



An Example of a Dialogue Education Workshop on Food & Stress

To accompany the 2007 02 19 edition (7 Steps of Design) of
Conversations on the Back Porch: A Podcast with Dr. Jane Vella

THE SEVEN STEPS of DESIGN

WHO (participants)

YMCA nutrition class: 20 men and women – all seniors
+ 1 teachers of the sessions

WHY (the situation)

These senior citizens need to discover ways to lose and to control their weight to prevent strokes and other diseases of aging. This initial one hour session will introduce them to the text *You on a Diet* by Michael Roisen and Mehmet Oz by teaching content from Chapter Four. A twelve session course will follow, teaching the whole book.

WHEN (the time)

A one hour class: sixty minutes

WHERE (the location)

A classroom at the YMCA with tables for small group work, a whiteboard and flip chart on an easel.

WHAT (Content)

- √ Introduction to the text *You on a Diet*
- √ The difference between nuclear factor kappa B (NFKappa B) and paroxisome proliferator-activated receptors (PPARs)
- √ Food sources of paroxisome proliferator-activated receptors PPARs

Text: Roizen, Michael F. and Mehmet C. Oz *You On a Diet* New York Free Press 2006. The authors assumes that readers have all been on a diet and somehow have been disappointed. They invite us to learn the biological processes of digestion and to make decisions about food that will support healthy processes.

WHAT FOR (Achievement Based Objectives)

By the end of this hour, all will have

- √ **Named** their experience with diets & their hope for learning from this book
- √ **Read** and responded to an excerpt from the text on inflammation, anti-inflammatory and anti-oxidant food sources
- √ **Named** ways they can use this information today. **Indicated** what else they need to know.
- √ **Proposed** a shopping list for tomorrow.

HOW (The Learning Tasks)

Learning Task # 1: What a Waist! (inductive work)

- I A** In pairs, **share** your experience with dieting...
- I B** **Name** one thing you'd like to learn about food and eating habits that could free you from dieting. We'll **hear** all.

Learning Task # 2: You On a Diet. (input)

- 2A** **Read** the following excerpt from *You on a Diet*.
Circle what you find most useful. We'll **hear** what you circled.

Excerpt from *You on a Diet*

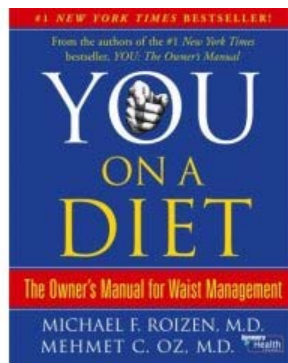
Your liver takes every chemical in your body and processes it by binding it to a protein, transforming it into something your body can use. In your liver, nutrients can be met by two substances. One is from foods that release *nuclear factor kappa B (NF kappa B)* which triggers a chain of events that causes inflammation in the digestive system. The other substance, *peroxisome proliferator-activated receptors (PPAR's)*, are from foods that have an anti-inflammatory effect. P. 89

Your best weapon against fat is good food – inflammation-reducing food. To reduce obesity-causing inflammation, you need to eat foods with nutrients that can do just that, by having direct anti-inflammatory or antioxidant properties or by stimulating the PPARs and inhibiting the NF kappa Bs.

Substances known to fight inflammation: pp. 95-96

Omega 3 Fatty Acids in fish oils. (three 4-ounce servings per week)

- √ Green Tea (three glasses a day)
- √ Beer - one drink per day
- √ Turmeric - A pinch of tumeric 1/8 of a teaspoon
- √ Coffee -
- √ Bananas



Learning Task # 3 (implementation)

- 3A** In pairs, **decide** what you can do with this information from the text *You on a Diet*. We'll **hear** a sample.
- 3B** What more would you like to hear from Drs. Roizen and Oz? We'll **hear** a sample.

Learning Task # 4 (integration)

- 4A** In pairs. **list** the items from this short introductory session that you want to do further research on...what will you Google? We'll **hear** all.
- 4B** In family groups, **prepare** a shopping list that will use what has been learned here today. **Include** a trip to the library or bookstore for *You on a Diet*. We'll **hear** a sample.

