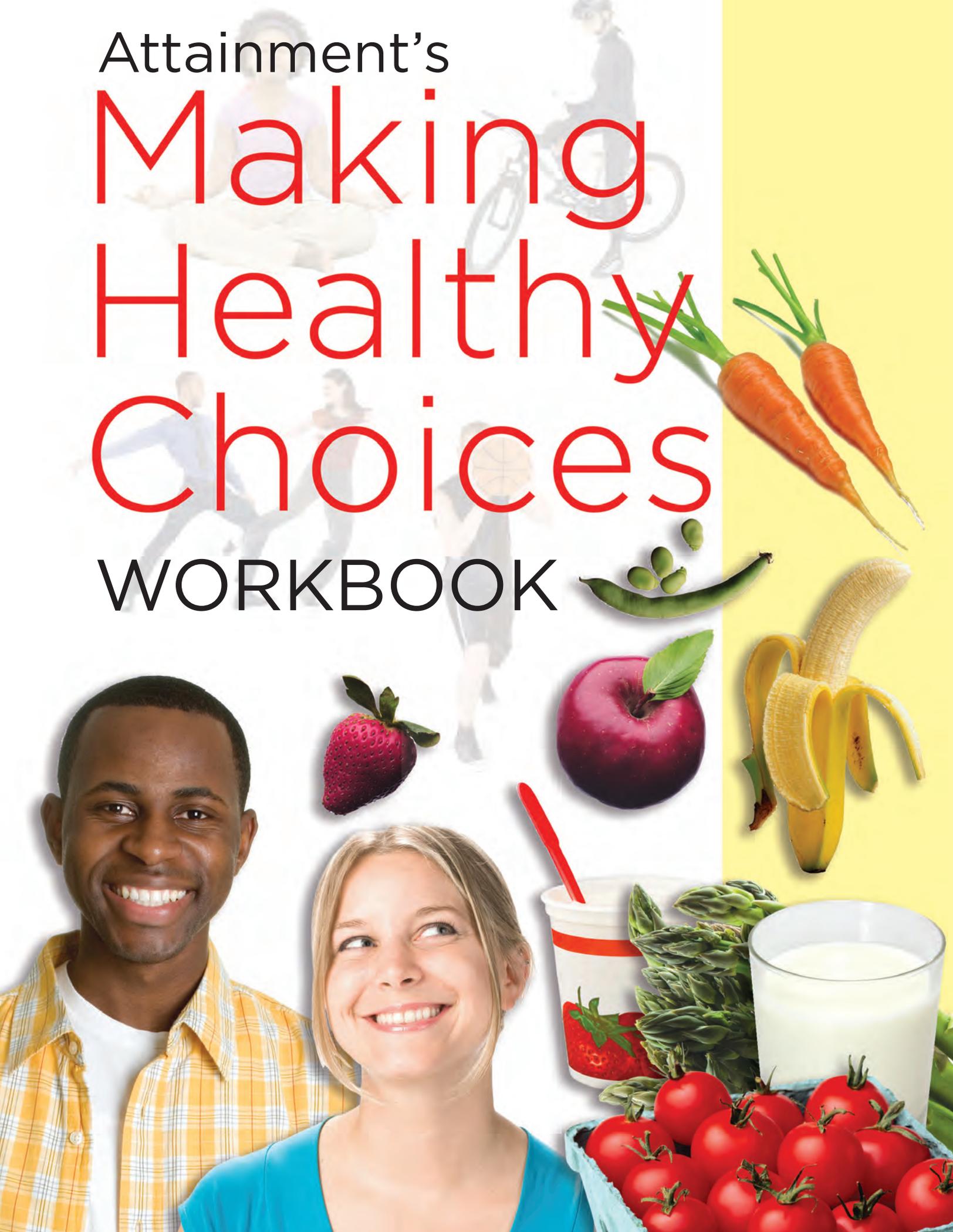


Attainment's

# Making Healthy Choices

WORKBOOK



## **Win/Mac CD**

The CD contains printable PDF files of Making Healthy Choices Workbook, Health Advocacy Program, and Supporting Healthy Lifestyles.

PDF reader software is required to view the PDFs. Acrobat® Reader® Software is included on the CD.

**Steve Holburn**

**Christine D. Cea**

New York State Institute for Basic Research in Developmental Disabilities

Edited by Tom Kinney

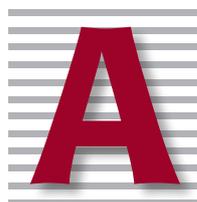
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**Attainment Company, Inc.**

P.O. Box 930160

Verona, Wisconsin 53593-0160 USA

1-800-327-4269

[www.AttainmentCompany.com](http://www.AttainmentCompany.com)

This Making Healthy Choices Workbook belongs to:

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Second, we wish to thank Jackie Scarcella, Director of Staff Development and Training at A Very Special Place, a not-for-profit service agency on Staten Island, for her role in implementing the HAP and field-testing workbook activities. Here the HAP was implemented and the workbook was field-tested with adults in the residences and day programs.

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Finally, we thank Ina Johnson, RN, for her assistance in coordinating project activities, and Michelle Postler for her comments and suggestions in the development of this Workbook.

# About This Workbook

## Organization of the Book

This workbook was developed to enhance the health and well-being of learners who experienced the *Health Advocacy Program*.<sup>1</sup> The order of information in the workbook follows that of the *Health Advocacy Program*. The workbook contains:

- handouts from the *Health Advocacy Program*,
- activities to improve health and well-being, and
- information about potential personal health goals.

Each lesson has fun and interesting activities for the classroom and home, a health knowledge question, and a page for health notes. The answers to the questions in many of the activities can be found at the back of the book.

## To the Health Self-Advocate

This workbook is for you. It was written to help you use the ideas in the *Health Advocacy Program*. If you need help, an instructor will help you complete the activities in the workbook. Some of the activities can be done at home. You will see a page for *Health Notes* at the end of each lesson. Here you can write information about your own health behavior. You can write about what you ate, what you are doing to stay healthy, and progress on a personal health goal. You can write other health information too.

So have a good time using this workbook to help you stay healthy and happy as you become a better health self-advocate.

## To the Instructor

This workbook complements the *Health Advocacy Program*<sup>1</sup> curriculum and the *Supporting Healthy Lifestyles Program*<sup>2</sup> for support professionals. The workbook is self-contained and describes health activities that can be performed independently, but many learners will need guidance in completing the activities and in reviewing their answers. In this regard, class discussion can be particularly useful to reinforce learning. Also, some instructors find it helpful to adapt lesson material to match special needs of students. Opportunities to expand health learning can occur through field trips, recipe sharing, cooking competitions, reporting healthy activities, and so forth.

## **To the Parent/Guardian/Home Support Staff**

The *Making Healthy Choices Workbook* was designed to support the health advocate as he or she strives to attain healthier lifestyle practices. It will be helpful for you to review the material in the workbook with special attention to the at-home exercises. As you know, most health practices originate in the home, so your support will enhance the effectiveness of the program in maintaining a healthy lifestyle. For example, if the individual has developed a personal health goal, you can assist with the implementation at home and with the documentation of progress. Your attention to the workbook activities will go a long way toward helping the person make healthier lifestyle choices.

# Introduction



## Getting to Know You

**Activity 1: How Healthy Is Your Lifestyle?**

**Activity 2: Health Behavior**

**Activity 3: Develop a Personal Health Goal**

**Home Activity: Be a Health Advocate**

**Test Your Health Knowledge**

**Health Notes**

# Getting to Know You



## Option A: For Partners (Requires writing skills)

**Instructions:** Introduce yourself to your partner. Ask your partner the questions on this worksheet. Write in his or her answers.

1. What is your name?

---

2. What are your 3 favorite foods?

---

---

---

3. What are 2 things you like about yourself?

---

---

---

---

# Getting to Know You

## Option B: For Small Groups



**Instructions for assistants:** Assist participants as needed in responding to the statements below, reading each statement and recording responses if necessary. Assist in sharing the information with the group.

1. What is your name?

---

2. What are your 3 favorite foods?

---

---

---

3. What are 2 things you like about yourself?

---

---

---

---

# ACTIVITY 1:

## How Healthy Is Your Lifestyle?

To learn about how healthy your lifestyle is, complete the questionnaire. When you are finished, add up your scores and look at the scale below to find out how you measure up.

Instructions: Circle the answer that most applies to you.	Always	Sometimes	Never
1. I eat three balanced meals a day.	3	2	1
2. I get at least seven to eight hours of sleep at night.	3	2	1
3. I exercise for half an hour at least three times a week.	3	2	1
4. I avoid smoking.	3	2	1
5. I make time to socialize with friends and family.	3	2	1
6. My diet is low in fat.	3	2	1
7. My diet is low in salt.	3	2	1
8. My diet is low in sugar.	3	2	1
<b>TOTAL SCORE</b>	_____ +	_____ +	_____ = _____

### How did you measure up?

20 - 24 = Good work, keep it up

12 - 19 = Not bad, could be better

8 - 11 = You will have to try harder

# ACTIVITY 2:

## Health Behavior

Using your answers from the questionnaire, *How Healthy Is Your Lifestyle* (Activity 1), answer the following questions:

What are some of your healthy behaviors?

---

---

---

What are some of your unhealthy behaviors?

---

---

---

Name one unhealthy behavior you would like to change. \_\_\_\_\_

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---

# ACTIVITY 3:

## Develop a Personal Health Goal

One way to improve your health is to set a health goal for yourself. You can do this by using the following 3 steps. Be sure to get help with this activity.

**Step 1.** Below, write the goal you would like to work on. You can do this with the help of a family member, your teacher, or other adult.

**Step 2.** Describe how you will achieve this goal.

**Step 3.** Indicate how you will record your progress. You can record your progress on the calendar on page 14 or the graph on page 15. The recording of your goal progress should be done with assistance.

## My Personal Health Goal

Select one health area:

\_\_\_\_ Nutrition \_\_\_\_ Weight loss \_\_\_\_ Exercise \_\_\_\_ Other \_\_\_\_\_

1. My Personal Health Goal

---

2. How will the goal be achieved?

---

3. How and where will progress be recorded?

---

4. Who will assist you in goal follow-through?

---



# Supporting Healthy Lifestyles

A large grid of graph paper, consisting of 20 columns and 30 rows of small squares, intended for writing or drawing.

# HOME ACTIVITY:

## Be a Health Advocate

Being an advocate means speaking up for what you want or believe in. An advocate who believes in good health habits is called a health advocate. Healthy behavior includes eating the right foods, getting enough exercise, and making healthy life choices.

Q: Name one way you advocate for your health:

---

---

---

---

---

## Test Your Health Knowledge

Which of the following does a health advocate do?

- a) Speaks up about having healthy food during meals and snacks
- b) Stays healthy with proper nutrition and exercise
- c) Talks to a doctor about health
- d) All of these things



# Food Preferences



**Foods I Like to Eat**



**Foods I Don't Like to Eat**



**Foods I Think Are Healthy**



**The Food Guide Pyramid**

**Activity 1: Name the Food Groups**

**Activity 2: Crossword Puzzle:  
Why Do We Eat Certain Foods?**

**Activity 3: Which Food Belongs in Each  
Food Group?**

**Home Activity: Find the Food in Each  
Food Group**

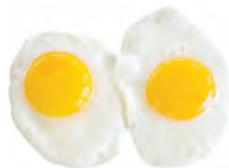
**Test Your Health Knowledge**

**Health Notes**

# Foods I Like to Eat



Circle all the foods you like.



# Foods I Don't Like to Eat



Circle all the foods you don't like.



# Foods I Think Are Healthy

Circle all the foods that you think are healthy.

