the questions briefly for their own record ● Vitamin D Intake - Misconception Check [2 minutes] [Slide 21] ○ Have each participant review what they wrote down for their intake of vitamin D from the starter activity and compare this value to the recommended daily intake value for vitamin D ■ Have participants brainstorm how they can increase their daily intake of vitamin D and record their ideas in their My Everyday Nutrition - Workshop Guide ○ Briefly review natural sources of vitamin D and have participants compare their responses to this list [Slide 22] Part 3 - Some Other Factors! Activity ● Other lifestyle factors that affect bone health - Think-Pair-Share [2 minutes] [Slide 24] ○ Each participant should partner with the person next to them and come up with a list of the 4 dietary and/or lifestyle factors that can have adverse effects on their bone health [1 minute] ■ After about a minute has passed, review the four factors and the recommended daily limit for each factor [Slide 25] ● Harmful Lifestyle Factors - facilitator directed [2 minutes] [Slide 26-27] ○ Briefly discuss the role that protein plays in bone health ○ Highlight the need to discuss changes in weight without trying or poor appetite ○ Remind the participants that they need to eat a variety of healthy foods each day, including vegetables and fruits in order to ensure that you are in-taking all the vitamins and minerals they need for a healthy life
5	Cool-down Activity My Action Plan for My Bone Health [Slide 28] ● Have participants complete the Cool-down Activity in their My Everyday Nutrition - Workshop Guide ○ They will identify the habits they want to keep and what habits they want to start, stop or change with regard to their bone health as well as be encouraged and provided guidance on how to use a Lifestyle Journal, as well as preparing their next steps when meeting with their healthcare providers

Resources:

- My Everyday Nutrition - Facilitation Guide
- My Everyday Nutrition - Presentation
- My Everyday Nutrition - Workshop Plan
- My Everyday Nutrition - Workshop Guide
- Workshop Sign-In Sheet
- Workshop Evaluation Form

Other Resources Needed:

- pens/pencils
- tables
- chairs