



**PREVENT T2**

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

## Lifestyle Coach Training Guide

**Shop and Cook to Prevent T2**

## Shop and Cook to Prevent T2

### Session Focus

Healthy shopping and cooking can help prevent or delay type 2 diabetes. This module teaches participants how to buy and cook healthy food.

### Participant Learning Objectives

By the end of the session, participants will:

- ▶ Identify healthy food
- ▶ Explain how to shop for healthy food
- ▶ Explain how to cook healthy food

## Materials Checklist

### You will need:


- Your Participant Notebook
- Participant Guides for this module (one copy for each participant and for you)
- Blank Fitness Logs, as needed
- Blank Food Logs, as needed
- Blank Action Plans, as needed
- Lifestyle Coach Log
- Nametags, as needed
- Scale for weighing participants (same one for all sessions)
- Watch or clock
- Pens

### Optional:

- Flip chart, easel or tape, and markers; or white board, white board markers, and eraser
- Sale fliers from local grocery stores**
- “Make It Fast, Make It Good” video:**  
[https://www.youtube.com/watch?v=rB5TUlo2p\\_A](https://www.youtube.com/watch?v=rB5TUlo2p_A)
- “Budget-Stretching Healthy Meals” video:**  
<https://www.youtube.com/watch?v=ixl3-kg59xU>
- Projector with Internet access to watch videos**

## Things to Do

### Before this session:

- Reserve a meeting room. Make sure there is a private space where you can weigh participants.
- Gather needed supplies.
- Review this Lifestyle Coach Training Guide and the Participant Guide for this module. Make sure you understand both thoroughly.
- Arrive early.
- Set up chairs in a formation that invites discussion, such as a circle.
- Write needed text on flip chart or white board (optional). See 

### As each participant arrives:

- Greet participants.
- Weigh participants in private.
- Record participants' data on your Lifestyle Coach Log.
- Tell participants their weight. Or write it down for them on a sticky note. Ask them to record it in their Weight Log.
- Give participants a copy of the Participant Guide for this module.
- Give participants blank Fitness Logs, Food Logs, and Action Plans, as needed.
- Ask participants to fill out and wear a nametag, as needed.
- Ask participants to sit down. Suggest that they review "Session Focus" on page 2 while they wait for the rest of the group.

### After this session:

- As soon as possible, take notes on this session. Write down what went well and what you'd like to improve. Also write down any tasks you need to do before the next session.

## Module Outline

### Session Content:

The following content is designed to last for 60 minutes. Please allow about 10 extra minutes to weigh and consult with participants at the start of each session.

- Welcome and Review .....Page 6 ..... 10 Min
- Objectives .....Page 7 .....2 Min
- Healthy Food: A Review .....Page 7 ..... 8 Min
- How to Shop for Healthy Food .....Page 9 ..... 15 Min
- How to Cook Healthy Food .....Page 10 ..... 15 Min
- Plan for Success .....Page 13 .....5 Min
- Summary and Closing .....Page 14 .....5 Min

## Lifestyle Coach Script



Notes to Coach	Welcome and Review (10 minutes)
	<p>▶ <b>SAY:</b> Welcome back, everyone! This is the ___ meeting of Prevent T2, the CDC’s lifestyle change program.</p> <p>Today, we are going to talk about healthy shopping and cooking.</p> <p>Before we start, let’s spend a few minutes going over what we discussed last time. I will try to answer any questions you may have.</p> <p>↶ <b>DO:</b> Briefly summarize previous session.</p> <p>💬 <b>DISCUSS:</b> Does anyone have any questions for me about what we talked about last time?</p> <p>▶ <b>SAY:</b> Let’s talk about how things went with the action plan you made last time.</p> <p>💬 <b>DISCUSS:</b> What went well? What didn’t go so well?</p> <p>▶ <b>SAY:</b> Now let’s talk about how things went with the other things you tried at home.</p> <p>💬 <b>DISCUSS:</b> What went well? What didn’t go so well?</p>


Notes to Coach	Objectives (2 minutes)
	<p>▶ <b>SAY:</b> Healthy shopping and cooking can help you prevent or delay type 2 diabetes. Today, we will talk about:</p> <ul style="list-style-type: none"> <li>■ Healthy food</li> <li>■ How to <u>shop</u> for healthy food</li> <li>■ How to <u>cook</u> healthy food</li> </ul> <p>Finally, you will make a new action plan.</p>
	<p><b>Healthy Food: A Review</b> (8 minutes)</p> <p>▶ <b>SAY:</b> In order to shop and cook healthy, you need to know which items are healthy. Let's do a quick review.</p> <p>▶ <b>ASK:</b> Which items should you <u>choose</u>?</p> <p><b>ANSWER:</b> Choose items that are:</p> <ul style="list-style-type: none"> <li>■ <u>Low</u> in calories, fat, and sugar</li> <li>■ <u>High</u> in fiber and water</li> <li>■ <u>High</u> in vitamins, minerals, and protein</li> </ul>

Notes to Coach	Healthy Food: A Review
<p>To learn more about healthy eating, see the handouts that go with the <i>Eat Well to Prevent T2</i> module.</p>	<ul style="list-style-type: none"> <li>▶ <b>ASK:</b> And which items should you <u>limit</u>?</li> <li><b>ANSWER:</b> Limit items that are:               <ul style="list-style-type: none"> <li>■ <u>High</u> in calories, fat, and sugar</li> <li>■ <u>Low</u> in fiber and water</li> <li>■ <u>Low</u> in vitamins, minerals, and protein</li> </ul> </li> <li>▶ <b>SAY:</b> Now let's review what a healthy plate looks like.</li> <li>▶ <b>ASK:</b> Which food group takes up <u>half</u> of your plate?</li> <li><b>ANSWER:</b> Non-starchy veggies</li> <li>▶ <b>ASK:</b> Which food group takes up a <u>quarter</u> of your plate?</li> <li><b>ANSWER:</b> Grains and starchy foods</li> <li>▶ <b>ASK:</b> And which food group takes up the <u>last quarter</u> of your plate?</li> <li><b>ANSWER:</b> Protein foods</li> <li>▶ <b>SAY:</b> Remember—you can also have:               <ul style="list-style-type: none"> <li>■ A small amount of <u>dairy</u> foods</li> <li>■ A small amount of <u>fruit</u></li> <li>■ A <u>drink</u> that has low or no calories</li> </ul> </li> </ul>



Notes to Coach	How to <u>Shop</u> for Healthy Food (15 minutes)
<p>Ways to save time and money <u>before</u> you shop include:</p> <ul style="list-style-type: none"> <li>■ Find out about sales.</li> <li>■ Gather coupons.</li> <li>■ Find recipes.</li> <li>■ Plan meals and snacks.</li> <li>■ Check your kitchen.</li> <li>■ Make a shopping list.</li> <li>■ Have a healthy snack.</li> </ul> <p>.....</p> <p>This activity is optional.</p> <p>.....</p>	<p>▶ <b>SAY:</b> Now that we've reviewed healthy food, we'll talk about how to <u>shop</u> for healthy food. Let's look at an example. Please turn to "Jerry's Story" on page 3 of this module's handouts.</p> <p>↗ <b>DO:</b> Read (or ask a volunteer to read) the story.</p> <p>▶ <b>SAY:</b> You can shop for healthy food without spending a lot of time or money. To get the most from your shopping trip, it's a good idea to prepare even before you get to the grocery store.</p> <p>💬 <b>DISCUSS:</b> What are some steps to take <u>before</u> you shop that can save time and money?</p> <p>.....</p> <p>✳ <b>ACTIVITY:</b> Use Sale Fliers</p> <p>↗ <b>DO:</b> Pass out sale fliers from local grocery stores. Ask participants to circle healthy items that are on sale.</p> <p>💬 <b>DISCUSS:</b> Which items did you circle? Why?</p> <p>.....</p>


Notes to Coach	How to <u>Shop</u> for Healthy Food
<p>Ways to save time and money <u>while</u> you shop include:</p> <ul style="list-style-type: none"> <li>■ Look for the lowest unit price.</li> <li>■ Use food labels.</li> <li>■ Stick to your list.</li> <li>■ Choose family packs.</li> <li>■ Avoid prepared meals.</li> <li>■ Buy items on sale.</li> </ul>	<p>► <b>SAY:</b> OK. Let's say you've prepared for your shopping trip. You're at the store with your shopping list and coupons.</p> <p> <b>DISCUSS:</b> What are some steps to take <u>while</u> you shop that can save time and money?</p>
	How to <u>Cook</u> Healthy Food (15 minutes)
<p>Ways to <u>save time</u> when you cook include:</p> <ul style="list-style-type: none"> <li>■ Clean as you cook.</li> <li>■ Cook large batches.</li> <li>■ Cut up veggies or fruit in advance.</li> <li>■ Use a slow cooker.</li> <li>■ Use leftovers.</li> </ul>	<p>► <b>SAY:</b> We've discussed how to <u>shop</u> for healthy food. Now let's talk about how to <u>cook</u> healthy food.</p> <p>You can cook healthy food that you enjoy without spending a lot of time.</p> <p> <b>DISCUSS:</b> What are some ways to <u>save time</u> when you cook healthy food?</p>

Notes to Coach	How to <u>Cook</u> Healthy Food
<p>Ways to make healthy food that you <u>enjoy</u> include:</p> <ul style="list-style-type: none"> <li>■ Change your favorite dishes.</li> <li>■ Choose good quality items.</li> <li>■ Grill or roast veggies and meat.</li> <li>■ Learn healthy cooking methods.</li> <li>■ Try new cooking styles and ingredients.</li> </ul> <p>Ways to cook with <u>less fat</u> include:</p> <ul style="list-style-type: none"> <li>■ Coat pans with healthy cooking spray.</li> <li>■ Simmer in water or stock.</li> <li>■ Steam or microwave.</li> <li>■ Use nonstick cookware.</li> </ul>	<p> <b>DISCUSS:</b> And what are some ways to make healthy food that you <u>enjoy</u>?</p> <p>What are some ways to cook with less fat?</p>

Notes to Coach	How to <u>Cook</u> Healthy Food
<p>.....            This activity is optional.</p>	<p>.....            ✳ <b>ACTIVITY:</b> Watch Videos</p> <p>↗ <b>DO:</b> Show “Make It Fast, Make It Good” (2:20 minutes) and/or “Budget-Stretching Healthy Meals” (1:56 minutes). Discuss briefly. Or give participants the links so they can watch the videos at home.</p>
<p>.....            This activity is optional.</p>	<p>.....            ✳ <b>ACTIVITY:</b> Field Trip</p> <p>↗ <b>DO:</b> Take a field trip outside of session time. Practice healthy shopping and cooking with the group. You can even do a cooking demo!</p>
<p>.....</p>	<p>.....</p>

Notes to Coach	Plan for Success (5 minutes)
	<p>► <b>SAY:</b> Please look at your Action Plan Journal. Let's spend the next few minutes making a new action plan.</p> <p>Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make?</p> <p>Also keep in mind what we discussed today about healthy shopping and cooking.</p> <p>As you make your plan, remember to keep it:</p> <ul style="list-style-type: none"> <li>■ Realistic</li> <li>■ Doable</li> <li>■ Specific</li> <li>■ Flexible</li> </ul> <p>Remember to focus on behaviors. And try to have fun!</p> <p>↙ ↗ <b>DO:</b> Give participants a few minutes to make their action plan.</p>

Notes to Coach	Summary and Closing (5 minutes)
<div data-bbox="159 716 243 810" data-label="Image"> </div> <p>Things to Try at Home:</p> <ul style="list-style-type: none"> <li>■ My Meals and Snacks</li> <li>■ My Shopping List</li> <li>■ Shop and cook</li> <li>■ Action Plan</li> </ul>	<p>► <b>SAY:</b> Please look at “My Meals and Snacks” on pages 6 and 7. Between now and our next session, use this handout to plan one week of healthy meals and snacks. You can use “Jerry’s Meals and Snacks” on pages 4 and 5 for ideas.</p> <p>I’d also like you to complete “My Shopping List” on page 9. Make a list of the items you need for the meals and snacks you planned. You can use “Jerry’s Shopping List” on page 8 for ideas.</p> <p>Then use your shopping list to go shopping. You can use “Healthy Shopping Tips” on pages 10 and 11 for ideas.</p> <p>Finally, cook the meals and snacks you planned. You can use “Healthy Cooking Tips” on pages 12 to 14 for ideas.</p> <p>↗ <b>DO:</b> Answer questions as needed.</p>

Notes to Coach	Summary and Closing
	<p>▶ <b>SAY:</b> We have come to the end of our meeting. Today, we discussed how healthy shopping and cooking can help you prevent or delay type 2 diabetes. We talked about:</p> <ul style="list-style-type: none"> <li>■ Healthy food</li> <li>■ How to <u>shop</u> for healthy food</li> <li>■ How to <u>cook</u> healthy food</li> </ul> <p> <b>DISCUSS:</b> Do you have questions about anything we talked about today?</p> <p>▶ <b>SAY:</b> Next time, we'll talk about the things you tried at home, including your action plan. We'll also talk about ___.</p> <p>Thank you for coming to this session. Remember to bring your Participant Notebook to the next session.</p> <p><b>Meeting adjourned.</b></p>