Nourish

facilitator guidebook

*“To eat is a necessity, but to eat intelligently is an art.” -La Rochefoucauld*

Dear Nourish Course Facilitator,

Welcome to Nourish, a six-part program Powered by Masterpiece. This program is designed to support participants in navigating healthy nutrition. Each unit is called a ‘course’ to reflect the courses served in a meal. Throughout the Nourish program, we will explore numerous topics including: the importance of nutrition at any age, food traditions and legacies, superfoods, mindful and intuitive eating, recommendations for older adults, sensory changes, hydration, nutrients, and the overall dining experience.

To begin, we ask that you take a few minutes to review this Facilitator Guidebook from start to finish. You will find helpful instructions to prepare for each session, such as what materials and equipment you will need, as well as suggestions for creatively enhancing this course based on individual needs and interests.

Important to note, Masterpiece recognizes that nutrition is a topic that is constantly evolving. Because of this, there is a plethora of information and opinions that can make it hard to evaluate fact from fiction. Masterpiece is committed to staying up-to-date with research-based standards and recommendations from credible sources. Masterpiece validates that nutrition is not a one-size-fits all approach and recognizes that not all nutrition approaches are cited in this course. However, as the facilitator, please keep personal opinions and diet preferences from the Nourish content.

**Last, be sure to remind participants to check with their doctor if they are taking prescription medications as there may be some foods within the Nourish content that they may need to avoid.**

**On behalf of your Masterpiece Team, welcome to Nourish!**

Preparing for Nourish

**What You Will Need:**

* A strong Internet connection (if streaming)
* A projector and large screen or TV screen
* Audio hookup for computer (to viewing source)

**Before each session:**

* Review the appropriate section(s) of the Facilitator Guidebook, course packets for your session, and PowerPoint presentation. (It is helpful to print course packets before each session.)
	+ Speaker’s notes are included in the notes section of the PowerPoint for each course. Read through the text several times to familiarize yourself with the content. All text in italics are detailed instructions provided for you, the facilitator. When the italicized instructions state that you ask a question, pose the question(s) to your participants. For small groups, participants can answer out loud to the entire group. For groups of 10 or more, to keep the time to 45 minutes per session, consider having participants discuss the questions in groups of two, then asking for a few examples before moving on.
* Set up audio/visual equipment and chairs in a way that allows for discussion.
* Have suggested materials for activities available ahead of time. Activities are included within each session. However, use the “Optional Activities” section below if you prefer to add or change the activities provided. You may also choose to schedule additional activities on a different day, between Course sessions, or as additional sessions at the end of the program.
* Provide the unit worksheet(s) and pens/pencils for everyone.

1st Course: Eating Like Our Ancestors

**Objectives/Overview:**

* Explore How Our Ancestors Eating Relates to Us Today
* Identify Eating Practices for Healthy Longevity
* Discover How Food and Movement Impact Our Energy Levels

**Materials:**

* Copies of each for every participant:
	+ Pre-program questionnaire
	+ 1st Course Handout Packet
* A healthy snack for each participant (or ingredients if making the snack within your session). Consider a simple snack of nuts and fresh berries for this session – similar to what our ancestors ate.
* Flip chart/dry erase board and markers (optional)

**Optional Activities:**Choose one or more or use as inspiration to create your own.

* Make a healthy snack together.
	+ Baked Avocado Bites (<https://bit.ly/3v17XaZ>)

Ingredients:

* 2 medium ripe avocados
* 1 tablespoon almond or rice flour
* 1 lime
* 1 teaspoon chili flakes
* Pinch salt
* Pinch black pepper
* 1/2 cup Parmesan cheese (freshly grated)

Directions:

1. Gather the ingredients. Preheat the oven to 325 F.
2. Remove all the flesh from the avocados, place into a bowl, and mash. Don't mash too vigorously—it's fine to have a few small lumps in there, which adds to the appearance and texture.
3. Add the almond or rice flour to the avocado mash and stir well. The flour helps to make a crispier chip by absorbing excess moisture from the mixture.
4. Grate the zest and squeeze out the juice of the lime. Add these to the avocado mixture with the chili, salt, and pepper. Add the Parmesan cheese, stir well, and place the mixture in the refrigerator for 10 minutes.
5. Line a heavy baking sheet with baking paper and spray with non-stick cooking spray or use a non-stick baking mat. Scoop out generous teaspoons of the chilled avocado and place on the baking tray, leaving plenty of space around each. Dip your finger in a little cold water and gently pat the mounds down to form neat even rounds. They will spread further in the oven, so make sure they are not touching.
6. Bake in the center of the preheated oven for 20 minutes. You will need to keep an eye on them, so they don't burn. If they are cooking too quickly, lower the heat slightly.
7. Once cooked, remove the tray from the oven and leave the crisps to cool for 5 minutes, then remove from the tray with a palette knife and place on a cooling rack. Repeat until all the mixture is used up.
8. Serve the chips with your favorite party dip or eat as a tasty snack as they are.
* Watch a documentary together.\*
	+ *The Game Changers* (Trailer: <https://www.youtube.com/watch?v=iSpglxHTJVM>). Topic: A UFC fighter learns everything he'd been taught about protein was a lie.
* Invite a nutritionist to your community to present.

2nd Course: The Mindful Eating Experience

**Objectives/Overview:**

* Identify Sensory Changes
* Discover the Benefits of Mindful Eating
* Learn how Savoring can Change the Dining Experience

**Materials:**

* Copies of the 2nd Course Handout Packet
* A copy of the Meditation Script (for facilitator)
* A snack for Mindful Eating Activity (Please advise participants *not* to eat before activity.)
* Flip chart/dry erase board and markers (optional)

**Optional Activities:**Choose one or more or use as inspiration to create your own.

* Create a healthy snack together.
* Savory Roasted Chickpeas (a Blue Zone recipe: <https://bit.ly/3xgxZJB>)

Ingredients:

* 15 ounce can chickpeas, rinsed and drained
* 2 Tablespoons olive oil
* 1 teaspoon ground cumin
* 2 teaspoons chili powder
* 1 teaspoon cayenne pepper
* 1 teaspoon sea salt

Directions:

1. Preheat oven to 400 degrees. Drain and rinse the chickpeas.
2. Lie out a clean kitchen towel or several layers of paper towels and lay the chickpeas over the top. Gently dry the chickpeas in the towels until they are very dry.
3. In a large bowl, combine the oils and spices. Add the chickpeas to the bowl and toss until evenly coated.
4. Pour the chickpeas in an even layer onto a sheet pan with sides lined with foil.
5. Bake for 35-45 minutes, stirring every 10 minutes until crispy and golden brown.

*Serves 4*

* Watch a documentary together.\*
	+ *Somm* (Trailer: <https://imdb.to/3dstiEp>). Topic: Interesting film about taking the Master Sommelier exam and wine
* Discuss a TEDx Talk Together.\*
	+ *Mindful Eating* (Link: <https://bit.ly/2RpLlCs>) Discussion questions: 1) What misconceptions about your health and aging did you have for a long time? (e.g. Did you ever believe the idea that “disease is the normal course of aging”?) 2) What do you think of Natasha Lantz’s proposal that “we’ve gotten used to not feeling well?” 3) What are you thoughts and feelings so far about mindful eating?

3rd Course: Intuitive Eating

**Objectives/Overview:**

* Discover the Benefits of Intuitive Eating
* Connect with Food & Your Body
* Learn How Journaling & Food Diaries Enhance the Nutrition Experience

**Materials:**

* A copy of the 3rd Course Handout Packet for each participant
* A copy of the Intuitive Eating Food Diary (take home activity)
* A copy of the Interoceptive Awareness Script (facilitator)
* A snack (can be eaten at any time)
* Flip chart/dry erase board and markers (optional)
* Activity materials for growing Microgreens:
	+ **Small paper cups** (without wax), **or peat strip seedling trays** for placing seeds (1 cup/per person or 2 cells from the peat strip/per person)
	+ **Bag of seed soil** (If you cannot find seed soil, shake **potting soil** through a sieve) and a **bucket/container** to place the ready soil in
	+ Several **tablespoons or small garden hand trowels** to use to move soil into the cups / seed trays
	+ **A packet of Radish or Broccoli seeds for every 3 – 4 participants**
		- These seeds sprout quickly - in just a few days. The radish greens have a distinct flavor, so they are nice for mindful tasting.
	+ If plants will be left in a common area, **a spray bottle** for misting them twice a day is helpful.
	+ **Paper towels** to cover the seedling
	+ **Planting guide sheet** (also in first course packet for participants)

**Optional Activities:**Choose one or more or use as inspiration to create your own.

* Create a healthy dessert together: Quick Pumpkin Pudding (<https://drannwellness.com/recipes/>)

Ingredients:

* 1 individual container low-fat Greek-style plain yogurt
* 2-3 heaping Tbsp. Canned 100% pumpkin
* 2-3 tsp. of molasses
* dash of cinnamon

Directions:

1. Blend a small container of yogurt with 100% canned pumpkin.
2. Mix in molasses and top with a dash or two of cinnamon.
	1. For added texture, feel free to throw in a bit of any of the following: chopped nuts, shredded coconut, dark chocolate chips or some ‘healthy” granola.

Serves 1

* Invite someone with a Green thumb to lead a gardening group activity, such as planting seeds together or giving a tour of a garden.
* Take the group on a blueberry, apple or strawberry-picking excursion (depending on the season!)
* Hold a follow-up session for people who used their take-home Intuitive Food Diary worksheet. Discussion questions: 1) What was your experience with this activity? 2) What did you discover about the connection between food and how you feel physically? Emotionally? 3) Did you have any food revelations? (e.g. some foods make you feel mentally sluggish or perhaps contribute to itchy skin, etc.)
* Plan a screening of the movie *Julie and Julia* as a follow-up to her quote at the end of this course. [Movie Trailer: https://www.youtube.com/watch?v=ozRK7VXQl-k]

4th Course: Nutrient-rich Foods

**Objectives/Overview:**

* Identify the Top Nutrients to Support Your Wellbeing
* Discover Nutrient-rich Foods
* Determine How to Add These Foods to Your Nutrition

**Materials:**

* A copy of the 4th Course Handout Packet for each participant
* Superfood Smoothie Recipe: (Serves 2)
	+ **Ingredients:**
		- ½ cup unsweetened almond milk, or water
		- ¼ cup raw oats
		- 2 cups baby spinach
		- ½ ripe, avocado, seeded, peeled, and cut into quarters
		- 1 kiwi, ripe, peeled
		- 1 cup green grapes
		- 4 ice cubes agave syrup, or honey, optional
	+ **Instructions:**
		- Add all ingredients, except the sweetener, into a high-speed blender and blend until smooth and creamy. Taste and then blend in a little agave syrup or honey if you prefer a sweeter smoothie.
* Flip chart/dry erase board and markers (optional)

**Optional Activities:**Choose one or more or use as inspiration to create your own.

* Make a healthy snack together. This recipe is a vegan, gluten-free alternative.

Peanut Butter & Berry Bites (Vegan; Gluten-Free: <https://bit.ly/3anM9yJ>)

Ingredients:

* ¾ cup rolled oats
* ¾ cup peanut butter
* 8 Medjool dates, pitted
* 1 tbsp cacao nibs
* ¼ cup shredded coconut
* ½ cup peanuts, chopped
* 6 blackberries or strawberries, chopped

Directions:

1. Prepare the mixture. Add the oats, peanut butter, dates, cacao nibs, shredded coconut, peanuts, and a pinch of salt to a food processor. Pulse until well-combined. Add the chopped berries and pulse 1 to 2 times.
2. Make the bites. Roll the peanut butter strawberry mixture into 20 balls, about 1 tbsp measurement each. We suggest rolling the peanut butter & berry bites in cacao nibs, shredded coconut, chopped peanuts, or crushed freeze-dried strawberries. Place the balls in the freezer to set for at least 2 hours. Enjoy!
* Watch a documentary together.\*
	+ *Hungry for Change*\* (Trailer: <https://www.youtube.com/watch?v=3MvAM97VDE8>). Topic: The connection between food and health.
* Discuss a mini TED talk together.\*
	+ *Weekday Vegetarian* (Link: <https://bit.ly/3dunhqM>). Discussion questions: 1) There are lots of reasons to support the “weekday vegetarian.” What reasons might you have to reduce your meat intake? 2) What alternatives have you tried to meat that you enjoyed?

5th Course: Hydration

**Objectives/Overview:**

* Discover the Importance of Water
* Identify the Challenges of Staying Hydrated with Aging
* Determine the Foods with the Highest Water-content

**Materials:**

* A copy of the 5th Course Handout Packet for each participant
	+ Choose and make one of these fruit-infused water recipes:
		- **Strawberry Cucumber Infused Water**
			* ½ cup strawberries sliced
			* ½ cup cucumber sliced
			* 4 cups fresh water
		- **Blueberry Orange Infused Water**
			* ¼ cup blueberries
			* 1 orange sliced
			* 4 cups fresh water
* **Instructions:**
	+ Place fruit and/or herbs into a large glass jar with lid. Muddle (or break) up fruit a bit with back of a spoon to help release natural flavors into water.
	+ Cover with 4 cups of water and place in refrigerator for at least 12 hours.
* Flip chart/dry erase board and markers (optional)

**Optional Activities:**Choose one or more or use as inspiration to create your own.

* Create and enjoy a healthy and hydrating snack.

Peaches in a Raspberry Yogurt Sauce (Blue Zones recipe: <https://bit.ly/3svgzFn>)

Ingredients:

* 4 fresh ripe peaches or nectarines, preferably freestone peaches
* 1 cup frozen unsweetened raspberries
* ½ cup non-fat yogurt, unsweetened or vanilla flavored
* 1 T sugar or honey
* 1 T of orange liqueur (optional) or 1 tsp orange extract
* fresh mint

Directions:

1. Split peaches or nectarines in half.
2. Mash raspberries with the back of a spoon or potato masher.
3. Add liqueur (optional), yogurt and honey to mashed raspberries.
4. Divide peaches into individual dishes and spoon yogurt sauce over the top.
5. Garnish with whole raspberries and fresh mint.
* Watch a documentary together.\*
	+ *Food Inc.* (Trailer: <https://imdb.to/3sBwm5j>). Topic: The food industry in the US.
* Discuss a TEDx talk together.\*
	+ *Teach Every Child About Food* (Link: <https://bit.ly/2P6mVgO>). Topic: Chef Jamie Oliver sheds light on the dangers of the way we eat and feed our children. Discussion questions: 1) Jamie Oliver talks about the sugar in milk. Given today’s topic, what other beverage alternatives would you choose for children? For adults? 2) What surprised you most about what you heard in this video?

6th Course: Food & Whole Person Wellness

**Objectives/Overview:**

* Discover How Healthy Eating Supports the Brain
* Explore Stories that Relate to Food
* Craft Your Own Legacy of Food

 **Materials:**

* Copies of each for every participant:
	+ Pre-program questionnaire
	+ 6th Course Handout Packet
* A healthy snack for the group
* Flip chart/dry erase board and markers (optional)
* Stories from [www.eatdarlingeat.net](http://www.eatdarlingeat.net) (Recorded and written links included in participant 6th Course Handout Packet)

**Optional Activities:**Choose one or more or use as inspiration to create your own.

* Create a healthy smoothie together.

Simple Mango Lassi (Traditional: <https://bit.ly/32t5oTa>; Vegan/Dairy-Free alternative: <https://bit.ly/32tST9S>)

Ingredients:

* 2 cups organic low fat plain yogurt
* 2 cups chopped ripe mango (can sub with frozen mango or mango pulp)
* 1 tablespoon honey
* 1/2 teaspoon ground cardamom
* 2 to 3 teaspoons lemon zest
* 2/3 cup filtered water
* several ice cubes (optional)

Directions:

1. Add all the ingredients to a blender and blend until smooth. Taste the mango lassi to see if the sweetness is to your liking. Add more honey if necessary.
2. Serve the drink in glasses.
* Watch and discuss a short documentary together.\*
	+ *Mochitsuki* (Link:<https://vimeo.com/368149499>; Password: Mochi) Length: 4min 45sec. Topic: How one community celebrates the Japanese New Year, bringing together tradition, family, and love… all through mochi. Discussion Questions:
		1. What intergenerational traditions do you share in your family?
		2. Are there any traditions that you started within your family (or close friends) that you hope will be passed on the future generations? If so, what are they?
		3. What thoughts do you have about the Mochi tradition we just watched?
* Watch a documentary together.\*
	+ *Forks Over Knives* (Trailer: <https://imdb.to/3x7LJGa>). Topic: Plant-based eating and the research surrounding food and chronic illnesses.

**\* Note:** Masterpiece offers these video options as a way to enhance the Nourish experience, and to encourage a healthy discussion about food. However, views expressed in these videos are not necessarily the views of Masterpiece. Please use your best judgement when viewing these resources.