

Good Grinding for Wise Dining
Instructor Guide
How to Use This Manual

This manual was created for group dining leaders or other peer educators to implement nutrition education lessons in a congregate meal setting. The lessons from the original Good Grinding and Good Grinding 2 curriculums have been combined to provide a total of 24 nutrition education lessons. There are four Good Grinding modules and six lessons per module in the combined curriculum.

The Good Grinding lessons are short, fast-paced, and informal. Each lesson should take about 10-15 minutes to present. Participation and interaction with the group is encouraged. Each lesson has a take-home message or “catchy phrase” that participants repeat. To clarify unfamiliar terms, there is a Glossary section at the end of the training manual. Words or terms in a lesson that are in *Italics* can be found in the Glossary. It is not necessary for lessons to be given in any sequential order.

In each lesson, if the text is preceded by the word Action, it is an instruction for the group dining leader. Action items may include encouraging participants to repeat a phrase, counting the number of participants, or asking participants a question. Some questions are intentionally asked to spark interest and thought regarding a subject matter. Other questions are asked to engage participants and responses are encouraged. If the text is preceded by the phrase Read the following, the leader should read the information to the participants.

There is an optional recipe demonstration incorporated in many of the lessons. Providing a recipe demonstration is encouraged, but not necessary. Participants have the suggested recipe on their lesson handout. Recipes are also located in the Recipe Index of the training manual.

The Recipe Index includes all twenty-four recipes from both Good Grinding for Wise Dining manuals. All recipes may be demonstrated

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even if lessons do not have a recipe stated. The majority of the recipes are simple and require very little cooking. Please refer to the Food Safety section for information on safe food handling practices.

Participants are asked three questions at the end of each lesson. These questions are asked to evaluate the GGWD lessons by assessing if participants have gained knowledge or plan to incorporate the information presented into their lives. Responses are to be documented on the tally sheet. Tally Sheets for GGWD are not mandatory, but are provided as an evaluation tool for Good Grinding quality improvement.