



U.S. AIR FORCE

Domain: Physical

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Title: Healthy Eating

Time: 60 min

Purpose:

- Foster healthy eating in a work setting
- Identify visual and environmental cues (portion sizes) that contribute to weight creep
- Facilitate discussion of healthy choices in eating establishments

Instruction:

- Provide games and quizzes to facilitate learning:
 1. Portion Sizes: Moderation is key. [Portion Distortion I & II ppts](#) will demonstrate concepts as well as activities to burn off extra calories.
 2. Diet Composition: Interactive [Blast off](#) game and [Jeopardy](#) game will provide further learning options emphasize increase healthy eating concepts
 3. Handouts: [Choosemyplate.gov](#) 10 Tips Nutrition Education Series



U.S. AIR FORCE

Domain: Physical

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Time: 90 min

Purpose:

- Suggest a Healthy Lunch (w/unit personnel)
- Foster esprit de corps between leadership and Airmen
- Create culture of healthy eating choices

Instruction:

- CC can chose one of the following formats:
 - Healthy lunch “pot luck”
 - Selection of eating establishment with healthy choices

Prerequisite:

- Potluck Make-over: <http://www.webmd.com/food-recipes/guide/potluck-makeovers>