



# Skill Building

## Learning How to Eat Healthy

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### Overview

This section gives employees the tools to set goals and incorporate healthy eating, as well as physical activity, into all aspects of their daily lives.

### Goal

To develop decision-making skills by providing employees with opportunities to participate in activities that support healthy eating practices

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### Topics Included

1. Diversity
2. Setting and Achieving Healthy Eating Goals: Learning how to set and achieve healthy eating goals that are simple and realistic
3. Trying and Preparing Healthy Foods: Learning how to prepare healthy foods and having the chance to sample new ones
4. Achieving and Maintaining a Healthy Body Weight: Learning how to incorporate healthy eating, physical activity, and a positive attitude about self into one's lifestyle as a means of reaching and maintaining one's weight goal
5. Physical Activity and Healthy Eating: Learning how to make active living and healthy eating a part of one's lifestyle
6. Grocery Shopping and Meal Planning: Learning how to buy healthy foods and to plan healthy meals and snacks
7. Nutrition Month™ Bonanza (March only): Learning about healthy eating as it relates to the Nutrition Month theme (which is different each year)

Each topic is organized under the following headings:

- Purpose
- Intended Audience
- Suggested Activities
- Materials

*Note: Some of the activities in this section involve physical activity. Before starting any exercise plan, employees, especially those who have not been active before, should be encouraged to check with their doctors.*