



Eat Better To Live Better

Lesson 1: Better Health with Better Choices

In this lesson participants will learn about MyPyramid and how to plan a healthy diet. Core concepts of MyPyramid include: variety, moderation and physical activity.

Goals: At the end of this lesson, participants will be able to:

- ★ List the five food groups
- ★ Discuss the importance of variety in a healthy diet.
- ★ Discuss why it is important to select foods with lower levels of saturated fats, trans fat, cholesterol, sodium, and added sugars.
- ★ Discuss the need to balance food intake with physical activity.

Lesson 2: Food Safety and You

This lesson teaches participants basic knowledge about food borne illness, including what causes it and four simple steps to avoid it when transporting, storing, preparing and serving food. Also included is information on safe handling of leftovers.

Goals: At the end of this lesson, participants will be able to:

- ★ Understand what causes food-borne illness (food poisoning)
- ★ Understand and identify the four steps they can take to keep food safe
- ★ Understand the safest way to determine if food has been cooked properly

Lesson 3: Shopping Strategies for Stretching Your Food Dollars

This lesson outlines shopping strategies that can help participants stretch their food dollars. Individuals will learn to develop shopping lists based on planned meals and snacks and to compare prices using unit pricing when grocery shopping.

Goals: At the end of this lesson, participants will be able to:

- ★ Identify at least three shopping practices that can help stretch food dollars
- ★ Develop a shopping list
- ★ Use unit pricing when comparing foods

All lessons and handouts materials are available in Spanish/English.

For more information contact:

Nathan Tucker or Eneveyda Garza

BLT Extension Assistants - Texas AgriLife Extension Service

1600-B Smith Road Austin, TX 78721

Phone: (512)854-9600 Fax: (512)854-9611

Email: NETucker@ag.tamu.edu or EGGarza@ag.tamu.edu

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S. W., Washington, D. C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.