

Advanced Instructional Plan Outline

“No More Beach Bum”

I. Identification

- A. Kristin Gentili, Kristen Merlo, Jenna Plant March 27, 2012
- B. Nutrition Fair: Framingham State University
- C. Goal Statement: To improve the overall health of beach goers.
- D. Topic: “No More Beach Bum”
- E. Audience & Physical Setup
 - Members of the Framingham State University community, including:
 - Students
 - 50% live on campus and most likely eat in the dining halls and do not prepare their own meals often
 - 50% are commuters and may pack their own lunches on a daily basis or purchase from the cafe
 - The students of Framingham State University have varying levels of nutrition knowledge
 - Students may be undergraduate students or graduate students
 - Students have a variety of cultural and ethnic backgrounds and may have special dietary concerns
 - It is expected that both male and female students will visit the table at the Nutrition Fair
 - Students will most likely range in age from 18 – 25.
 - Students will have varying interest levels in the presentation
 - Faculty
 - Faculty has varying levels of nutrition knowledge - ranging from a history professor to a professor with a PhD in nutrition
 - Assumed that most faculty pack lunches and participate in food preparation at home. Some faculty may have families
 - Some faculty may purchase food at FSU using the Dining services offered
 - Members of the faculty have a variety of cultural and ethnic backgrounds and may have special dietary concerns.
 - Staff
 - The staff of FSU has varying levels of nutrition knowledge
 - Assumed that most of the staff members are adults who prepare meals at homes for themselves, and potentially their families
 - Staff may also purchase food using the Dining services offered at FSU
 - The staff of FSU has a variety of cultural and ethnic backgrounds and may have special dietary concerns
 - “No More Beach Bum” will be part of the Nutrition Fair, which takes place in the McCarthy College Center on Tuesday, March 27, 2012 from 11:30-1:30pm.
 - “No More Beach Bum” will consist of a trifold poster board set up on a folding table in the College Center cafeteria/comcafe
 - Both participants and presenters will stand during the presentation.
- F. 2 hours – 11:30am – 1:30pm

II. Objectives

A. Learning Objectives

- I. Participants will learn the benefits of packing a lunch for a day at the beach instead of buying food from the boardwalk.
- II. Participants will learn basic food safety techniques for packing a picnic.
- III. Participants will incorporate physical activity into their days at the beach.

B. Performance Objectives:

- I. After reading and participating in discussion at the “No More Beach Bum” board at the Nutrition Fair and given a written evaluation form, participants will be able to state the health benefits of packing a lunch with 100% accuracy.
- II. After reading and participating in discussion at the “No More Beach Bum” board at the Nutrition Fair, and given a written evaluation form, 100% of participants will identify one way that they can keep their food safe at the beach.
- III. After reading and participating in discussion at the “No More Beach Bum” board of the Nutrition Fair, and given a list of four common beach activities, participants will rank the activities from least to most calorie burn with 80% accuracy.

III. Content, Sequence, and Learning Activities

A. Introduction

- How many of you like to spend time at the beach in the summer?
- Here you will learn how to pack a nutritious lunch, how to keep it safe and fun beach activities to help burn calories.

B. Preassessment

- How many of you pack a lunch when you go to the beach?
- If you do pack a lunch what do you take with you?
- When do you pack your lunch?
- What do you normally pack or buy when you go to the beach?
- What do you like to do at the beach?
- If you pack your cooler how do you keep it cold?
- Do you like to do any physical activity while at the beach?

C. Key Learning Activities

I. Beat the Board Walk

1. *Objective:* Participants will learn the benefits of packing a lunch for a day at the beach instead of buying food from the boardwalk.
2. *Procedure:*
 - Ask participants if they want to play Beat the Boardwalk game comparing the “boardwalk” meal and a homemade packed meal to learn the health benefits of packing a lunch
 - Point and state these are the boardwalk foods (labeled with boardwalk) and these are the homemade beach foods (labeled with packed foods)
 - Ask participants to look at foods and state which they think is higher in calories and how many calories they think is in the boardwalk meal versus the homemade meal
 - Have them lift the flap and state if they were right

- Ask them if they were surprised - why or why not?
- State that there is a thousand calorie difference
- Ask them if they think they know why?
- Answer statements and questions accordingly
- States now that you have seen the calories, which lunch do you think has more grams of fat?
- Tell participant to lift flap and state if they were right
- Ask them if they were surprised
- State like the calories the boardwalk meal is higher in fat because fat adds calories
- Explain to participants the 4 different kinds of fats in simple terms: Saturated fats and trans fats are the bad fats that you want to avoid. Saturated fats are found in animal products and trans fats are found in baked goods and processed foods. Whereas monounsaturated and polyunsaturated fats are the good fats that you want to increase in your diet. These fats can be found in nuts, oils and fish
- Talk to them about the reasons why the boardwalk meal is high in saturated fat, the bad fats: the burger, the cheese, the ice cream and the deep fat fried French fries
- State that the home packed lunch has some of the mono and polyunsaturated fats which are the good fats and they are found in the sandwich which contains pesto, olive oil and hummus. The pesto has olive oil and pine nuts which contain the good fats. The hummus has olive oil in it and also is made with garbanzo beans (chick peas) which contain mono and polyunsaturated fats.
- Ask participants if they have any questions about fats and answer them appropriately.
- Ask participants which meal they think has more fiber in it?
- Have them lift the flap and ask if they were surprised or not
- Ask them which items from the homemade meal contain these
- State that the vegetables, fruit and whole grains are good sources of fiber.
- Explain to them that fiber can keep them fuller longer and which can help to decrease you calorie intake because you won't be as hungry.
- State that it is important to increase water intake along with an increase with fiber.
- Ask if the participants have any questions and answer them appropriately
- Ask the participants which meal they think has more vitamins, minerals and antioxidants in it.
- Have them lift the flap and state if they were surprised and if they had the right answer
- State that the homemade meal is more nutrients dense then the boardwalk meal. Nutrient dense means that you are getting more nutrients packed into a smaller number of calories
- Ask them which foods do you think are the most nutrient dense?

- State that whole wheat bread is also packed with vitamins and minerals unlike its counterpart white bread which is fortified with only a few nutrients.
- Ask if the participants have any questions and answer appropriately
- State thank you for participating in Beat the Boardwalk now Lets talk about safety when packing a cooler.

II. Picnic pack safety

1. *Objective:* Participants will learn basic food safety techniques for packing a picnic
2. *Procedure:*
 - Ask participants how many of them have ever packed a cooler?
 - State that it is important to properly pack a cooler when bringing a lunch to the beach
 - Ask participants if they use cubed ice or ice packs when packing their coolers?
 - State that the use of ice is important to keep food cold and safe
 - State that you can freeze water bottles and use them as quick and inexpensive ice packs. Just be sure that all the food is eaten before drinking the water
 - State that the ice keeps the food cold and under 40°F, state that once food is left out for a long period of time (4 hours) over the 40°F that bacteria can grow in the food and can cause a food borne illness and who wants to spend their time when they get home in the bathroom.
 - Ask participants what foods they typically keep in a cooler
 - State that all perishable foods that are normally kept in the refrigerator and freezer need to be in the cooler.
 - Ask them where they normally put the cooler when traveling to the beach.
 - State that the cooler can keep coolest on the ride to the beach in the backseat of the car because the air conditioning will help to keep it cold.
 - State that once at the beach it is important to store the cooler in the shade
 - Ask the participants if they bring more than one cooler?
 - State that if they are taking more than one cooler to pack solely beverages in one cooler and food in the other, this will cut down on the amount of times the cooler is opened. The more times a cooler is opened the warmer it becomes.
 - Ask how many of you wash your cooler when you get home?
 - It is important to wash the inside of a cooler because there can be leftover food inside and can lead to bacteria growth inside the cooler while it is being stored.
 - Ask if there are any questions and answer them appropriately
 - State now that you know about homemade lunches and how to keep them safe let's talk about fun beach activities

III. Get Moving

1. *Objective:* Participants will incorporate physical activity into their days at the beach.
2. *Procedure*
 - What are some activities that you do at the beach?
 - State that those are all good answers if they are physical activity
 - Ask them if they know of any other activities that they could do at the beach to be active? Or what activities they like to do while at the beach
 - Point to the calorie burn chart and ask participants to look at the amount of calories burned doing the activities
 - Ask them which one burns the most and which one burns the least.
 - State that this is based on a person that is 150 pounds and that calories burned is totally individual so you may burn more or less then the stated amount based on your individual weight
 - State that you can still get your tan while you are up and active
 - State that physical activity is important to keep healthy and the more exercise that you do the more calories you burn
 - State that it is important to do something that is fun
 - State that the beach is a great place to be physically active because it can be a source of entertainment and most people at the beach are doing the exact same thing
 - Ask if the participants have any questions and answer them appropriately

D. Conclusion

- A. State thank you for listening to No More Beach Bum, we hope you now know that packing a lunch is more nutritious then buying from the boardwalk, the importance of properly packing a cooler, and fun ways to stay active at the beach
- B. Ask participants to fill out a raffle form in order to be able to win the prize and to evaluate the presentation

IV. Materials and References

- A. No More Beach Bum tri-fold board
- B. Pencils
- C. No More Beach Bum brochure
- D. Evaluation form
- E. Pail to collect forms
- F. Summer Veggins' Sandwich
- G. Platter for serving sandwiches
- H. Napkins
- I. <http://www.healthstatus.com/calculate/cbc>

V. Evaluation

- A. Performance Evaluation
 - I. Formal

1. Raffle form evaluation: comments about the instructors and quiz questions
2. *Objective:* After reading and participating in discussion at the “No More Beach Bum” board at the Nutrition Fair and given a written evaluation form, participants will be able to state the health benefits of packing a lunch with 100% accuracy.
 - Results: 100% of participants answered the health benefits to packing a lunch correctly
3. *Objective:* After reading and participating in discussion at the “No More Beach Bum” board at the Nutrition Fair, and given a written evaluation form, 100% of participants will identify one way that they can keep their food safe at the beach.
 - Results: Out of 81 participants only one answered the question regarding one way to keep food safe at the beach wrong. This can be equated to 99% of participants answered the question correctly. It is possible that the one participant did not read the question correctly.
4. *Objective:* After reading and participating in discussion at the “No More Beach Bum” board of the Nutrition Fair, and given a list of four common beach activities, participants will rank the activities from least to most calorie burn with 80% accuracy.
 - Results: 58 out of 81 participants were able to rank the appropriate calorie burn and its corresponding activity correctly. This equates to 72% of participants, which is below our estimated average. A lot of participants read this question wrong, rating the calorie burn from most to least. Also, this topic was not covered as in depth as we thought it was going to be.
5. Participants were able to answer questions correctly when asked
6. Most participants were able to decipher the correct answer to the Beat the Boardwalk game of comparing the two different meals
7. All participants were shocked at the calorie level in the boardwalk meal, were very interested in some suggestions we gave for packing your cooler, and very interested in the number of calories burned while being physically active

II. Informal

1. Participants body language showed interest in the information
2. Participants asked appropriate questions when responding to the information
3. Participants made positive comments to the information and were giving positive feedback to suggestions and information

B. Instructional Strengths

I. Formal

1. Evaluation form on the raffle asked yes or no questions: the presenters gave a clear presentation? The information presented was fun and interactive?

- Results: All participants answered 'yes' to both questions

II. Informal

1. The participants were able to understand the directions to the activity, some asked more in depth questions, which proved their interest
2. The facial expressions were surprised by the amount of calories in the boardwalk versus the homemade meal which again showed interest in the activity
3. All participants facial expressions and body language indicated that they liked the presentation

C. Questions for Reflection

I. Questions written before the program

1. Is this information too easy for participants?
 - No this information was easy enough for participants to understand, but also hard enough to make them really think about the information presented
 - Some participants had more advanced nutritional knowledge than others, but all were able to think about the information and ask appropriate information
2. Will participants will be interested in this presentation?
 - All participants were very interested once we started going through the boardwalk game
 - When discussing cooler safety, surprisingly participants were interested as well because a lot of the ideas we were giving them they had not previously thought of
 - Having the numerical value for calorie levels burned by participating in physical activity and by consuming the boardwalk meal interested participants very much so
3. Are we trying to cover too much information?
 - We had more information on the board than we discussed, but all information on the board was also in the brochure so if they wanted to learn more they had the resources
 - By not discussing everything on the board, we were able to keep their interest and not overwhelm them
4. Will this information make an impact on the participants?
 - The numerical value of the calories in the boardwalk meal definitely made an impact
 - Most participants knew that the boardwalk meal was clearly worse for them to eat, however they did not realize the numerical value that all of that food contains, which worked as a shock factor

- Also, the fact that we had numerical values with the calorie burn made them realize that they can easily burn calories at the beach

II. Changes to improve presentation

1. Changes would be to have more numerical values on the boardwalk meal because this made a very large impact for the calories
 - It would be great if we included the grams of fat and fiber in the boardwalk meal versus the homemade meal to make even more of an impact
2. Another change would be to perhaps match the calories burned with a food
 - For example, we had walking for 30 minutes burns calories, but it would be interesting to say if they ate the burger at the boardwalk they would have to walk for this many minutes to burn off all of those calories
3. On the quiz change question number 2 to make it more difficult because most participants knew the answer before even participating in the presentation
4. Also, on the quiz the question that most people got wrong was number 3, which asked the order of activities from least to most calorie burn
 - Change this to say from most to least because this is how many people read the question and a logical way of thinking
5. Use the flaps on the boardwalk game more because we did not use them for all participants