

Guide for Nutrition Coaches



What are the Happy, Healthy and Well Games?

The Happy, Healthy and Well Games are a series of fun and easy activities to help you teach consumers how to make healthy food choices. Healthy food can help the people you support feel good and have better health. Many people are concerned about their weight. Extra weight can cause diabetes for some people, but making healthy food choices can lower their risk. Although the Games are designed for consumers, you might even find yourself learning some nutrition tips along the way!



Who are the Nutrition Coaches?

Anyone can be a Nutrition Coach, like you!



When do I use the Games?

- Use the activities anytime during the day. Keep each session short and sweet.
- Do the activities in any order. You don't have to do all of them.
- You can repeat the activities. Practice is a great way to help folks learn.

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What does a Nutrition Coach do?

You, the Nutrition Coach, provide learning opportunities for the people you support. You allow them to learn at their own pace and to make changes on their own. The Coach is patient with the process, because changing habits takes time. Let the person you support know that lots of people have a hard time changing habits or losing weight and keeping it off.

Here are some tips:

- Pick a Game about a food the consumer enjoys, like ice cream or spaghetti.
- Adapt the activity for the consumer's learning style and abilities. For example, you might demonstrate a step first, and then ask the consumer to try it.
- Make it fun! Tell a personal story, ask for comments and keep it positive.
- Invite consumers to use what they've learned at snack and meal times.
- Give each person a copy of the last page of each Game (Let's Review) to keep or post, after they have completed the Game.
- Recognize accomplishments. There is a certificate master in the back of the binder. Copy the certificate and fill in the consumer's name. Some consumers like recognition after each session. Others may like to look forward to recognition after finishing a series of Games. You can decide how to use the certificate.
- Suggest that the consumer share this Game with family or a friend.

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The instructions are color-coded. Here's the key:

First pages

Read to yourself:

- What the Game teaches

Read to yourself:

- Things you'll need

Middle page

Read aloud with the consumer:

- Carrying out the activity

Last page

Read aloud with the consumer:

- Finish and review

Grapes and Tennis Balls



Eating too much food can make you gain weight.

Coach Note: Read this page to yourself, to get ready for the activity.

Purpose of Activity

To practice how to choose the right amount of grapes for a serving

Teaching Points

1. Fruit is good for you, but not too much at once.
2. A serving of grapes is about the size of a tennis ball.
3. Pre-pack grapes and other fruit in a snack-size baggie.



What You Need

Place these things nearby:

- 1 large bag of grapes, kept in the store-bought bag
- 1 tennis ball (in kit)
- 1 box of snack-size baggies
- 2 small paper plates