

Manager's Corner

Dietary Fiber

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PURPOSE

Improve the operation of child nutrition programs through research, education and training, and information dissemination.

VISION

Lead the nation in providing research, education, and resources to promote excellence in child nutrition programs.

MISSION

Provide relevant research-based information and services that advance the continuous improvement of child nutrition programs.

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Table of Contents

Professional Standards	1
Introduction	1
Lesson Overview—Questions	3
Menu Item Suggestion Activity	4
Menu Item Suggestion Activity Answer Key	5
References	7

Professional Standards

GENERAL NUTRITION – 1300

Employee will be able to understand the Dietary Guidelines for Americans, USDA's food guidance system concepts, and general nutrition principles.

1310 – Relate the Dietary Guidelines and USDA's food guidance system (such as MyPlate) concepts to the goals of school nutrition programs.

1320 – Understand general nutrition concepts that relate to school meals, such as whole grains, sodium, etc.

Introduction

Manager's Corner: Dietary Fiber is designed for managers to use in training their staff. Each lesson is roughly 15 minutes. *Manager's Corner: Dietary Fiber* provides a method for empowering managers to train their staff. This lesson plan contains the following:

- learning objective,
- statement explaining the importance of the topic,
- list of materials,
- instructions on how to present the information,
- questions to ask staff, and
- an activity to strengthen or refresh the knowledge of the staff.

Lesson Overview—Questions

Objective: Identify ways nutrition education can promote the health benefits of dietary fiber.

Why it is important: It is important for individuals to get the required amount of dietary fiber every day. Eating a healthy amount of dietary fiber everyday can help to prevent many digestive issues and certain types of cancer.

Materials included in this document:

- **Menu Item Suggestion Activity**
- **Menu Item Suggestion Activity Answer Key**

Instruction:

Ask the staff to answer the questions included in this training. Facilitate the activity.

Questions for the staff:

- **What can school nutrition managers do to promote the benefits of dietary fiber?**
Answer: Managers can hang posters around the cafeteria that promote the benefits of dietary fiber. They can also find ways to make foods with fiber taste and look appetizing to children. Foods that are high in fiber include fruits, vegetables, whole grain-rich foods, and legumes.
- **What are the benefits to eating foods with dietary fiber?**
Answer: Foods that contain a good amount of dietary fiber will help maintain a regular digestive system and prevent digestive issues. Dietary fiber is good for your colon and intestines. Foods that contain a good amount of dietary fiber will keep students feeling full for a longer period of time and give them more energy.

Activity instructions:

- Ask staff to complete the **Menu Item Suggestion Activity** using the above information. Ask staff to come up with ways that they can incorporate more dietary fiber into school meals; and then include them on the poster. At the conclusion of the activity, review the **Menu Item Suggestion Activity Answer Key**.

Menu Item Suggestion Activity

Instructions: Write your response to the questions below and have an open dialogue with your manager and staff.

What are some menu item suggestions that can incorporate dietary fiber in school meals?

What recipes have you seen on TV, social media, cookbooks, or other sources that contain good amounts of dietary fiber?

What about the recipe that caught your attention?

How do you expect the students will feel about eating more dietary fiber?

Menu Item Suggestion Activity Answer Key

Instructions: Write your response to the questions below and have an open dialogue with your manager and staff.

ANSWER:

What are some menu item suggestions that can incorporate dietary fiber in school meals?

- Whole wheat pancakes, whole wheat muffins, wheat pasta, whole grain brown rice, wheat bread

What recipes have you seen on the internet, TV, social media, or other sources that contain good amounts of dietary fiber?

- Answers will be subjective

What about the recipe that caught your attention?

- Answers will be subjective

How do you expect the students will feel about eating more dietary fiber?

- If the food tastes good and does not look unappetizing, the children will be more willing to taste it

References

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