Suggestions for Use in Training
School nutrition directors, managers, or anyone providing training to employees may use this group activity to illustrate the importance of a healthy diet.

Preparation for the Activity
Ask ahead of time for volunteers to role-play the scenario. The scenario has three characters - the manager and two other people.

Script for Scenario
The school nutrition manager sits at a table with two other people. They are in the school library reading magazines or newspapers.

Person 1
Wow! It’s amazing how many diseases you have to worry about today.

Person 2
I know what you mean. My sister-in-law was just diagnosed with high blood pressure.

Person 1
I have a friend who has diabetes. She just found out that her teenage daughter does too, so it must run in the family.

Person 2
You would think that with all of the attention we put on these diseases, somebody would find a cure for them. I guess there just isn’t anything anyone can do about it.

End scene
Activity Directions

**DO:** Role-play the scenario and discuss briefly.

**SAY:** Remind participants that following a healthy diet can reduce the risk of developing high blood pressure and diabetes. Even when a disease runs in the family, a healthy lifestyle that includes a balanced diet, regular physical activity, maintaining a healthy weight, and other lifestyle factors, such as not smoking, helps protect us against these health problems.

**Additional Handouts**

For additional handouts to support this activity, refer to the Tools and Tips for Trainers on the ICN Web site.

- Dietary Guidelines Fact Sheet
- Serving the Dietary Guidelines With Style
- Healthful Eating and Healthy Weight
- Healthful Eating Guide

**Source:** National Food Service Management Institute. (2005). *Nutrition 101: A taste of food and fitness.* University, MS: Author.