

## Healthy Plate to a Healthy Weight Curriculum Summary

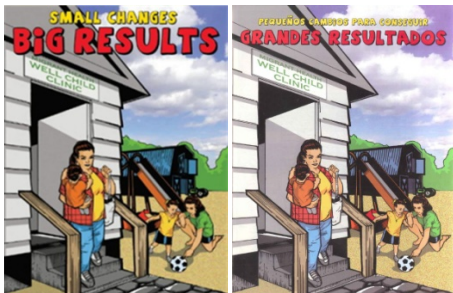
*Healthy Plate to a Healthy Weight* is an interactive curriculum developed by Kansas Statewide Farmworker Health Program (KSFHP) staff in 2011. The information and handouts (available in English and Spanish) shared during these sessions are mainly from [www.choosemyplate.gov](http://www.choosemyplate.gov). If you want to present the information to a population that speaks a different language, the English version can be used as a base. A KSFHP staff person that serves the Low German speaking population has done this. These sessions can be presented to individuals or groups.



### Session

1. Ask clients if they would be interested in learning more about eating healthy.
2. Pre test: draw out what you think would be a healthy meal for an adult.
3. Discuss some basic ideas that have helped others to reach and maintain a healthy weight.
4. Discuss how to build a healthy plate.
5. Discuss healthy choices.
6. Discuss healthy portions.
7. Discuss the importance physical activity.
8. Ask the participant(s) 10 simple questions to see if they have retained information.
9. Post test: draw a healthy meal for an adult.
10. Set a specific goal or action plan.
11. Discuss the details and the barriers of that goal.

KSFHP also has a bi-lingual comic book that we hand out to participants titled “Small Changes, Big Results.”



For more information about offering this curriculum to your clients or about how to receive training in order to provide this curriculum yourself, please contact Cyndi Treaster at [ctreaster@kdheks.gov](mailto:ctreaster@kdheks.gov) or (785) 296-8113.