



# NUTRITION WORKSHOP

## Authors

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## Nutrition Education – Facilitator Guide

### Overview

The Bingocize Nutrition Education workshop can be delivered using the traditional delivery of Bingocize. We strongly recommend using the web-based game when possible. For in-person delivery, you can use the web-based game or traditional bingo combined with the web-based game learning curriculum (questions/answers, learning synopsis) and the learning curriculum using the facilitator packet. Be sure to print out facilitator materials ahead of time.

Nutrition Education Curriculum – Each lesson has 5-6 questions that are related and target specific learning objectives across multiple topics including:

*Nutrients and Energy*  
*Carbohydrates*  
*Fat*  
*Protein*  
*MyPlate*  
*Servings*  
*Food Labels*  
*Sodium*  
*Fiber*  
*Dairy*

*Added Sugars*  
*Food Safety 1*  
*Food Safety 2*  
*Choosing Healthy Options 1*  
*Choosing Healthy Options 2*  
*Food Resource Management 1*  
*Food Resource Management 2*  
*Vitamins*  
*Minerals*  
*Supplements & Medication*

Each question has a question number, a question related to the topic, several options to consider and a learning synopsis that provides an explanation for the correct answer as well as additional information to enhance the learning.

### BINGO ROLLS (3)

QUESTION 1 Which of the following best describes nutrients?

- a. Nutrients are found in foods that are essential for life and health
- b. Nutrients are the building blocks for repair and growth
- c. Nutrients are necessary for chemical processes in the body
- d. All of the above

**Explanation:** Nutrients do all of those things for us. There are six classes of nutrients: carbohydrates, protein, fat, vitamins, minerals, and water. Eating a variety of foods ensures we get all the nutrients our body needs.

**Note:** Each question, answer, learning synopsis and the handouts were all written by University of Nevada, Reno Extension nutrition educators and reviewed by a Registered Dietitian, board certified in gerontology.

Nutrition Education Learning Tools – These are facilitation tools to promote behavior change over time for participants. These will also encourage skill development through practice at home.

- *During the lesson* - The 5-6 question/answer found in each lesson, is the critical nutrition education learning tool for teaching behavior change over a 10-week period. Therefore, spending time on each one allows for discussion, creative learning and innovative ideas for making dietary changes. Learning takes place 3 ways, (1) when the questions is asked and the participants are deliberating their choice; (2) when the correct answer is provided and the participants are evaluating their correct or incorrect response; and (3) when the learning synopsis is read by the instructor and participants engage in further discussion.
  - Ensure when reading the learning synopsis to read slowly, speak clearly and ensure a voice tone that can be well heard. Be patient and feel free to repeat or reread if necessary.
  - Make sure you provide enough time for everyone to choose their answer before providing the correct answer. When using the virtual learning curriculum, utilize the “Pause” button that appears after all answer options are displayed. Be sure to hit “Pause” to ensure enough time for participants to choose their answer. Once “Pause” is released, the correct answer will appear.
  - After reading the learning synopsis, ask for questions or feedback and ensure participant comprehension. Sample questions might include:
    - Is anybody surprised by this answer?
    - Has anyone tried any of these tips/practices at home?
  - Stay focused on the primary learning objective for that question. Each question should become a takeaway or a step towards the takeaway (build on a concept).
- *Beginning of class* – Review last week’s takeaway message including the nutrition education handout information. Ask questions such as:
  - Would anyone like to share something they learned or stood out?
  - Was there anything during last week’s lesson that struck you as new or different?
  - Was there anything you went back and tried at home that you have not done before or any specific change(s) you made?
- *End of class* – Provide the nutrition education handout for the lesson and encourage participants to review the handout and focus on the learning objective for each one. Remind them that they will be provided an opportunity to share how they incorporated something from the lesson in their every day life.
- *Stay within the scope of your expertise.* While it is important to promote enhanced learning, if topics arise that are outside of the scope of your expertise, say (e.g.,) “That is a great question. Let me find the best answer for you and get back to you at our next session”. Never make up answers. While you may not be a nutrition expert, consider yourself a credible resource for finding information.

- Dated Information - Nutrition science is rapidly evolving as the science becomes better understood. Be prepared for conversations with dated information, especially with older adults who may have received nutrition guidance that has changed. Be respectful!
- Credible Resources - Avoid using or referencing internet websites, blogs, social media sites, etc. as they often contain misinformation. Instead, only share references from credible sites including [www.MyPlate.gov](http://www.MyPlate.gov) and [www.myplate.gov/life-stages/older-adults](http://www.myplate.gov/life-stages/older-adults); CDC's <https://health.gov/news/202107/nutrition-we-age-healthy-eating-dietary-guidelines> and Dietary Guidelines for Americans (check out the section on older adults in the PDF) <https://www.dietaryguidelines.gov/>
- Medical Advice – Many older adults will ask medical-related questions or share information from their doctor's office. Always direct participants to talk to their healthcare provider.
- Share with participants (like vitamin/mineral handout)





## NUTRITION - SESSION 1 (Facilitator)

**\*\*Remember to print Nutrition Education Take Home Handout (week 1) to give to each participant after the session today!!\*\***

### **Read aloud to the participants:**

Healthy eating and physical activity are important for our health, especially as we age. Did you know?

- 12% of older adults eat enough fruits each day
- 11% of older adults eat enough vegetables each day
- 28% of older adults are physically inactive Source: Centers for Disease Control and Prevention

Making healthy nutrition choices is something we can always get better at. Also, some physical activity is better than none. We can start by just trying to move more and sit less throughout the day. Over the next 10 weeks together, we will enjoy playing bingo, completing some simple exercises, and learning easy tips to help us eat healthy, cook healthier options, and make healthy choices when grocery shopping. Today we are going to discuss why healthy foods are so important to our bodies. During the exercise portion of the program, it is important to push yourself, but keep in mind that exercise should not hurt or make you feel really tired. Find a pace that makes you “feel good”. You might feel some soreness, a little discomfort, or a bit weary, but you should not feel pain.

***The most important thing to remember over the next 10 weeks is to have fun!!***

## BINGO ROLLS (3)

**QUESTION 1** Which of the following best describes nutrients?

- a. Nutrients are found in foods that are essential for life and health
- b. Nutrients are the building blocks for repair and growth
- c. Nutrients are necessary for chemical processes in the body
- d. All of the above**

**Explanation:** Nutrients do all of those things for us. There are six classes of nutrients: carbohydrates, protein, fat, vitamins, minerals, and water. Eating a variety of foods ensures we get all the nutrients our body needs.

Morning Walk Seated	30 seconds
<ul style="list-style-type: none"> <li>● While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>● To increase difficulty, pump arms back and forth.</li> <li>● The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Head Turns	30 seconds
<ul style="list-style-type: none"> <li>● With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!</li> </ul>	
Top Shelf Reach Seated	30 seconds

- Scoot to the edge of the chair. Feet hip-width apart on the floor. Keep your spine straight. Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side.

#### Trunk Rotation Seated

30 seconds

- Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further three times into spinal rotation. Exhale out with each twist. Inhale and return to center, then repeat to the left. You can increase difficulty by swinging your arms and bending your torso to reach for your knee or even your ankle.

### BINGO ROLLS (3)

QUESTION 2: Which nutrients provide energy in the form of calories?

- Carbohydrates, fat, protein
- Vitamins and minerals
- Water
- All of the above

**Explanation:** When you hear the term "calorie" as it refers to food, it's describing the amount of energy contained in that food. While all these nutrients are an essential part of our diet, carbohydrates, fat, and protein provide energy in the form of calories, however, vitamins, minerals, and water do not.

#### Toes to the Sky/Leg Extension

30 seconds

- Begin with your back straight and with good posture, eyes facing forward, palms on your thighs if seated and hands on your hips or balanced with a chair if standing. Feet hip-width apart. Extend and lift your right foot with toes flexed and pointed up to the sky. Point your toes straight and slowly return to starting position. Repeat with your left foot.

#### Chair Stands/Sit to Stand

30 seconds

- Begin in a seated position, good posture, eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.

To increase difficulty:

- Cross arms at chest or hold weight between your hands. If unable to stand, push up with your hands on the seat of arms of a wheelchair. Or use a cane or walker. Whatever way you sit to stand make sure to keep good posture.

QUESTION 3: How does our body use the energy that it gets from food?

- a. To help move our muscles
- b. To help our lungs breathe
- c. To help our heart beat
- d. **All of the above**

**Explanation:** Our body uses energy that it gets from food do all of its daily functions. Energy is measured in the form of calories. Similar to how you put gas in a car so that it runs, we need energy to help our body function.

**BINGO ROLLS (3)**

**Hip Raises Seated**

**30 seconds**

- Shift weight to the right hip and lift left hip off of the chair. Shift your weight to the left hip and lift your right hip off the chair.

**Static Balance**

**30 seconds**

- Stand with eyes focused forward and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the other leg. You can increase difficulty by standing your feet closer together, lifting your leg higher, lifting your arms, or crossing them at your chest, or closing your eyes.

QUESTION 4: When energy from food turns into fuel for our bodies, it is called:

- a. **Metabolism**
- b. Carbohydrates
- c. Calories
- d. Protein

**Explanation:** Metabolism is the process of converting calories come from carbohydrates, protein, and fat into fuel for the body

**BINGO ROLLS (3)**

**Morning Walk Seated**

**30 seconds**

- While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.
- To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.

**Side Steps Seated**

**30 seconds**

- If starting in a seated position, keep feet together and hands on your thighs. Raise your right foot off the ground and step as far to the right as you can without leaving your chair. Bring your feet back together. Now repeat with the left foot out as far as you can and come back together.

**BINGO ROLLS (3)**

**Thumb to Fingers**

**30 seconds**

<ul style="list-style-type: none"> <li>● Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> <li>● To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>	
<b>Ankle Flex</b>	<b>30 seconds</b>
<ul style="list-style-type: none"> <li>● In a seated or standing position with feet hip-width apart. Raise one leg off the ground, keeping the knee at a 90-degree angle. Move only the ankle of your lifted foot to spell a word (such as your name or the alphabet). Repeat with the opposite leg.</li> </ul>	
<p>QUESTION 5: What is the body's preferred source of energy?</p> <p>a. <b>Carbohydrates</b></p> <p>b. Energy drinks</p> <p>c. Protein</p> <p>d. Coffee</p> <p><b>Explanation:</b> Our body's favorite source for energy comes from carbohydrates. Carbs are broken down into sugar that can be used as a quick source of energy for all of life's activities. It's important to find an eating plan that does not eliminate any specific food groups but rather includes a variety of foods from all food groups.</p>	
<b>BINGO ROLLS (3)</b>	
<b>Trunk Rotation Seated</b>	<b>30 seconds</b>
<ul style="list-style-type: none"> <li>● Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further three times into spinal rotation. Exhale as you gently push to the right. Inhale and return to center, then repeat to the left.</li> <li>● You can increase difficulty by swinging your arms and bending your torso to reach for your knee or even your ankle.</li> </ul>	
<b>Breaststroke Seated/Freestyle Stroke Seated</b>	<b>30 seconds</b>
<ul style="list-style-type: none"> <li>● Scoot to the edge of your chair. Straighten your back with head high. Perform a freestyle stroke. Lift your arms overhead, alternating arms going forward in a scooping motion. Pull shoulders down and back while squeezing shoulder blade together. Add difficulty by shifting your weight and balancing.</li> </ul>	
<b>Arm Extensions</b>	<b>30 seconds</b>
<ul style="list-style-type: none"> <li>● Extend and straighten your right arm straight up, palm facing forward. Bend your right elbow, letting your hand bend down behind your head as if you were patting yourself on the back. Place your left hand on your right elbow. Gently pull until you feel a stretch down the back of your upper arm. Repeat with your left arm.</li> </ul>	
<b>Goodbye, Neighbor! /Hi, Neighbor!</b>	<b>30 seconds</b>
<ul style="list-style-type: none"> <li>● Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want the same thing!</li> </ul>	
<b>REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS</b>	

**BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)**

**\*\*Remember to give your participants their Bingocize® Nutrition Education Take Home Handout today.\*\***

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## NUTRITION - SESSION 2 (Facilitator)

### Read aloud to the participants:

The takeaway message from our first session was our body gets energy from food. Today we will learn more about carbohydrates, the body's preferred source of energy.

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you "feel good". It should be enjoyable so have fun!

### BINGO ROLLS (3)

QUESTION 6: Carbohydrates are an important part of the diet. What foods contain carbohydrates? **[Use media, show a photo of each multiple-choice option]**

- a. Pasta, cereal, and oatmeal
- b. Fruits
- c. Vegetables
- d. **All of the above**

**Explanation:** It is often believed that only foods like breads, cereal and oatmeal make up the carbohydrate food group. While these are carbohydrates known as grains, all fruits and vegetables are also part of the carbohydrate group. Choose healthier choices that provide more nutrients, such as whole wheat bread instead of white bread or doughnuts.

Morning Walk Seated	30 seconds
<ul style="list-style-type: none"> <li>While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Tricep Extension	30 seconds
<ul style="list-style-type: none"> <li>Seated or standing, raise your arm as if showing your arm muscle. Your right palm should be facing your ear. Grab the resistance band with your left hand. Extend your left arm as far as possible keep the right arm still. Do this several times and then repeat with the opposite arm. Grabbing the resistance band closer to the upper hand makes this exercise more difficult. You can also use the arms of a chair to lift yourself up and lower yourself down slowly</li> </ul>	
Top Shelf Reach Seated	30 seconds
<ul style="list-style-type: none"> <li>Scoot to the edge of the chair. Feet hip-width apart on the floor. Keep your back straight. Place one hand on the side of the chair for support. Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side.</li> </ul>	

Trunk Rotation Seate	30 seconds
<ul style="list-style-type: none"> <li>● Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a “T”, while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further into spinal rotation. Exhale out with each twist. Inhale and return to center, then repeat to the left.</li> <li>● You can increase difficulty by swinging your arms and bending your torso to reach for your knee or even your ankle.</li> </ul>	
BINGO ROLLS (3)	
<p>QUESTION 7: Grains are a good source of carbohydrates. How much of your daily grains should be whole grains?</p> <p>a. None</p> <p><b>b. At least half</b></p> <p>c. At least 75%</p> <p>d. All</p> <p><b>Explanation: B. At least half</b> of your grains each day should come from whole grains. This will help ensure that you meet the recommendations for fiber, which helps with digestion, cholesterol, and blood sugar.</p>	
Toes to the Sky Seated/Leg Extension	30 seconds
<ul style="list-style-type: none"> <li>● Begin with your back straight and with good posture, eyes facing forward, palms on your thighs. Feet hip-width apart. Extend and lift your right foot with toes flexed and pointed up to the sky. Point your toes straight and slowly return to starting position. Repeat with your left foot.</li> </ul>	
Chair Stand/Sit to Stand	30 seconds
<ul style="list-style-type: none"> <li>● Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.</li> <li>● To increase difficulty- Cross arms at chest or hold weight between your hands. If unable to stand, push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. Whatever way you sit to stand make sure to keep good posture.</li> </ul>	

QUESTION 8: When ordering a sandwich, which type of bread offers the most whole grains? [Use media, show a picture of each multiple-choice option]

- a. Multigrain
- b. Whole wheat
- c. Wheat
- d. Sourdough

**Explanation:** Although the other breads may have wheat flour or contain wheat flour, they are usually enriched and do not have as many nutrients as a bread made with "whole wheat." Whole and enriched mean they were processed differently. Enriched flour has had nutrients removed and then added back in. Whole wheat versions have gone through less processing and retain more nutritional value.

#### BINGO ROLLS (3)

##### Hip Raises Seated

30 seconds

- Shift weight to the right hip and lift left hip off the chair. Shift your weight to the left hip and lift your right hip off the chair.

##### Static Balance

30 seconds

- Stand with eyes focused forward and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the other leg. You can increase difficulty by standing your feet closer together, lifting your leg higher, lifting your arms, or crossing them at your chest, or closing your eyes.

QUESTION 9: True/False: Instant oatmeal packets are not a good source of whole grain oats. [Use media, show a picture of regular vs instant oatmeal]

- a. True
- b. False

**Explanation:** Instant oatmeal can be a great source of whole grain oats, especially for those that are short on time. Look for lower sugar or plain versions of instant oatmeal. Pair it with a quick protein, like a boiled egg, and some fresh strawberries and you have a well-balanced breakfast! You can make it with milk to add a dairy serving to your day

#### BINGO ROLLS (3)

##### Morning Walk Seated

30 seconds

- While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.
- To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.

##### Side Steps Seated

30 seconds

- In a seated position, keep feet together and hands on your thighs. Raise your right foot off the ground and step as far to the right as you can without leaving your chair. Bring your feet back together. Now repeat with the left foot out as far as you can and come back together.

#### BINGO ROLLS (3)



<b>Thumb to Fingers</b>	<b>30 seconds</b>
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand. Repeat multiple times with each hand.</li> <li>To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>	
<b>Calf Stretch</b>	<b>30 seconds</b>
<ul style="list-style-type: none"> <li>If seated, raise both feet towards the sky keeping both legs straight, flexing your feet up and down if you want. Lower both feet back to the starting position. If standing with a chair, place both hands on the back of the chair, keeping back leg straight lean into the chair, heels stay on the floor. If standing, straighten one leg and flex the toes up towards your body to feel a stretch in the calf. To deepen the stretch lean down towards your flexed toes. Repeat on the other leg.</li> </ul>	
<p>QUESTION 10: What does this stamp mean if you see it on a product? <b>[Use media, show picture of 100% whole grain stamp, "whole wheat" vs "wheat" e.g. bread; circle stamp.]</b></p> <p>a. Half of the grains in this product are whole grains</p> <p><b>b. All of the grains in this product are whole grains</b></p> <p>c. This product contains at least one whole grain</p> <p>d. Nothing, it's just a marketing tactic</p> <p><b>Explanation:</b> If you see this stamp on a product, then you can be assured that 100% of the grains in that item are whole grains. Products that may have this label include cereal or bread, for example. We can also tell by making sure that the first ingredient is whole wheat flour instead of enriched wheat flour. <b>[Use same photo but circle 100% whole grain stamp, "whole wheat" and "wheat" e.g. bread]</b></p>	
<b>BINGO ROLLS (3)</b>	
<b>Trunk Rotation Seated</b>	<b>30 seconds</b>
<ul style="list-style-type: none"> <li>Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further into spinal rotation. Exhale out with each twist. Inhale and return to center, then repeat to the left.</li> <li>You can increase difficulty by swinging your arms and bending your torso to reach for your knee or even your ankle.</li> </ul>	
<b>Breaststroke Seated/Freestyle Stroke Seated</b>	<b>30 seconds</b>
<ul style="list-style-type: none"> <li>Scoot to the edge of your chair. Straighten your back with head high. Perform a freestyle swim stroke. Lift your arms overhead, alternating arms going forward in a scooping motion. Pull shoulders down and back with squeezing shoulder blades together. Add difficulty by shifting your weight and balancing.</li> </ul>	
<b>Single Arm Crossover</b>	<b>30 seconds</b>

<ul style="list-style-type: none"> <li>Gently pull one arm across your chest, below the chin. Hold, and repeat with the opposite arm.</li> </ul>	
<b>Hi, Neighbor! Seated/Goodbye, Neighbor! Seated</b>	<b>30 seconds</b>
<ul style="list-style-type: none"> <li>Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want the same thing!</li> </ul>	
<b>REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS</b>	
<b>BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)</b>	

**\*\*Remind your participants to keep working on their Bingocize® Nutrition Education Take Home Handouts to bring back next week!**

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## CARBOHYDRATES\_Q1

[Multiple choice answer]

Carbohydrates are an important part of the diet. What foods contain carbohydrates?

- A. Pasta, cereal, and oatmeal
- B. Fruit
- C. Vegetables
- D. All of the above



### CARBOHYDRATES\_Q3

[Multiple choice answer]

When ordering a sandwich, which type of bread offers the most whole grains?



- A. Multigrain
- B. Whole wheat
- C. Wheat
- D. Sourdough

## CARBOHYDRATES\_Q4



### True or False:

Instant oatmeal packets are not a good source of whole grain oats.



## CARBOHYDRATES\_Q5

[Multiple choice answer]

What does this stamp mean if you see it on a product?



- A. Half of the grains in this product are whole grains
- B. All of the grains in this product are whole grains
- C. This product contains at least one whole grain
- D. Nothing, it's just a marketing tactic





## NUTRITION - SESSION 3 (Facilitator)

**\*\*Remember to print Nutrition Education Take Home Handouts(week 2) to give to each participant after the session today!!\*\***

### **Read aloud to the participants:**

On day one we discussed the nutrients that provide energy for our bodies in the form of calories: carbohydrates, fat, and protein. Last time we discussed carbohydrates. Today we will be learning more about fat, and the different types of fat we might find in our diet.

You may feel a little sore from last week but remember that's normal. We will begin to increase the amount of time we exercise, but although it is important to push yourself, make sure to find a pace that makes you "feel good". Have fun!

### BINGO ROLLS (3)

**QUESTION 11:** Fat is an important part of the diet. Eating which type of fat is linked to better heart health?

- a. Trans fats
- b. Unsaturated fat**
- c. Saturated fat
- d. Added sugar

**Explanation:** Research shows that diets high in unsaturated fats and low in saturated fats promote better cardiovascular health and a decreased risk for heart disease. Some sources of unsaturated fat are cold water fish (salmon, tuna, herring), olive and canola oil, avocados, nuts, and seed

Morning Walk Seated	40 seconds
<ul style="list-style-type: none"> <li>While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Lateral Raises	40 seconds
<ul style="list-style-type: none"> <li>While seated or standing, place the resistance band beneath both feet, or use light weights. Sit tall with the top of the head high. With hands gripping handles, slowly raise both arms to the side until parallel with the floor. Hold for a few seconds, then slowly release to starting position. To make this exercise easier, alternate raising each arm.</li> </ul>	
Top Shelf Reach Seated	40 seconds
<ul style="list-style-type: none"> <li>Scoot to the edge of the chair. Feet hip-width apart on the floor. Keep your back straight. Place one hand on the side of the chair for support. Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side.</li> </ul>	

<b>Trunk Rotation Seated</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a “T”, while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further into spinal rotation. Exhale out with each twist. Inhale and return to center, then repeat to the left.</li> <li>You can increase difficulty by swinging your arms and bending your torso to reach for your knee or even your ankle.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<p>QUESTION 12: Which of these is a difference between saturated fats and unsaturated fats?</p> <ol style="list-style-type: none"> <li>Saturated fats are usually solid at room temperature and unsaturated fats are usually liquid at room temperature</li> <li>Saturated fats generally come from animal sources and unsaturated fats from plant-based sources</li> <li>Saturated fats can raise cholesterol and unsaturated fats can help lower cholesterol</li> <li>All of the above</li> </ol> <p><b>Explanation:</b> Those are all differences between saturated and unsaturated fats. The easiest way to tell them apart is - saturated fat is solid at room temperature and unsaturated fat is liquid at room temperature. [Use media, show pictures of liquid fat vs solid fat]</p>	
<b>Cueing Drill (make sure participants spread out)</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>Begin in the standing position. Take one step forward. Take one step backward. Turn around and face the opposite direction. Turn around to the starting position. Crouch down with your knees bent. Place your hands on your knees. Stand up tall and clap your hands ten times. Stand with your right foot up, and hold. Stand with your left foot up, and hold. Step your right foot forward and reach up with your left arm. Step with your left foot forward and reach with your right arm. Bring your feet back together, and your arms to your sides. Raise up on your toes. And lower. Turn your head to the right. Return to the center. Turn your head to the left. And return to the center.</li> </ul>	
<b>Chair Stand/Sit to Stand</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.</li> <li>To increase difficulty- Cross arms at chest or hold weight between your hands. If unable to stand, push up with your hands on the seat or arms of a wheelchair. Or use a cane or walker. Whatever way you sit to stand make sure to keep good posture.</li> </ul>	



QUESTION 13: Some oils can be a good source of healthy fats. Which fat is the healthiest choice when cooking meat? [Use media, show pictures of each oil]

- a. Lard
- b. Olive or canola oil
- c. Butter
- d. Margarine

**Explanation:** Olive oil and canola oil are considered "heart healthy", the others are not. Generally, fats that are liquid at room temperature have less saturated fat. They are more heart healthy because they can help improve cholesterol levels. Since it may not be realistic to avoid butter and margarine completely, try to look for tub-based margarines since they have less calories and fat than stick margarines.

### BINGO ROLLS (3)

#### Chest Press Seated

40 seconds

- In a seated position, hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. To increase difficulty, do a pushup on the floor.

#### Static Balance

40 seconds

- Stand with eyes focused forward and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the other leg. You can increase difficulty by standing your feet closer together, lifting your leg higher, lifting your arms, or crossing them at your chest, or closing your eyes.

QUESTION 14: Why do we call butter or fried foods "unhealthy" sources of fat?

- a. They decrease risk for chronic disease
- b. They can increase levels of "bad" cholesterol
- c. They make the food more expensive

**Explanation:** . These sources of fat can cause levels of LDL cholesterol which is the "lousy" cholesterol to increase which increases the amount of plaque in the arteries and can increase the risk for heart disease, diabetes, and other chronic diseases. Saturated fats are solid at room temperature. An example of a saturated fat, which is not heart healthy, is bacon fat, which is liquid when you cook it but solid at room temperature.

### BINGO ROLLS (3)

#### Morning Walk Seated

40 seconds

- While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.

Side Steps Seated	40 seconds
<ul style="list-style-type: none"> <li>Starting in a seated position, keep feet together and hands on your thighs. Raise your right foot off the ground and step as far to the right as you can without leaving your chair. Bring your feet back together. Now repeat with the left foot out as far as you can and come back together.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Thumb to Fingers	40 seconds
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> <li>To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>	
Tricep Extension	40 seconds
<ul style="list-style-type: none"> <li>Seated or standing, raise your arm as if showing your arm muscle. Your right palm should be facing your ear. Grab the resistance band with your left hand. Extend your left arm as far as possible keep the right arm still. Do this several times and then repeat with the opposite arm. Grabbing the resistance band closer to the upper hand makes this exercise more difficult. You can also use the arms of a chair to lift yourself up and lower yourself down slowly</li> </ul>	

#### QUESTION 15:

Ellen says: "I am going to eliminate as much fat from my diet as I can." Do you think this is a good idea?

- Yes, she can have a diet with no fat and still be healthy.
- No, she needs fat in her diet to maintain good health.**

**Explanation:** Fat is an important part of a healthy diet, especially unsaturated fat, which are more heart healthy. Fat provides us with energy, helps protect our cells and organs, transports vitamins, and aids in hormone production.

<b>BINGO ROLLS (3)</b>	
Trunk Rotation Seated	40 seconds
<ul style="list-style-type: none"> <li>Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further into spinal rotation. Exhale out with each twist. Inhale in and return to center, then repeat to the left.</li> <li>You can increase difficulty by swinging your arms and bending your torso to reach for your knee or even your ankle.</li> </ul>	

<b>Breaststroke Seated/Freestyle Stoke Seated</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>Sit on the edge of your chair Straighten your back with head height. Perform a freestyle swim stroke. Lift your arms overhead, alternating arms going forward in a scooping motion. Pull shoulders down and back while squeezing shoulder blades together. Add difficulty by shifting your weight and balancing.</li> </ul>	
<b>Single Arm Crossover</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>Gently pull one arm across your chest, below the chin. Hold, and repeat with the opposite arm.</li> </ul>	
<b>Hi, Neighbor! Seated/Goodbye, Neighbor!</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>Stand if you can. Then turn to the person on each side of your and shake their hand, high five, fist bump, or give them a big hug! Make sure you and your neighbor both want the same thing!</li> </ul>	
<b>REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS</b>	
<b>BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)</b>	

**\*\*Remember to give your participants their Bingocize® Nutrition Education Take Home Handouts today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize\*\***

Bingocize® Nutrition Workshop  
 Written and developed by University of Nevada, Reno Extension  
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 In partnership with Western Kentucky University



**EXTENSION**  
 College of Agriculture,  
 Biotechnology & Natural Resources



### FATS\_Q2

[Multiple choice answer]

Which of these is a difference between saturated fats and unsaturated fats?



- A. Saturated fats are usually solid at room temperature and unsaturated fats are usually liquid at room temperature
- B. Saturated fats generally come from animal sources and unsaturated fats from plant-based sources
- C. Saturated fats can raise cholesterol and unsaturated fats can help lower cholesterol
- D. All of the above

## FATS\_Q3

[Multiple choice answer]

Some oils can be a good source of healthy fats. Which fat is the healthiest choice when cooking meat?



- A. Lard
- B. Olive or canola oil
- C. Butter
- D. Margarine



## NUTRITION - SESSION 4 (Facilitator)

### Read aloud to the participants:

You may still feel a little sore and tired but hang in there. This means you are already getting stronger! Soon you will also feel the benefits! Today we will talk about the third nutrient that gives us energy – protein. After today’s session you might want to try some new proteins on your plate!

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you “feel good”.

### BINGO ROLLS (3)

QUESTION 16: Protein is an essential part of the diet. Protein from our diet functions to:

- a. Repair muscle and minimize muscle loss
- b. Heal wounds
- c. Fight infections
- d. All of the above

**Explanation:** While protein helps with all of these, getting adequate protein as you age is especially important to minimize the loss of muscle. Protein in the diet, similar to exercise, is important to help maintain muscle as you age.

Morning Walk Seated	40 seconds
<ul style="list-style-type: none"> <li>While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Low Row	40 seconds
<ul style="list-style-type: none"> <li>From the starting position, begin by drawing your hands straight back towards your sides, near the armpits. While drawing your arms back, your elbows will bend. Make sure they stay in tight near your sides. During the exercise, squeeze the muscles together in the mid-back to help draw in the resistance band. Imagine there is a tennis ball between your shoulder blades and you are trying to hold it there using only your back muscles. Once the resistance band handles reach the side of the body, begin slowly lowering the resistance band back to the starting position</li> </ul>	
Top Shelf Reach Seated	40 seconds
<ul style="list-style-type: none"> <li>Begin by sitting on the edge of the chair, feet hip-width apart on the floor. Keep your back straight. Place one hand on the side of the chair for support. Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side.</li> </ul>	

Trunk Rotation Seated	40 seconds
<ul style="list-style-type: none"> <li>● Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a “T”, while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further into spinal rotation. Exhale out with each twist. Inhale and return to center, then repeat to the left.</li> <li>● You can increase difficulty by swinging your arms and bending your torso to reach for your knee or even your ankle.</li> </ul>	
BINGO ROLLS (3)	
<p>QUESTION 17: Which foods provide you with the recommended protein you need?</p> <p>a. Meats</p> <p>b. Plant-based foods</p> <p>c. Both A and B</p> <p><b>Explanation:</b> Both types of food sources can provide you with the recommended protein. Meat such as chicken, fish, dairy and eggs are called "complete proteins" because they contain all the amino acids that make up a protein. Plant-based sources, called "Incomplete proteins" need to be paired together in order to provide all the amino acids. An example would be pairing brown rice with beans. Each of them is an incomplete protein, but eating them together gives you all the nutrients you need.</p>	
Cueing Drill (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> <li>● Begin in the standing position. Take one step forward. Take one step backward. Turn around and face the opposite direction. Turn around to the starting position. Crouch down with your knees bent. Place your hands on your knees. Stand up tall and clap your hands ten times. Stand with your right foot up, and hold. Stand with your left foot up, and hold. Step your right foot forward and reach up with your left arm. Step with your left foot forward and reach with your right arm. Bring your feet back together, and your arms to your sides. Raise up on your toes. And lower. Turn your head to the right. Return to the center. Turn your head to the left. And return to the center.</li> </ul>	
Chair Stand/Sit to Stand	40 seconds
<ul style="list-style-type: none"> <li>● Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.</li> <li>● To increase difficulty- Cross arms at chest or hold weight between your hands. If unable to stand, push up with your hands on the seat or arms of a wheelchair. Or use a cane or walker. Whatever way you sit to stand make sure to keep good posture.</li> </ul>	



QUESTION 18: Which type of meat has less saturated fat:

- a. Ribeye steak
- b. 80/20 ground beef
- c. Chicken thighs
- d. **Pork tenderloin**

**Explanation:** It is the leanest cut of meat and has the least amount of saturated fat. When you see "marbling" in the meat, that is saturated fat, so you want to limit your intake of meats with a lot of marbling. Fish is another great option that is low in saturated fat.

#### BINGO ROLLS (3)

##### Chest Press Seated

**40 seconds**

- In a seated position, hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. To increase difficulty, do a pushup on the floor.

##### Static Balance

**40 seconds**

- Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down

QUESTION 19: True/false: Protein from plant-based sources tends to be lower in saturated fat and has no cholesterol.

- a. **True**
- b. False

**Explanation:** Plant-based sources of protein include tofu, nuts, seeds, and beans. When is the last time you had a "meatless" meal? Try a meatless Monday! Eat a veggie burrito with beans and rice to make sure you get your essential protein.

#### BINGO ROLLS (3)

##### Morning Walk Seated

**40 seconds**

- While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.
- To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.

##### Side Steps Seated

**40 seconds**

- In a seated position, keep feet together and hands on your thighs. Raise your right foot off the ground and step as far to the right as you can without leaving your chair. Bring your feet back together. Now repeat with the left foot out as far as you can and come back together.

#### BINGO ROLLS (3)



<b>Thumb to Fingers</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> <li>To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>	
<b>Ankle Flex</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>In a seated or standing position with feet hip-width apart. Raise one leg off the ground, keeping the knee at a 90-degree angle. Move only the ankle of your lifted foot to spell a word (such as your name or the alphabet). Repeat with the opposite leg.</li> </ul>	
<p>QUESTION 20: Danny is a vegetarian. What food can Danny eat to fill the protein section of his plate?</p> <p>a. Tofu</p> <p>b. Nuts</p> <p>c. Beans</p> <p>d. All of the above</p> <p><b>Explanation:</b> All of these foods count towards Danny's protein portion on his plate! Tofu is a complete protein. Nuts have protein and heart healthy fats. Beans provide protein, energy, and fiber. Since nuts and beans aren't considered complete proteins, make sure to include other sources of protein throughout the day to give your body all the building blocks it needs to make the right amount of protein.</p>	
<b>BINGO ROLLS (3)</b>	
<b>Trunk Rotation Seated</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further into spinal rotation. Exhale out with each twist. Inhale in and return to center, then repeat to the left.</li> <li>You can increase difficulty by swinging your arms and bending your torso to reach for your knee or even your ankle.</li> </ul>	
<b>Breaststroke Seated/Freestyle Stroke Seated</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>Sit on the edge of your chair. Straighten your back with head high. Perform a freestyle swim stroke. Lift your arms overhead, alternating arms going forward in a scooping motion. Pull shoulders down and back while squeezing shoulder blades together. Add difficulty by shifting your weight and balancing.</li> </ul>	
<b>Good Morning</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>Begin in the seated position or standing, with your legs wider than shoulder-width apart. Keep your back straight and extended. Slowly bend forward at the hips until your torso is parallel to the floor and your back and neck are flat. Then slowly bend back up, again keeping your spine straight and extended, back into the seated position.</li> </ul>	

<b>Hi, Neighbor! Seated/Goodbye, Neighbor!</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor want the same thing!</li> </ul>	
<b>REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS</b>	
<b>BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)</b>	

**\*\*Remind your participants to keep working on their Bingocize® Nutrition Education Take Home Handout to bring back next week!**

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## NUTRITION - SESSION 5 (Facilitator)

**\*\*Remember to print Nutrition Education Take Home Handout(week 3) to give to each participant after the session today!!\*\***

### Topic: Portion Control

#### Read aloud to the participants:

Over the last two weeks we've been talking about tips for healthy living, like maintaining a healthy weight, drinking water, etc., and we've discussed the food groups and which foods fall under each category. This week, we're going to talk about the importance of paying attention to how much you're eating, or portion control. Today we will talk about what that means and explore how much you should be eating from the different food groups.

Don't forget that ChooseMyPlate.gov is a good place to find more information at home on the topic of portion control.

Also, don't forget to keep these things in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

*Note: A good "curriculum reinforcement for this session would be the MyPlate plate or MyPlate Snack Bag.*

Source: National Institute on Aging, ChooseMyPlate.gov, 2019

## BINGO ROLLS (3)

QUESTION 21: MyPlate is used to help Americans choose what food groups to include in their diet. What food group is missing from this MyPlate image? **[Use media, show image of MyPlate with the grain food group missing]**

- a. Vitamins
- b. Grains**
- c. Water
- d. Minerals

**Explanation:** Grains are a good source of fiber, vitamins and minerals. Vitamins and minerals are not a food group but are very important and found in healthy foods such as grains. **[Add image of MyPlate with grain category filled in.]**

<b>Morning Walk Standing</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>Stand up and begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth. To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
<b>Side Flexion</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>In a standing or seated position, bend at the waist to the left to bring your left elbow to the outside of your left hip. Come back to center and repeat on the right. You can increase the difficulty by extending your arm straight and reaching further down for the side of your knee or holding light weights.</li> </ul>	
<b>Good Morning!</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>Begin in the seated position or standing, with your legs wider than shoulder-width apart. Keep your back straight and extended. Slowly bend forward at the hips until your torso is parallel to the floor and your back and neck are flat. Then slowly bend back up, again keeping your spine straight and extended, back into the seated position.</li> </ul>	
<b>Ankle Flex</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>In a seated or standing position with feet hip-width apart. Raise one leg off the ground, keeping the knee at a 90-degree angle. Move only the ankle of your lifted foot to spell a word (such as your name or the alphabet). Repeat with the opposite leg.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<p>QUESTION 22: How much of your plate should be fruits and vegetables?</p> <p>a. None</p> <p>b. <b>At least half</b></p> <p>c. At least 75%</p> <p>d. All</p> <p><b>Explanation:</b> [Use media, show a labeled picture of MyPlate] Half of your plate should be fruits and vegetables. Aim for 2 1/2 cups of vegetables per day and 2 cups of fruit per day.</p>	
<b>Grapevine (make sure participants spread out)</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>Begin by standing with arms at your side and feet together. Step across in front of your left foot with your right leg. Continue to step sideways un-crossing the right leg. Now reverse and cross your right leg behind your left leg. Continue to step sideways uncrossing the left leg. Stand behind a chair for support if needed. If seated, do the same crossing and uncrossing motion with your arms as you twist your upper body as comfortable as you can go in one direction, then grapevine walk your hands all the way to the other side.</li> </ul>	
<b>Chair Stand/Sit to Stand</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.</li> </ul>	

QUESTION 23: True/False: Corn, potatoes, plantains, and peas are all examples of starchy vegetables and should be limited in the diet.

- a. True
- b. False

**Explanation:** While all of these vegetables are considered to be starchy, they are loaded with nutrients and should be part of a balanced diet.

### BINGO ROLLS (3)

#### Arm Curl Seated

40 seconds

- In a seated position, place the resistance band beneath both feet, or use light weights. Sit tall with the top of the head high. Hands should be gripping band handles or weights with palms up. While holding the upper arm still, curl your lower arm up. Only the forearm should move. Curl as far as possible, and slowly bring your hands back to the starting position

#### Arm Extensions Seated

40 seconds

- Extend and straighten your right arm straight up, palm facing forward. Bend your right elbow, letting your hand bend down behind your head as if you were patting yourself on the back. Place your left hand on your right elbow. Gently pull until you feel a stretch down the back of your upper arm. Repeat with your left arm.

QUESTION 24: What food could we add to this meal to HELP make it healthier and more balanced?  
[Use media, show picture of MyPlate and an image of a meal that includes all food groups except grains]

- a. Broccoli
- b. Whole wheat tortillas
- c. Mandarin oranges
- d. Grilled fish fillet

**Explanation:** These are a whole grain carbohydrate choice that are packed with nutrients, B vitamins and fiber.

### BINGO ROLLS (3)

#### Morning Walk Standing

40 seconds

- Stand up and begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.
- To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.

#### Side Steps Seated

40 seconds

- Begin in a seated position with feet together and hands on your thighs. Raise your right foot off the ground and step as far to the right as you can without leaving your chair. Bring your feet back together. Now repeat with the left foot out as far as you can, and come back together.

### BINGO ROLLS (3)

#### Thumb to Fingers

40 seconds

- Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.
- To add more difficulty, jump your feet out and back in together with each finger tap.

### Head Turns

**40 seconds**

- With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!

QUESTION 25: True/False: Jane loves tomatoes, red peppers, watermelon and strawberries. Jane is eating a wide variety of fruits and vegetables.

[Use media, show picture of each food item, make sure watermelon is sliced so red interior is visible].

- True
- False

**Explanation:** While tomatoes, red peppers, watermelon and strawberries are all healthy, Jane is only eating RED fruits and vegetables. This means she is missing out on certain nutrients. Eating a variety of colors of fruits and vegetables is necessary to ensure you are getting a wide range of nutrients. Each of the parts of fruit that give them their color does something different for the body. So next time you're in the store, "shop the rainbow."

### BINGO ROLLS (3)

#### Trunk Rotation Standing

**40 seconds**

- Standing, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further into spinal rotation. Exhale out with each twist. Inhale in and return to center, then repeat to the left. Continue alternating from left to right.

#### Breaststroke Standing/Freestyle Stroke Standing

**40 seconds**

- Standing with your feet apart. Straighten your back with head high. Perform a freestyle swim stroke. Lift your arms overhead, alternating arms going forward in a scooping motion. Pull shoulders down and back while squeezing shoulder blades together. Add difficulty by shifting your weight and balancing.

#### Calf Stretch Standing

**40 seconds**

- Stand behind a chair, place both hands on the back of the chair keeping the back leg straight lean into the chair, heels stay on the floor. You can also straighten one leg and flex your toes up towards your body to feel a stretch in the calf. To deepen the stretch lean down towards your flexed toes. Repeat either option on the other leg

#### Hi, Neighbor! Standing/Goodbye, Neighbor! Standing

**40 seconds**

- Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want to same thing

### REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS

### BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)

**\*\*Remember to give your participants their Bingocize® Nutrition Education Take Home Handouts today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize\*\***

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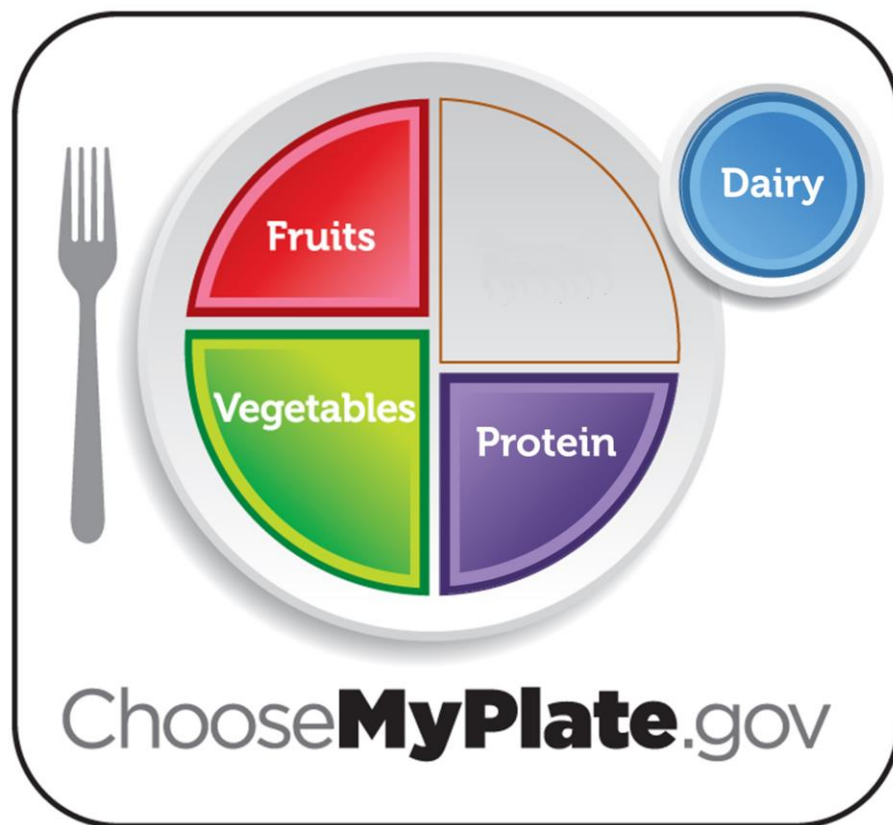


**EXTENSION**  
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## MyPlate\_Q1

[Multiple choice answer]

MyPlate is used to help Americans choose what food groups to include in their diet. What food group is missing from this MyPlate image?

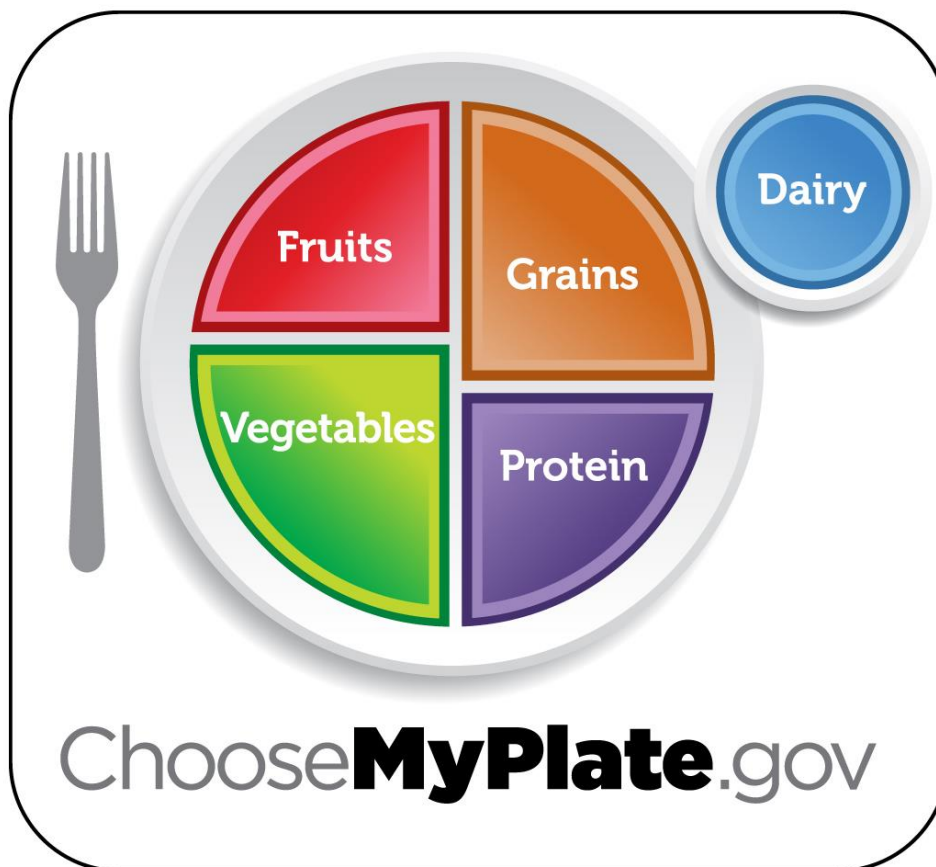


- A. Vitamins
- B. Grains
- C. Water
- D. Minerals

## MyPlate\_Q2

[Multiple choice answer]

How much of your plate should be fruits and vegetables?



- A. None
- B. At least half
- C. At least 75%
- D. All



## MyPlate\_Q4

[Multiple choice answer]

What food could we add to this meal to HELP make it more healthy and balanced?



- A. Broccoli
- B. Whole wheat tortillas
- C. Mandarin oranges
- D. Grilled fish fillet

## MyPlate\_Q5

[True/False]

Jane loves tomatoes, red peppers, watermelon and strawberries. Jane is eating a good variety of fruits and vegetables.





## NUTRITION - SESSION 6 (facilitator)

### Read aloud to the participants:

We've already learned that a healthy diet includes foods from different food groups. Now let's start to think about how much of each food group is the right amount.

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you "feel good".

### BINGO ROLLS (3)

QUESTION 26: What is the best way to ensure that you have a balanced daily diet?

- a. Eat 2,000 calories a day
- b. Limit high sugary foods like cookies and cake
- c. **Eat from all food groups**
- d. Eat a diet high in protein

**Explanation:** Regardless of how many calories you eat, it is most important to ensure you are eating from all food groups in the MyPlate. This provides energy and essential vitamins and nutrients to support daily activities, growth, your immune system, and much more! Eating too little or too much of a certain nutrient can cause negative health consequences.

Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> <li>Stand up and begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Side Flexion	40 seconds
<ul style="list-style-type: none"> <li>In a standing or seated position, bend at the waist to the left to bring your left elbow to the outside of your left hip. Come back to center and repeat on the right. You can increase the difficulty by extending your arm straight and reaching further down for the side of your knee or holding light weights.</li> </ul>	
Good Morning!	40 seconds
<ul style="list-style-type: none"> <li>Begin in the seated position, with your legs wider than shoulder-width apart. Keep your back straight and extended. Slowly bend forward at the hips until your torso is parallel to the floor and your back and neck are flat. Then slowly bend back up, again keeping your spine straight and extended, back into the seated position.</li> </ul>	
Ankle Flex	40 seconds
<ul style="list-style-type: none"> <li>In a seated or standing position with feet hip-width apart. Raise one leg off the ground, keeping the knee at a 90-degree angle. Move only the ankle of your lifted foot to spell a word (such as your name or the alphabet). Repeat with the opposite leg</li> </ul>	

QUESTION 27: What counts as one serving of fruit?

[Use media, show a photo of each multiple-choice option]

- a. 1/4 cup dried fruit
- b. 1 small apple
- c. 1/2 large banana
- d. All of the above

**Explanation:** Each of those servings counts as a serving of fruit.

Grapevine (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"><li>Begin by standing with arms at your side and feet together. Step across in front of your left foot with your right leg. Continue to step sideways uncrossing the right leg. Now reverse and cross your right leg behind your left leg. Continue to step sideways uncrossing the left leg. Stand behind a chair for support if needed. If seated, do the same crossing and uncrossing motion with your arms as you twist your upper body as comfortable as you can go in one direction, then grapevine walk your hands all the way to the other side.</li></ul>	

Chair Stand/Sit to Stand	40 seconds
<ul style="list-style-type: none"><li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom, back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.</li><li>To increase difficulty- cross arms at chest or hold weight between your hands. If unable to stand, push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. Whatever way you sit to stand make sure to keep good posture.</li></ul>	

QUESTION 28: Which of these counts as a serving of vegetables? [Use media, show a photo of each multiple-choice option]

- a. 1 cup uncooked collard greens
- b. 1/2 cup of jicama
- c. 1/2 of a bell pepper
- d. All of the above

**Explanation:** Each of those counts as a serving of vegetables. A good rule of thumb is that 1/2 cup of raw or cooked vegetables, or 1 cup of leafy greens counts as one serving of vegetables.

### BINGO ROLLS (3)

Arm Curl Seated	40 seconds
<ul style="list-style-type: none"><li>In a seated position, place the resistance band beneath both feet, or use light weights. Sit tall with the top of your head high. Hands should be gripping band handles or weights with palms up. While holding the upper arm still, curl your lower arm up. Only the forearm should move. Curl as far as possible, and slowly bring your hands back to the starting position.</li></ul>	

<b>Arm Extensions Seated</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>Extend and straighten your right arm straight up, palm facing forward. Bend your right elbow letting your hand bend down behind your head as if you were patting yourself on the back. Place your left hand on your right elbow. Gently pull until you feel a stretch down the back of your upper arm. Repeat with your left arm.</li> </ul>	
<p>QUESTION 29: Found in the grains group, one cup of rice is closest in size to:</p> <p>a. Your thumb  b. <b>Your fist</b>  c. Two fists  d. Your head</p> <p><b>Explanation:</b> Your clenched fist is equivalent to about 1 cup. That is a handy tool to use if you are out and about and trying to be mindful of portions. You may not take your measuring cups everywhere, but you will have your hands!</p>	
<b>BINGO ROLLS (3)</b>	
<b>Morning Walk Standing</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>Stand up and begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
<b>Side Steps Seated</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>Begin in a seated position, keep feet together and hands on your thighs. Raise your right foot off the ground, and step as far to the right as you can without leaving your chair. Bring your feet back together. Now repeat with the left foot out as far as you can and come back together.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<b>Thumb to Fingers</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> <li>To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>	
<b>Hip Raises</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>Shift weight to the right hip, and lift left hip off of the chair. Shift your weight to the left hip, and lift your right hip off the chair.</li> <li>Hip Raises Standing Using a chair for support if needed, slowly raise one leg out to the side of your body, keeping your foot flexed and pointing upward. Then lower back toward the standing leg, keeping your hips centered and only moving your leg. Repeat with the other leg.</li> </ul>	



QUESTION 30: When making your dinner plate, your serving of protein should be about the same size as:  
 [Use media, show a photo of each multiple-choice option]

- a. Large pancake
- b. Golf ball
- c. Deck of Cards

**Explanation:** A deck of cards is about 3 ounces and typically provides enough protein during a main meal. These needs may vary based on certain health conditions, so be sure to check with your doctor to find out the best amount for you.

### BINGO ROLLS (3)

Trunk Rotation Standing	40 seconds
<ul style="list-style-type: none"> <li>Stand with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further into spinal rotation. Exhale out with each twist. Inhale in and return to center, then repeat to the left.</li> <li>You can increase difficulty by swinging your arms and bending your torso to reach for your knee or even your ankle.</li> </ul>	
Breaststroke Standing/Freestyle Stoke Standing	40 seconds
<ul style="list-style-type: none"> <li>Standing with your feet apart, straighten your back with your head high. Perform a freestyle swim stroke. Lift your arms overhead, alternating arms going forward in a scooping motion. Pull shoulders down and back while squeezing shoulder blades together. Add difficulty by shifting your weight and balancing.</li> </ul>	
Calf Stretch Standing	40 seconds
<ul style="list-style-type: none"> <li>Stand behind a chair, and place both hands on the back of the chair keeping the back leg straight lean into the chair, heels stay on the floor. You can also straighten one leg and flex your toes up towards your body to feel a stretch in the calf. To deepen the stretch lean down towards your flexed toes. Repeat either option on the other leg.</li> </ul>	
Hi, Neighbor! Standing/Goodbye, Neighbor! Standing	40 seconds
<ul style="list-style-type: none"> <li>Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want to same thing!</li> </ul>	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

**\*\*Remind your participants to keep working on their Bingocize® Nutrition Education Take Home Handouts to bring back next week!**

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## SERVINGS\_Q2

[Multiple choice answer]

What counts as one serving of fruit?



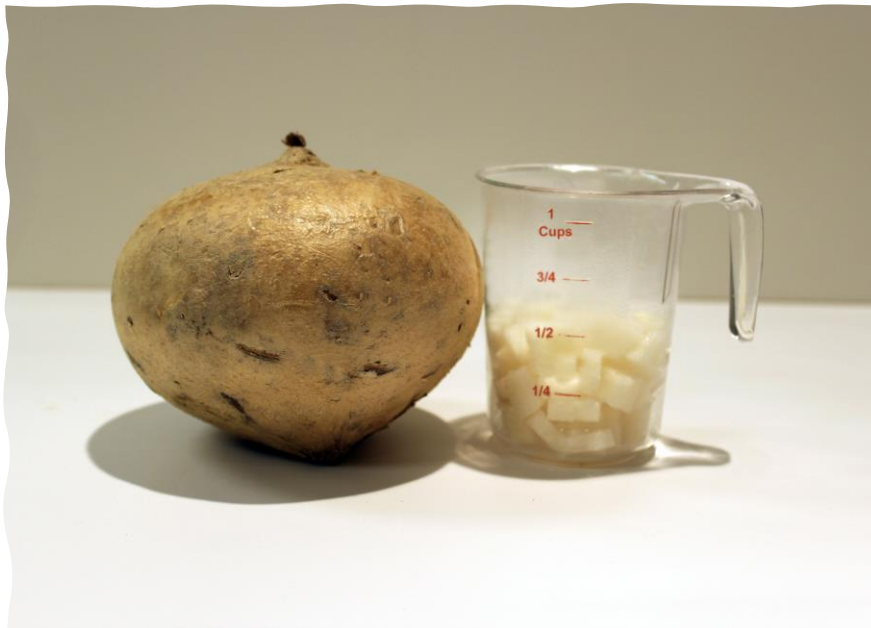
- A. 1/4 cup dried fruit
- B. 1 small apple
- C. 1/2 large banana
- D. All of the above



## SERVINGS\_Q3

[Multiple choice answer]

Which of these counts as a serving of vegetables?



- A. 1 cup uncooked collard greens
- B. 1/2 cup of jicama
- C. 1/2 of a bell pepper
- D. All of the above

## MyPlate\_Q5

[Multiple choice answer]

When making your dinner plate, your serving of protein should be about the same size as a:

A. Large pancake



B. Golf ball



C. Deck of cards





## NUTRITION - SESSION 7 (Facilitator)

**\*\*Remember to print Nutrition Education Take Home Handout (week 4) to give to each participant after the session today!!\*\***

### **Read aloud to the participants:**

Welcome to week 4. You are doing great! You're learning more about healthy eating and getting stronger. Have you noticed you have more energy? Sleeping better? Good quality diet and exercise can help us feel energized and sleep better.

So far, we have discussed the nutrients that give us energy, what to include on a healthy plate, and how much of each food group to eat. Today we're going to learn about choosing healthy foods at the grocery store. You can practice today's food label skills the next time you're shopping for groceries.

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you "feel good".

### BINGO ROLLS (3)

**QUESTION 31:** George is comparing granola bars at the grocery store. What things should he look for on the food label when making his choice?

- a. Granola bars with more fiber
- b. Granola bars with less added sugar
- c. Granola bars with more protein
- d. **All of the above**

**Explanation:** A granola bar with these nutrients would be the most nutritious choice. Consider your personal needs (e.g., more fiber, more protein or less sugar) to make the healthiest choice for you.

<b>Morning Walk Standing</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty pump arms back and forth. To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
<b>Good morning!</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>Begin in the seated position or standing, with your legs wider than shoulder-width apart. Keep your back straight and extended. Slowly bend forward at the hips until your torso is parallel to the floor and your back and neck are flat. Then slowly bend back up, again keeping your spine straight and extended, back into the seated position.</li> </ul>	
<b>Hip Raises</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>Shift weight to the right hip and lift left hip off of the chair. Shift your weight to the left hip, and lift your right hip off the chair.</li> <li><b>Hip Raises Standing-</b> Using a chair for support if needed, slowly raise one leg out to the side of your body, keeping your foot flexed and pointing upward. Then lower back toward the standing leg, keeping your hips centered and only moving your leg. Repeat with the other leg.</li> </ul>	
<b>Oblique Crunch</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>While standing or seated, slowly raise one knee up while simultaneously curling the upper body down. Twist your torso so that the knee of the leg you are raising, and the elbow of the opposite side touch together. Hold for one second, then return to the starting position. Repeat with the other knee</li> </ul>	

## BINGO ROLLS (3)

QUESTION 32: What ingredient does this cereal have the most of?

[Use media, show food label ingredient list]

- a. Raisins
- b. Sugar
- c. Whole grain wheat
- d. Cannot tell without looking at the rest of the label

**Explanation: C. Whole Grain Wheat.** The ingredients on a food label are listed in order of the amount contained, so there is more of the first item listed than any other item. So be careful if the first item on the list is a nutrient you don't want a lot of, like added sugar found as the first ingredient in some cereals.

### Modified Skier/Skier (make sure participants spread out)

**40 seconds**

- From a standing position, sidestep in one direction and bring the opposite foot behind the stepped leg. The farther back you tap the more difficult the skier exercise. Repeat the movement on the other side. Let the arms swing naturally side-to-side in the movement of the stepped direction. If seated, you can still do the skier by tapping your foot up and out in one direction and tapping the other foot behind. Then repeat the movement on the other side. Swing your arms naturally as you move your legs. The bigger the motion, the more difficult the exercise.

### Chair Stand/Sit to Stand

**40 seconds**

- Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.

QUESTION 33: True/False: This package of granola bars contains 100 calories. [Use media, show nutrition facts label]

- a.) True
- b.) False

**Explanation: False.** While this package does contain 100 calories per serving, there are two servings in the package. If eating 1 bar equals 100 calories, eating both bars doubles the calories to 200 because  $100 \times 2 = 200$ . If you eat the whole package, you are eating 200 calories. The serving size is important to look at because all of the amounts of nutrients listed are based on that serving size. If you eat double the serving size, then you need to double all of the amounts. It also doubles the other nutrients meaning more fat, more sugar, more vitamins, etc. [Use media, show nutrition facts label with servings per container = 2, serving size = 1 bar and total calories]

[Use media, show nutrition facts label with servings per container = 2, serving size = 1 bar and total calories]

**BINGO ROLLS (3)****Lateral Raises Seated or Standing****40 seconds**

- While seated or standing, place the resistance band beneath both feet, or use light weights. Sit tall with the top of your head high. With hands gripping handles, slowly raise both arms to the side until parallel with the floor. Hold for a few seconds, then slowly release to starting position. To make this exercise easier, alternate raising each arm.

**Low Row Seated****40 seconds**

- From the starting position, begin by drawing your hands straight back towards your sides, near the armpits. While drawing your arms back, your elbows will bend. Make sure they stay in tight near your sides. During the exercise, squeeze the muscles together in the mid-back to help draw in the resistance band. Imagine there is a tennis ball between your shoulder blades, and you are trying to hold it there using only your back muscles. Once the resistance band handles reach the side of the body, begin slowly lowering the resistance band back to the starting position.

QUESTION 34: How can you use the percent daily value on a food label? [Use media, show picture of food label with %DV highlighted]

- A. To tell if a food is high or low in a certain nutrient
- B. To see how much of a certain nutrient a serving provides
- C. As a reference to know how much of a certain nutrient you should consume each day
- D. All of the above

**Explanation:** The Daily Value is meant to serve as a reference point for the amount of each nutrient that a certain food provides. In this example, you can see that the percent daily value for sodium is 12% (use whatever is on the label). A good rule of thumb is 5 and 20. Look for 5% or less for unhealthy nutrients like saturated fat and added sugar. Look for 20% or more for healthy nutrients like fiber and calcium.

**BINGO ROLLS (3)****Morning Walk Standing****40 seconds**

- While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.
- To increase difficulty, pump arms back and forth. To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.

**Side Steps Standing****40 seconds**

- Begin in a seated position with feet together and hands on your thighs. Raise your right foot off the ground, and step as far to the right as you can without leaving your chair. Bring your feet back together. Now repeat with the left foot out as far as you can, and come back together.

**BINGO ROLLS (3)****Side Flexion****40 seconds**

- In a standing or seated position, bend at the waist to the left to bring your left elbow to the outside of your left hip. Come back to center and repeat on the right. You can increase the difficulty by extending your arm straight and reaching further down for the side of your knee or holding light weights.

**Single Leg Hamstring Curl****40 seconds**

- Stand behind your chair and hold onto the back for support. With one leg on the ground, begin to bend at the knee with the other leg as far as you can or until the heel of your foot touches your bottom. Slowly extend the leg back to the standing position. Repeat on the opposite side. Add a balance challenge by hovering your hands over the back of the chair and/or closing your eyes
- If unable to stand you can do this exercise by scooting to the edge of your chair, sitting up tall. With one foot on the ground, bend at the knee with the other leg lifting your heel as high as you can. Repeat on the other side.

QUESTION 35: What percent of the daily value of calcium does one serving of this mac 'n cheese provide? [Use media, show pictures of a food label, have the other numbers in the food label as other nutrients]

- a. 8%
- b. 7%
- c. 11%
- d. 37%

**Explanation:** One serving of this mac-n-cheese has 8% of the daily value for calcium. [Use media, same picture as answer with DV circled]

### BINGO ROLLS (3)

#### Ballerina

40 seconds

- Breathe in and raise your arms, balance still and tall as you hold your breath for several counts. Slowly release your arms and come back to standing on your flat feet as you breathe out. Keep a chair close by for balance as needed. Add a level of difficulty by rising on the balls of your feet or your tip toes.

#### Single Arm Crossover

40 seconds

- Gently pull one arm across your chest, below the chin. Hold, and repeat with the opposite arm.

QUESTION 36: One serving of this mac 'n cheese provides 37% of the daily value for sodium. Is this high or low?

- a. High
- b. Low

**Explanation:** High because 37% is higher than 20%. 20% or more of the daily value for a nutrient is considered HIGH! Look for low sodium versions of foods if they are available.

#### Charleston/Flapper Dance

40 seconds

- Place hands on knees and cross knees back and forth. This exercise can be done seated or standing.

#### Hi, Neighbor! Seated/Goodbye, Neighbor! Seated

40 seconds

- Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want to same thing!

### REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS

### BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)

**\*\*Remember to give your participants their Bingocize® Nutrition Education Take Home Handout today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize\*\***

**Bingocize® Nutrition Workshop**

*Written and developed by University of Nevada, Reno Extension*  
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*In partnership with Western Kentucky University*



**EXTENSION**

College of Agriculture,  
Biotechnology & Natural Resources





## FOOD LABELS\_Q2

[Multiple choice answer]

What ingredient does this cereal have the most of?

- A. Raisins
- B. Sugar
- C. Whole grain wheat
- D. Cannot tell without seeing the rest of the label



## Food Labels\_Q3

[Multiple choice answer]

This package of granola bars contains 100 calories

- A. True
- B. False

<b>Nutrition Facts</b>	
2 servings per pack	
<b>Serving size</b>	1 bar (20.4g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>



## FOOD LABELS\_Q4

[Multiple choice answer]

How can you use the % Daily Value on a food label?



- A. To tell if a food is high or low in a certain nutrient
- B. To see how much of a certain nutrient a serving provides
- C. As a reference to know how much of a certain nutrient you should consume each day
- D. All of the above

## FOOD LABELS\_Q5

[Multiple choice answer]

What percent of the daily value of calcium does one serving of this mac 'n cheese provide?

- A. 8%
- B. 7%
- C. 11%
- D. 37%



## FOOD LABELS\_Q6

[Multiple choice answer]

One serving of this mac 'n cheese provides 37% of the daily value for sodium.

Is this high or low?

A. High

B. Low







## NUTRITION - SESSION 8 (Facilitator)

### **Read aloud to the participants:**

Today we will learn about sodium in the diet. Sodium, often called “salt”, is found in almost all foods, even foods that don’t taste salty! This week you can try reducing your sodium intake by using some of today’s tips.

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you “feel good”.

### **BINGO ROLLS (3)**

QUESTION 37: Consuming too much salt/sodium may increase your risk for which of the following?

- a. High blood pressure
- b. Heart disease
- c. Stroke
- d. All of the above

**Explanation:** Too much sodium can increase blood pressure, which can increase one's risk for having a heart attack and stroke.

<b>Morning Walk Standing</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>Stand up and begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth. To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
<b>Good morning!</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>Begin in the seated position or standing, with your legs wider than shoulder-width apart. Keep your back straight and extended. Slowly bend forward at the hips until your torso is parallel to the floor and your back and neck are flat. Then slowly bend back up, again keeping your spine straight and extended, back into the seated position.</li> </ul>	
<b>Heel Raises Standing</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>While standing, behind a chair for support if needed, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, raise your arms out in front of you, move your feet closer together, or close your eyes.</li> </ul>	

<b>Oblique Crunch</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>While standing or seated, slowly raise one knee up while simultaneously curling the upper body down. Twist your torso so that the knee of the leg you are raising, and the elbow of the opposite side touch together. Hold for one second, then return to the starting position. Repeat with the other knee</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<p>QUESTION 38: The 2020-2025 Dietary Guidelines for Americans, including older adults, recommends consuming less than ____ mg of sodium per day.</p> <p>[Use media, show pictures of each multiple-choice measurement in teaspoons or salt tubes]</p> <ul style="list-style-type: none"> <li>a. 1500 mg</li> <li><b>b. 2300 mg</b></li> <li>c. 2800 mg</li> <li>d. 3200 mg</li> </ul> <p><b>Explanation: 2300 mg.</b> That's about 1 teaspoon of salt.</p>	
<b>Three Dot Step (make sure participants spread out)</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>Begin by standing with your feet together and arms down to the sides. During this exercise, the opposite foot should never leave the ground. Take a step lunge forward about two to three feet. During the step lunge reach the arms out and in front, away from your body. Now return to the starting position. With the same foot, step out to the side about two to three feet. During the step, reach your arms out in the same direction as the step to the side. Return to the starting position. Now step backwards about two to three feet, while allowing the arms to open backwards into a horizontal reach. During the backwards step, the front knee will bend, and the back leg will remain straight. Return to the starting position.</li> <li>To increase difficulty instead of sliding or stepping your feet in the three steps, you can jump your feet apart. Feet jumping front and back, together, out side-to-side, together, and then opposite foot front and back and together.</li> </ul>	
<b>Chair Stand/Sit to Stand</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.</li> </ul>	



QUESTION 39: True/False: Using % daily value on the food label, is this a low-sodium food? [Use media, show two food labels]

- a. True
- b. False

**Explanation:** Percent daily value is a simple way to determine whether a food product is high or low in sodium. It is recommended that individuals consume foods with less than 5% of the daily value for sodium.

### BINGO ROLLS (3)

#### Lateral Raises Seated or Standing

40 seconds

- While seated or standing, place the resistance band beneath both feet, or use light weights. Sit tall with the top of your head high. With hands gripping handles, slowly raise both arms to the side until parallel with the floor. Hold for a few seconds, then slowly release to starting position. To make this exercise easier, alternate raising each arm.

#### Low Row Seated

40 seconds

- From the starting position, begin by drawing your hands straight back towards your sides, near the armpits. While drawing your arms back, your elbows will bend. Make sure they stay in tight near your sides. During the exercise, squeeze the muscles together in the mid-back to help draw in the resistance band. Imagine there is a tennis ball between your shoulder blades and you are trying to hold it there using only your back muscles. Once the resistance band handles reach the side of your body, begin slowly lowering the resistance band back to the starting position.

QUESTION 40: True/False: The majority of sodium in our diet comes from the saltshaker.

- a. True
- b. False

**Explanation:** We actually get most of our sodium from packaged and restaurant food. The high sodium content in these foods is a direct result of food processing. Choose low-sodium or no-salt options and then lightly salt to taste.

### BINGO ROLLS (3)

#### Morning Walk Standing

40 seconds

- While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.
- To increase difficulty: pump arms back and forth. To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.

#### Side Steps Seated

40 seconds

- Begin in a seated position with feet together and hands on your thighs. Raise your right foot off the ground and step as far to the right as you can without leaving your chair. Bring your feet back together. Now repeat with the left foot out as far as you can and come back together.

### BINGO ROLLS (3)

#### Thumb to Fingers

40 seconds

- Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.
- To add more difficulty, jump your feet out and back in together with each finger tap.

Toes to the Sky	40 seconds
<ul style="list-style-type: none"> <li>Begin with your back straight and with good posture, eyes facing forward, palms on your thighs if seated and hands on your hips or balanced with a chair if standing. Feet hip-width apart. Extend and lift your right foot with toes flexed and pointed up to the sky. Point your toes straight and slowly return to starting position. Repeat with your left foot</li> </ul>	
<p>QUESTION 41: To reduce salt/sodium intake you can add flavor to foods by:</p> <ol style="list-style-type: none"> <li>Squeezing lime juice onto food</li> <li>Sprinkling premixed seasoning blends</li> <li>Sprinkling fresh herbs onto food</li> <li><b>A and C</b></li> </ol> <p><b>Explanation:</b> Adding lime juice or fresh herbs to meals brings bold flavor without added salt. Using premade seasoning blends may not be a healthy choice since they typically have high levels of added salt which will increase your daily sodium intake. There are some no-salt seasoning mixes available, so be sure to check the food label to see the amount of sodium it contains. Request less or no salt when ordering in restaurants.</p>	
BINGO ROLLS (3)	
Side Flexion Seated	40 seconds
<ul style="list-style-type: none"> <li>In a seated position, bend your trunk to the left to bring your left elbow to the outside of your left hip. Come back to center and repeat on the right. You can increase the difficulty by extending your arm straight and reaching further down for the side of your knee or holding light weights.</li> </ul>	
Single Arm Crossover	40 seconds
<ul style="list-style-type: none"> <li>Gently pull one arm across your chest, below the chin. Hold, and repeat with the opposite arm.</li> </ul>	
Rolling-Disco/John Travolta	40 seconds
<ul style="list-style-type: none"> <li>Rotate arms around one another; you can bring your arms high or low; if standing you can bounce or sway. Do the disco arms, pointing side to side like the “Staying Alive” dance move. Have fun with it!</li> </ul>	
Hi, Neighbor! Seated/Goodbye, Neighbor! Seated	40 seconds
<ul style="list-style-type: none"> <li>Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want to same thing!</li> </ul>	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

**\*\*Remind your participants to keep working on their Bingocize® Nutrition Education Take Home Handouts to bring back next week!**

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## SODIUM\_Q2

**[Multiple choice answer]**

The 2020-2025 Dietary Guidelines for Americans, including older adults, recommends consuming less than \_\_\_\_ mg of sodium per day.

- A. 1500 mg
- B. 2300 mg
- C. 2800 mg
- D. 3200 mg



## SODIUM\_Q3

[Multiple choice answer]

Using % Daily Value on the food label, which of these food products is a low-sodium food?

A. or B.



**A.**



**B.**



## NUTRITION - SESSION 9 (Facilitator)

**\*\*Remember to print Nutrition Education Take Home Handout (week 5) to give to each participant after the session today!!\*\***

### **Read aloud to the participants:**

Last session we talked about sodium, something we may want LESS of in our diet. Today we will talk about something in our diet that we may want MORE of - fiber. You can get fiber from three of the MyPlate food groups – fruit, vegetables and grains!

Before we get started today, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

### BINGO ROLLS (3)

**QUESTION 42:** Fiber is an important nutrient found in carbohydrates. Which of these is a benefit of consuming more fiber?

- a. Better digestive health
- b. Improved cholesterol
- c. It helps you feel full
- d. All of the above

**Explanation:** Fiber helps keep your digestive system "regular," it removes "bad" cholesterol from the blood stream, and it helps slow down the absorption of food, keeping you full longer.

Morning Walk Seated	40 seconds
<ul style="list-style-type: none"> <li>• While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>• To increase difficulty, pump arms back and forth. To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Single Leg Hamstring Curl Standing/Single Leg Hamstring Curl	40 seconds
<ul style="list-style-type: none"> <li>• Stand behind your chair and hold on to the back for support. With one leg on the ground, begin to bend at the knee with the other leg as far as you can or until the heel of your foot touches your bottom. Slowly extend the leg back to the standing position. Repeat on the opposite side. Add a balance challenge by hovering your hands over the back of the chair and/or closing your eyes.</li> </ul>	



<b>Staggered Stance</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>Begin with feet together, and hands at sides. Step forward with your right. Hold this position for 10 seconds. Step back to feet together and then alternate stepping the other foot in front. To increase the difficulty, jump your feet out instead of stepping.</li> </ul>	
<b>Oblique Crunches Seated</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>While seated, slowly raise one knee up, while simultaneously curling the upper body down. Twist your torso, so that the knee of the leg you are raising, and the elbow of the opposite side touch together. Hold for one second, then return to the starting position. Repeat with the other knee.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<p>QUESTION 43: True/False: Consuming adequate fiber each day can help lower LDL cholesterol levels.</p> <p>a. True b. False</p> <p><b>Explanation:</b> Fiber can actually help bind to the "bad" cholesterol and help your body get rid of it. The recommendation for most females is 25 grams per day and for men it's 36 grams per day.</p>	
<b>Grapevine (make sure participants spread out)</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>Begin by standing with arms at your side and feet together. Step across in front of your left foot with your right leg. Continue to step sideways uncrossing the right leg. Now reverse and cross your right leg behind your left leg. Continue to step sideways uncrossing the left leg. Stand behind a chair for support if needed. If seated, do the same crossing and uncrossing motion with your arms as you twist your upper body as comfortable as you can go in one direction, then grapevine walk your hands all the way to the other side.</li> </ul>	
<b>Chair Stand/Sit to Stand</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.</li> </ul>	
<p>QUESTION 44: True/False: Refined grains, like white bread or white rice, have had some nutrients and fiber removed.</p> <p>a. True b. False</p> <p><b>Explanation:</b> Look for whole grain products, such as whole wheat bread and brown rice, to get the nutrients and fiber.</p>	
<b>BINGO ROLLS (3)</b>	

<b>Chest Press Standing</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>• Standing, hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. To increase difficulty, do a pushup on the floor.</li> </ul>	
<b>Arm Curl Standing</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>• From a standing position, place the resistance band beneath both feet, or use light weights. Stand tall with the top of your head high. Hands should be gripping band handles or weights with palms up. While holding the upper arm still, curl your lower arm up. Only the forearm should move. Curl as far as possible, and slowly bring your hands back to the starting position.</li> </ul>	
<p>QUESTION 45: Which of these foods contains the most fiber?</p> <p>a. Whole wheat bread b. Apple c. Broccoli d. <b>Black beans</b></p> <p><b>Explanation:</b> Black beans are a great source of fiber with around 7 grams per cup! Another bonus is they are also a great source of protein! Look for no salt/no sodium black beans, or you can rinse canned beans or buy dried.</p>	
<b>BINGO ROLLS (3)</b>	
<b>Morning Walk Standing</b>	<b>40 second</b>
<ul style="list-style-type: none"> <li>• While standing, begin walking in place. The pace will be a little quicker than walking. If you can, raise the knee on every step so that the hip and knee reach near 90 degrees.</li> <li>• To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
<b>Heel Raises Standing</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>• While standing behind a chair for support, raise your heels off the floor, while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, raise your arms out in front of you, move your feet closer together, or close your eyes.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<b>Thumb to Fingers</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>• Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> <li>• To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>	



Side Flexion	40 seconds
<ul style="list-style-type: none"> <li>In a standing or seated position, bend at the waist to the left to bring your left elbow to the outside of your left hip. Come back to center and repeat on the right. You can increase the difficulty by extending your arm straight and reaching further down for the side of your knee or holding light weights.</li> </ul>	
<p>QUESTION 46: If you want to get high nutrients, such as fiber, you should purchase these vegetables</p> <p>a. Frozen b. Canned c. Fresh d. All of the above</p> <p><b>Explanation:</b> Frozen, canned and fresh vegetables are all good sources of fiber. Frozen is a good option because it is frozen at its peak freshness, often right after its picked. This process preserves its vitamins and mineral content. You can also take out what you need, seal the package tightly, then save the rest for later. Choose plain frozen vegetables without sauces or added fat. Canned is also a good option, just choose low- sodium varieties.</p>	
BINGO ROLLS (3)	
Static Balance	40 seconds
<ul style="list-style-type: none"> <li>Stand with eyes focused forward and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the other leg. You can increase difficulty by standing your feet closer together, lifting your leg higher, lifting your arms, or crossing them at your chest, or closing your eyes.</li> </ul>	
Ballerina	40 seconds
<ul style="list-style-type: none"> <li>Breathe in and raise your arms, balance still and tall as you hold your breath for several counts. Slowly release your arms and come back to standing on your flat feet as you breathe out. Keep a chair close by for balance as needed. Add a level of difficulty by rising on the balls of your feet or your tip toes.</li> </ul>	
Rolling-Disco/John Travolta	40 seconds
<ul style="list-style-type: none"> <li>Rotate arms around one another; you can bring your arms high or low; if standing you can bounce or sway. Do the disco arms, pointing side to side like the “Staying Alive” dance move. Have fun with it!</li> </ul>	
Hi, Neighbor! Seated/ Goodbye, Neighbor! Seated	40 seconds
<ul style="list-style-type: none"> <li>Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want to same thing!</li> </ul>	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

**\*\*Remember to give your participants their Bingocize® Nutrition Take Home Handout today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize\*\***

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## DAIRY\_Q3

**[Multiple choice answer]**

Which food is a good source of calcium?



- A. Low-fat yogurt
- B. Banana
- C. Leafy green vegetables
- D. Both A and C



## NUTRITION - SESSION 10 (Facilitator)

### Read aloud to the participants:

Today let's talk about dairy, a food group that provides many nutrients to help keep us healthy. Before we get started today, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

### BINGO ROLLS (3)

**QUESTION 47:** Dairy is an important part of the daily diet. How many servings of dairy should older adults have per day?

- a. None
- b. 3 cups
- c. 5 1/2 cups
- d. As many as possible

**Explanation:** The recommended number of servings of dairy for older adults is 3 cups of low-fat or fat-free dairy. Dairy servings can come from products such as milk, yogurt, cheese, pudding or even milk alternatives like soy milk and yogurts.

<b>Morning Walk Seated</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>● While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>● To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
<b>Single Leg Hamstring Curl Standing/Single Leg Hamstring Curl</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>● Stand behind your chair and hold on to the back for support. With one leg on the ground, begin to bend at the knee with the other leg as far as you can or until the heel of your foot touches your bottom. Slowly extend the leg back to the standing position. Repeat on the opposite side. Add a balance challenge by hovering your hands over the back of the chair and/or closing your eyes.</li> </ul>	
<b>Staggered Stance</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>● Begin with feet together, and hands at sides. Step forward with your right foot. Hold this position for 10 seconds. Step back to feet together and then alternate stepping the other foot in front. To increase the difficulty, jump your feet out instead of stepping.</li> </ul>	

<b>Oblique Crunches Seated</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>While seated, slowly raise one knee up, while simultaneously curling the upper body down. Twist your torso, so that the knee of the leg you are raising and the elbow of the opposite touch together. Hold for one second, then return to the seated position. Repeat with the other knee.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<p>QUESTION 48: What are the main nutrients found in the dairy food group?</p> <p>a. Vitamin D and calcium b. Zinc c. Vitamin C d. All of the above</p> <p><b>Explanation:</b> Older adults need more of these nutrients to keep their bones healthy and strong. Vitamin D is also found in salmon and mushrooms.</p>	
<b>Grapevine (make sure participants spread out)</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>Begin by standing with arms at your side and feet together. Step across in front of your left foot with your right leg. Continue to step sideways uncrossing the right leg. Now reverse and cross your right leg behind your left leg. Continue to step sideways uncrossing the left leg. Stand behind a chair for support if needed. If seated, do the same crossing and uncrossing motion with your arms as you twist your upper body as comfortable as you can go in one direction, then grapevine walk your hands all the way to the other side.</li> </ul>	
<b>Chair Stand/Sit to Stand</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart...if standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.</li> </ul>	
<p>QUESTION 49: Which food is a good source of calcium? [Use media, show a photo of each multiple-choice option]</p> <p>a. Low-fat yogurt b. Banana c. Leafy green vegetables d. Both A and C</p> <p><b>Explanation:</b> Low-fat yogurt, leafy green vegetables and most dairy products are a good source of calcium. When shopping for yogurt, look for low-fat versions with the least amount of added sugars. If you don't eat dairy, leafy green vegetables are another great way to get calcium.</p>	
<b>BINGO ROLLS (3)</b>	
<b>Chest Press Standing</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>Standing, hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. To increase difficulty, do a pushup on the floor.</li> </ul>	

<b>Arm Curl Standing</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>From a standing position, place the resistance band beneath both feet, or use light weights. Sit tall with the top of the head high. Hands should be gripping band handles or weights with palms up. While holding the upper arm still, curl your lower arm up. Only the forearm should move. Curl as far as possible, and slowly bring your hands back to the starting position</li> </ul>	
<p>QUESTION 50: True/False: Consuming a lower fat milk means you will also get less calcium.</p> <p>a. True b. False</p> <p><b>Explanation:</b> Lower fat milks have the same beneficial nutrients, like protein, calcium and Vitamin D, but less fat.</p>	
<b>BINGO ROLLS (3)</b>	
<b>Morning Walk Standing</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth. To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
<b>Heel Raises Standing</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>While standing behind a chair for support if needed, raise your heels off the floor, while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, raise your arms out in front of you, move your feet closer together, or close your eyes</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<b>Thumb to Fingers</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> <li>To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>	
<b>Side Flexion</b>	<b>40 seconds</b>
<ul style="list-style-type: none"> <li>In a standing or seated position, bend at the waist to the left to bring your left elbow to the outside of your left hip. Come back to center and repeat on the right. You can increase the difficulty by extending your arm straight and reaching further down for the side of your knee or holding light weights.</li> </ul>	

QUESTION 51: Which of these items has the lowest fat content?

- a. Whole milk
- b. 2% milk
- c. 1% milk
- d. **Nonfat/skim milk**

**Explanation:** Nonfat, or skim milk has the lowest fat content. The type of fat found in milk products is saturated fat and should be consumed in moderation. Skim milk has the lowest fat content but maintains all of the good nutrients found in whole milk, such as calcium, vitamin D and protein. However, vitamin D and calcium are absorbed better with some fat such as 1% milk.

### BINGO ROLLS (3)

#### Static Balance

**40 seconds**

- Stand with eyes focused forward and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the other leg. You can increase difficulty by standing your feet closer together, lifting your leg higher, lifting your arms, or crossing them at your chest, or closing your eyes.

#### Ballerina

**40 seconds**

- Breathe in and raise your arms, balance still and tall as you hold your breath for several counts. Slowly release your arms and come back to standing on your flat feet as you breathe out. Keep a chair close by for balance as needed. Add a level of difficulty by rising on the balls of your feet or your tip toes.

#### Rolling-Disco/John Travolta

**40 seconds**

- Rotate arms around one another; you can bring your arms high or low; if standing you can bounce or sway. Do the disco arms, pointing side to side like the "Staying Alive" dance move. Have fun with it!

#### Hi, Neighbor! Seated/ Goodbye, Neighbor! Seated

**40 seconds**

- Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want to same thing!

### REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS

### BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)

**\*\*Remind your participants to keep working on their Bingocize® Nutrition Take Home Handouts to bring back next week!**

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## NUTRITION - SESSION 11 (Facilitator)

**\*\*Remember to print Nutrition Education Take Home Handout (week 6) to give to each participant after the session today!!\*\***

### Read aloud to the participants:

Can you believe we are starting week 6? You've all done so well! How are you feeling? I hope you are starting to add some of the nutritious foods we have discussed into your diet. Low-fat dairy, whole grains, low-sodium foods and other healthy options from the MyPlate food groups are just a few things we've discussed. Today we will focus on reducing added sugar in our diet.

Remember when you exercise that it's okay to push yourself, but it's not okay to feel pain. Make sure you use correct posture, and if you need to modify, that's perfectly okay!

### BINGO ROLLS (3)

QUESTION 52: Diets high in added sugars are related to:

- a. Heart disease
- b. Increased cancer risk
- c. Type 2 diabetes
- d. All of the above

**Explanation:** Diets high in added sugars contribute to increased inflammation in the body, cancer, weight gain and chronic diseases, such as heart disease and type 2 diabetes.

### Morning Walk Standing

**45 seconds**

- While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth.
- To increase difficulty, pump arms back and forth. To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.

### Single Leg Hamstring Curl Standing/Single Leg Hamstring Curl

**45 seconds**

- Stand behind your chair and hold on to the back for support. With one leg on the ground, begin to bend at the knee with the other leg as far as you can or until the heel of your foot touches your bottom. Slowly extend the leg back to the standing position. Repeat on the opposite side. Add a balance challenge by hovering your hands over the back of the chair and/or closing your eyes.



<b>Staggered Stance</b>	<b>45 seconds</b>
<ul style="list-style-type: none"> <li>Begin with feet together, and hands at sides. Step forward with your right foot. Hold this position for 10 seconds. Step back to feet together and then alternate stepping the other foot in front. To increase the difficulty, jump your feet out instead of stepping.</li> </ul>	
<b>Oblique Crunches Seated</b>	<b>45 seconds</b>
<ul style="list-style-type: none"> <li>While seated, slowly raise one knee up while simultaneously curling the upper body down. Twist your torso, so that the knee of the leg you are raising, and the elbow of the opposite side touch together. Hold for one second, then return to the starting position. Repeat with the other knee.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<p>QUESTION 53: When buying canned fruit, which option has the least amount of sugar? [Use media, show a photo of each multiple-choice option]</p> <ul style="list-style-type: none"> <li>a. Fruit packed in heavy syrup</li> <li>b. Fruit in 100% juice</li> <li>c. Fruit in light syrup</li> <li>d. <b>Fruit packed in water</b></li> </ul> <p><b>Explanation:</b> You can think of "syrup" as another word for "sugar." Canned fruit in heavy or light syrup contains added sugars and extra calories. Fruit packed in juice will still have more calories than fruit packed in water. When buying canned fruit, you can drain out the liquid and rinse off the fruit to get rid of a good amount of excess sugar.</p>	
<b>Grapevine (make sure participants spread out)</b>	<b>45 seconds</b>
<p>Begin by standing with arms at your side and feet together. Step across in front of your left foot with your right leg. Continue to step sideways uncrossing the right leg. Now reverse and cross your right leg behind your left leg. Continue to step sideways uncrossing the left leg. Stand behind a chair for support if needed. If seated, do the same crossing and uncrossing motion with your arms as you twist your upper body as comfortable as you can go in one direction, then grapevine walk your hands all the way to the other side.</p>	
<b>Chair Stands/Sit to Stand</b>	<b>45 seconds</b>
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.</li> </ul>	
<p>QUESTION 54: Nancy would like to decrease her intake of beverages with added sugar. Besides water, which of these other beverages would be the best choice?</p> <ul style="list-style-type: none"> <li>a. Sports replacement beverage</li> <li>b. <b>Unsweetened iced tea</b></li> <li>c. Regular soda</li> <li>d. Energy drink</li> </ul> <p><b>Explanation:</b> Unsweetened iced tea does not have added sugar. Sports replacement beverages, regular soda and energy drinks all contain a lot of added sugar. Anything with added sugar contains more calories but does not provide any additional nutritional benefits. You can look for these types of beverages that don't have added sugar, such as a diet soda or a sports drink without added sugar.</p>	

**BINGO ROLLS (3)****Chest Press Standing****45 seconds**

- Standing, hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. To increase difficulty, do a pushup on the floor.

**Arm Curl Standing****45 seconds**

- From a standing position, place the resistance band beneath both feet, or use light weights. Stand tall with the top of your head high. Hands should be gripping band handles or weights with palms up. While holding the upper arm still, curl your lower arm up. Only the forearm should move. Curl as far as possible, and slowly bring your hands back to the starting position.

QUESTION 55: Which drink is the best option to reduce the amount of added sugar in your diet?

- Regular soda
- Apple juice
- Water**
- Coffee with 2 sugar packets

**Explanation:** Water is the best option. Even drinks like apple juice may have added sugars to enhance the sweetness of the beverage.

**BINGO ROLLS (3)****Morning Walk Standing****45 seconds**

- While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.
- To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.

**Heel Raises Standing****45 seconds**

- While standing behind a chair for support, raise your heels off the floor, while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, raise your arms out in front of you, move your feet closer together, or close your eyes.

**BINGO ROLLS (3)****Thumb to Fingers****45 seconds**

- Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.
- To add more difficulty, jump your feet out and back in together with each finger tap.

**Hip Raises****45 seconds**

- Shift weight to the right hip and lift left hip off of the chair. Shift your weight to the left hip and lift your right hip off the chair.

**Hip Raises Standing**

- Using a chair for support if needed, slowly raise one leg out to the side of your body, keeping your foot flexed and pointing upward. Then lower back toward the standing leg, keeping your hips centered and only moving your leg. Repeat with the other leg.

QUESTION 56: Why is it better to drink more water than a lot of sugary beverages?

- a. Water helps absorb nutrients from food
- b. Water regulates body temperature
- c. Water helps get rid of unused waste
- d. All of the above

**Explanation:** Water helps with each of these functions in the body. With age, and some medications, people lose their sense of thirst or need more water. For this reason, don't wait until you feel thirsty to drink water or other fluids; try taking small sips throughout the day.

### BINGO ROLLS (3)

#### Static Balance

45 seconds

- Stand with eyes focused forward and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the other leg. You can increase difficulty by standing your feet closer together, lifting your leg higher, lifting your arms, or crossing them at your chest, or closing your eyes.

#### Ballerina

45 seconds

- Breathe in and raise your arms, balance still and tall as you hold your breath for several counts. Slowly release your arms and come back to standing on your flat feet as you breathe out. Keep a chair close by for balance as needed. Add a level of difficulty by rising on the balls of your feet or your tip toes.

#### Rolling-Disco/John Travolta

45 seconds

- Rotate arms around one another; you can bring your arms high or low; if standing you can bounce or sway. Do the disco arms, pointing side to side like the "Staying Alive" dance move. Have fun with it!

#### Hi, Neighbor! Seated/ Goodbye, Neighbor! Seated

45 seconds

- Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want to same thing!

### REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS

### BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)

**\*\*Remember to give your participants their Bingocize® Take Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize\*\***

#### Bingocize® Nutrition Workshop

*Written and developed by University of Nevada, Reno Extension*

[extension.unr.edu](http://extension.unr.edu)

*In partnership with Western Kentucky University*



**EXTENSION**

College of Agriculture,  
Biotechnology & Natural Resources



## ADDED SUGARS\_Q2

[Multiple choice answer]

When buying canned fruit, which option has the least amount of sugar?



A.

B.

C.

D.

- A. Fruit packed in heavy syrup
- B. Fruit in 100% juice
- C. Fruit in light syrup
- D. Fruit packed in water



## NUTRITION - SESSION 12 (Facilitator)

### Read aloud to the participants:

Well, we are over halfway through the Bingocize® program. You're all doing so well. Today we are going to discuss food safety, something very important to practice when you prepare foods in the kitchen. After today, you can add these food safety practices to your daily routine when preparing meals.

Before we get started today, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

### BINGO ROLLS (3)

QUESTION 57: It is important to practice food safety when cooking, preparing and storing foods. Where should raw chicken be stored in your refrigerator?

[Use media, show pictures of each multiple-choice option]

- a. Above your fruits and vegetables
- b. **Below your fruits and vegetables**
- c. It doesn't matter as long as it's packaged appropriately

**Explanation:** Raw chicken, even if it's packaged appropriately, can still leak. It should be stored in the bottom of the shelves, so it doesn't contaminate anything else.

Morning Walk Standing	45 seconds
<ul style="list-style-type: none"> <li>• While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>• To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Single Leg Hamstring Curl Standing/Single Leg Hamstring Curl	45 seconds
<ul style="list-style-type: none"> <li>• Stand behind your chair and hold on to the back for support. With one leg on the ground, begin to bend at the knee with the other leg as far as you can or until the heel of your foot touches your bottom. Slowly extend the leg back to the standing position. Repeat on the opposite side. Add a balance challenge by hovering your hands over the back of the chair and/or closing your eyes.</li> </ul>	
Staggered Stance	45 seconds
<ul style="list-style-type: none"> <li>• Begin with feet together, and hands at sides. Step forward with your right foot. Hold this position for 10 seconds. Step back to feet together and then alternate stepping the other foot in front. To increase the difficulty, jump your feet out instead of stepping.</li> </ul>	

Oblique Crunches Seated	45 Seconds
<ul style="list-style-type: none"> <li>While seated, slowly raise one knee up, while simultaneously curling the upper body down. Twist your torso, so that the knee of the leg you are raising, and the elbow of the opposite side touch together. Hold for one second, then return to the starting position. Repeat with the other knee.</li> </ul>	
BINGO ROLLS (3)	
<p>QUESTION 58: [Use media, video of Beatriz]</p> <p>Beatriz says, "I am having my friend over for dinner and I'm using a recipe that my mom gave me." She starts by getting out the chicken from the refrigerator and assembles her ingredients. She takes the chicken out of the package. She says "I'm going to rinse the chicken under cold running water to rinse off the germs and pat it dry with a paper towel. What do you think?" Beatriz then rinses her chicken thoroughly under the cold running water and pats it dry with a paper towel.</p> <ul style="list-style-type: none"> <li>a. It's a good idea to rinse and pat the chicken dry</li> <li>b. <b>It's not recommended to rinse and pat the chicken dry</b></li> <li>c. It doesn't matter because you haven't cooked the chicken yet</li> </ul> <p><b>Explanation:</b> Washing meat, poultry, seafood, or eggs as part of the food preparation process actually increases the chance of spreading harmful germs around your kitchen, so it is not recommended. Thoroughly cooking chicken to 165F kills harmful germs. [Use media, freeze frame video from question when Beatriz is rinsing the chicken, then add big red X through the frame]</p>	
Grapevine (make sure participants spread out)	45 seconds
<ul style="list-style-type: none"> <li>Begin by standing with arms at your side and feet together. Step across in front of your left foot with your right leg. Continue to step sideways uncrossing the right leg. Now reverse and cross your right leg behind your left leg. Continue to step sideways uncrossing the left leg. Stand behind a chair for support if needed. If seated, do the same crossing and uncrossing motion with your arms as you twist your upper body as comfortable as you can go in one direction, then grapevine walk your hands all the way to the other side.</li> </ul>	
Chair Stand/Sit to Stand	45 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.</li> </ul>	
<p>QUESTION 59: True/False: Carl's favorite summertime meal is chicken, baked beans and watermelon slices. Carl is using safe practices by cutting the watermelon slices and chicken on his cutting board.</p> <ul style="list-style-type: none"> <li>a. True</li> <li>b. <b>False</b></li> </ul> <p><b>Explanation:</b> If Carl uses the same cutting board and knife he used to cut the raw chicken and watermelon, he runs the risk of contaminating the watermelon. To avoid cross-contamination, use separate cutting boards and cooking utensils.</p>	
BINGO ROLLS (3)	



<b>Chest Press Standing</b>	<b>45 seconds</b>
<ul style="list-style-type: none"> <li>• Standing, hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. To increase difficulty, do a pushup on the floor.</li> </ul>	
<b>Arm Curl Standing</b>	<b>45 seconds</b>
<ul style="list-style-type: none"> <li>• From a standing position, place the resistance band beneath both feet, or use light weights. Stand tall with the top of your head high. Hands should be gripping band handles or weights with palms up. While holding the upper arm still, curl your lower arm up. Only the forearm should move. Curl as far as possible, and slowly bring your hands back to the starting position.</li> </ul>	
<p>QUESTION 60: Dennis has to thaw out his steak for dinner tonight. Which of these is NOT an acceptable method of thawing food according to food safety guidelines?</p> <ol style="list-style-type: none"> <li>Thaw it in the refrigerator</li> <li>Thaw it in the microwave</li> <li><b>Thaw it on the counter</b></li> <li>Thaw it in a bowl with cold running water</li> </ol> <p><b>Explanation:</b> According to food safety guidelines, thawing food on the counter is not a safe thawing technique because it allows the meat to sit in a dangerous temperature zone which can increase the growth of bacteria. While using the refrigerator to thaw is ideal, if Dennis does not have enough time, he can also use the microwave or cold water. Using cold water requires the meat to be sealed and the water to be changed every 30 minutes per pound. Only use the microwaving option if you are going to cook the food immediately.</p>	
<b>BINGO ROLLS (3)</b>	
<b>Morning Walk Standing</b>	<b>45 seconds</b>
<ul style="list-style-type: none"> <li>• While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>• To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Heel Raises Standing	45 seconds
<ul style="list-style-type: none"> <li>• While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, raise your arms out in front of you, move your feet closer together, or close your eyes.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<b>Thumb to Fingers</b>	<b>45 seconds</b>
<ul style="list-style-type: none"> <li>• Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> <li>• To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>	

Head Turns	45 seconds
<ul style="list-style-type: none"> <li>With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!</li> </ul>	
<p>QUESTION 61: True/False: Vegetables labeled as "pre-washed" should be washed again before consuming it.</p> <p>a. True b. False</p> <p><b>Explanation:</b> Pre-washed vegetables do not need to be washed again. In fact, washing it actually increases the risk that you will introduce new harmful bacteria into the food.</p>	
BINGO ROLLS (3)	
Static Balance	45 seconds
<ul style="list-style-type: none"> <li>Stand with eyes focused forward and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the other leg. You can increase difficulty by standing your feet closer together, lifting your leg higher, lifting your arms, or crossing them at your chest, or closing your eyes</li> </ul>	
Ballerina	45 seconds
<ul style="list-style-type: none"> <li>Breath in and raise your arms, balance still and tall as you hold your breath for several counts. Slowly release your arms and come back to standing on your flat feet as you breathe out. Keep a chair close by for balance as needed. Add a level of difficulty by rising on the balls of your feet or your tip toes.</li> </ul>	
<p>QUESTION 62: True/False: Freezing food destroys harmful germs.</p> <p>a. True b. False</p> <p><b>Explanation:</b> Freezing doesn't destroy germs (only heating the food can do that), but it does keep it safe until you are ready to cook it. Your freezer temperature should be 0 degrees Fahrenheit/-17 degrees Celsius.</p>	
Rolling-Disco/John Travolta	45 seconds
<ul style="list-style-type: none"> <li>Rotate arms around one another; you can bring your arms high or low; if standing you can bounce or sway. Do the disco arms, pointing side to side like the "Staying Alive" dance move. Have fun with it!</li> </ul>	
Hi, Neighbor! Seated/ Goodbye, Neighbor! Seated	45 seconds
<ul style="list-style-type: none"> <li>Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want to same thing!</li> </ul>	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

**\*\*Remind your participants to keep working on their Bingocize® Nutrition Take Home Handout to bring back next week!**

Bingocize® Nutrition Workshop  
 Written and developed by University of Nevada, Reno Extension  
[extension.unr.edu](http://extension.unr.edu)  
 In partnership with Western Kentucky University



**EXTENSION**  
 College of Agriculture,  
 Biotechnology & Natural Resources

## FOOD SAFETY 1\_Q2

[Multiple choice answer]

Beatriz says, "I am having my friend over for dinner and I'm using a recipe that my mom gave me."

She starts by getting out the chicken from the refrigerator and assembles her ingredients. She takes the chicken out of the package.

Beatriz says, "I'm going to rinse the chicken under cold running water to rinse off the germs and pat it dry with a paper towel. What do you think?"

Beatriz then rinses her chicken thoroughly under the cold running water and pats it dry with a paper towel.



- A. It's a good idea to rinse and pat the chicken dry
- B. It's not recommended to rinse and pat the chicken dry
- C. It doesn't matter because you haven't cooked the chicken yet





B. It's not recommended to rinse and pat the chicken dry

[Answer]

**B. It's not recommended to rinse and pat the chicken dry.**

Washing meat, poultry, seafood, or eggs as part of the food preparation process actually increases the chance of spreading harmful germs around your kitchen, so it is not recommended. Thoroughly cooking chicken to 165°F kills harmful germs.



### NUTRITION - SESSION 13 (Facilitator)

**\*\*Remember to print Nutrition Take Home Handout (week 7) to give to each participant after the session today!!\*\***

#### Read aloud to the participants:

Welcome to week 7! I hope you are having fun and feeling the positive effects of Bingocizing™! Today we are going to continue our conversation on food safety. Did you practice any new food safety tips at home over the last few days?

Also, because you've been working very hard exercising, we are going to reduce the intensity this week to allow your body to recover. "Active recovery" and rest are important parts of any exercise program. And as always, remember to work at a pace that feels good to you!

#### BINGO ROLLS (3)

QUESTION 63: It is important to practice food safety when storing, preparing, and cooking foods, especially when it comes to meat. What's the best way to tell if your meat is done?

- a. Use a food thermometer
- b. Use your finger and press on it
- c. Cut it open to see if it's still pink
- d. D. All of the above

**Explanation:** The only way to ensure your foods have been cooked to a safe temperature is by using a food thermometer. Be sure to put the thermometer in the thickest part of the food. [Use media, show a picture of a food thermometers]

#### Morning Walk Standing

30 seconds

- While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.
- To increase difficulty, pump arms back and forth. To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise

#### Static Balance

30 seconds

- Stand with eyes focused forward and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the opposing leg.
- You can increase difficulty by standing your feet closer together, lifting your leg higher, lifting your arms, or crossing them at your chest or closing your eyes.

<b>Staggered Stance</b>	<b>30 seconds</b>
<ul style="list-style-type: none"> <li>Begin with feet together, and hands at sides. Step forward with your right foot. Hold this position for 10 seconds. Step back to feet together and then alternate stepping the other foot in front. To increase the difficulty, jump your feet out instead of stepping.</li> </ul>	
<b>Oblique Crunches Seated</b>	<b>30 seconds</b>
<ul style="list-style-type: none"> <li>While seated, slowly raise one knee up, while simultaneously curling the upper body down. Twist your torso, so that the knee of the leg you are raising, and the elbow of the opposite side touch together. Hold for one second, then return to the starting position. Repeat with the other knee.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<p>QUESTION 64: [Use media, show Maria grabbing item from freezer, read package instructions, microwave] Maria is reading a package of frozen corn instructions. The instructions say, "Cook for 5 minutes and let stand for 1 minute when it's done." After cooking the corn, Maria reaches into the microwave and says, "I don't think it matters much if I let it stand for a minute, I think I can eat it now." Is it ok for Maria to eat it now without letting it stand for 1 minute? Yes or No?</p> <p>a. Yes b. No</p> <p><b>Explanation: No!</b> The "stand" time listed in the instructions for frozen entrees is not optional and is actually part of the cooking process. It allows cooler areas to absorb heat from the hotter areas to complete the cooking process. Make sure to allow a couple of extra minutes for that process!</p>	
<b>Grapevine (make sure participants spread out)</b>	<b>30 seconds</b>
<p>Begin by standing with arms at your side and feet together. Step across in front of your left foot with your right leg. Continue to step sideways uncrossing the right leg. Now reverse and cross your right leg behind your left leg. Continue to step sideways uncrossing the left leg. Stand behind a chair for support if needed. If seated, do the same crossing and uncrossing motion with your arms as you twist your upper body as comfortable as you can go in one direction, then grapevine walk your hands all the way to the other side.</p>	
<b>Swimming Dance</b>	<b>30 seconds</b>
<ul style="list-style-type: none"> <li>While standing, move arms in a swimming motion, then plug nose, and shimmy with one arm raised above the head.</li> </ul>	
<p>QUESTION 65: What types of foods are considered perishable?</p> <p>a. Meat, poultry, and fish b. Dairy products c. Fruits and vegetables d. All of the above</p> <p><b>Explanation</b> These foods are perishable! Perishable foods are those that can spoil or go bad quickly if they aren't refrigerated.</p>	
<b>BINGO ROLLS (3)</b>	



<b>Chest Press Standing</b>	<b>30 seconds</b>
<ul style="list-style-type: none"> <li>Standing, hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. To increase difficulty, do a pushup on the floor.</li> </ul>	
<b>Arm Curl Standing</b>	<b>30 seconds</b>
<ul style="list-style-type: none"> <li>From a standing position, place the resistance band beneath both feet, or use light weights. Stand tall with the top of your head high. Hands should be gripping band handles or weights with palms up. While holding the upper arm still, curl your lower arm up. Only the forearm should move. Curl as far as possible, and slowly bring your hands back to the starting position.</li> </ul>	
<p>QUESTION 66: What's the longest you should leave perishable foods unrefrigerated?</p> <p>a. 1 hour  <b>b. 2 hours</b>  c. 3 hours  d. As long as you want</p> <p><b>Explanation:</b> Perishable foods should be refrigerated within two hours. If the temperature is above 90 degrees, like in a car or at a picnic, it should be refrigerated within 1 hour. This minimizes the risk of bacteria multiplying.</p>	
<b>BINGO ROLLS (3)</b>	
<b>Morning Walk Standing</b>	<b>30 seconds</b>
<ul style="list-style-type: none"> <li>While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
<b>Heel Raises Standing</b>	<b>30 seconds</b>
<ul style="list-style-type: none"> <li>While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, raise your arms out in front of you, move your feet closer together, or close your eyes.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<b>Thumb to Fingers</b>	<b>30 seconds</b>
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> <li>To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>	
<b>Hip Raises</b>	<b>30 seconds</b>
<ul style="list-style-type: none"> <li>Shift weight to the right hip and lift left hip off the chair. Shift your weight to the left hip and lift your right hip off the chair.</li> <li><b>Hip Raises Standing</b>-Using a chair for support if needed, slowly raise one leg out to the side of your body, keeping your foot flexed and pointing upward. Then lower back toward the standing leg, keeping your hips centered and only moving your leg. Repeat with the other leg</li> </ul>	

QUESTION 67: True/False: There's no need to rinse fruits like melons or oranges since I only eat the inside anyway.

- a. True
- b. False

**Explanation:** It's easy to transfer bacteria from the peel or rind to the inside of your fruits and vegetables when you're cutting them, so it's important to rinse them under running water.

### BINGO ROLLS (3)

#### Alternate Foot Balance

30 seconds

- Sitting in a chair, or standing, place a foam pad or pillow in front of the feet if you need extra support. Alternate lifting your right and left foot in the air or tapping your foot on the foam pad or pillow.
- If standing, Balance on one foot at a time, increasing the difficulty by raising the height of your lifted foot and standing independently without holding onto anything, increasing speed.

#### Ballerina

30 seconds

- Breath in and raise your arms, balance still and tall as you hold your breath for several counts. Slowly release your arms and come back to standing on your flat feet as you breathe out. Keep a chair close by for balance as needed. Add a level of difficulty by rising on the balls of your feet or your tip toes.

QUESTION 68: True/False: You should always wait and let hot food cool to room temperature before putting it in the refrigerator.

- a. True
- b. False

**Explanation:** Hot food should be put in the refrigerator as soon as possible to prevent bacteria from growing in your food. To promote faster cooling in the refrigerator, divide food into smaller portions and place it in shallow containers. Leaving plenty of space around cooling foods can help the cool air circulate more efficiently.

[Use media, show image of safe cooling techniques]

#### Rolling-Disco/John Travolta

30 seconds

- Rotate arms around one another; you can bring your arms high or low; if standing you can bounce or sway. Do the disco arms, pointing side to side like the "Staying Alive" dance move. Have fun with it!

#### Hi, Neighbor! Seated/ Goodbye, Neighbor! Seated

30 seconds

Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want to same thing!

**I hope you had fun today! See you next week!**

**BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)**

**\*\*Remember to give your participants their Bingocize® Nutrition Take Home Handout today\*\***

Bingocize® Nutrition Workshop

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## FOOD SAFETY 2\_Q2

Maria is reading a package of frozen corn instructions. The instructions say, "Cook for 5 minutes and let stand for 1 minute when it's done."

After cooking the corn, Maria reaches into the microwave and says, "I don't think it matters if I let it stand for a minute, I think I can eat it now."

Is it ok for Maria to eat it now without letting it stand for 1 minute?  
Yes or No?



### Directions:

1. Cook for 5 minutes
2. Let stand for 1 minute when it's done

[Answer]

**No**

The "stand" time listed in the instructions for frozen entrees is not optional and is actually part of the cooking process. It allows cooler areas to absorb heat from the hotter areas to complete the cooking process. Make sure to follow the instructions and allow a couple of extra minutes for that process!







## NUTRITION - SESSION 14 (Facillitator)

### Read aloud to the participants:

Now that we know how to ensure the food we make at home is safe, today we will learn how to ensure the food we prepare is healthy. We will also learn to make healthy choices when we dine out. Try incorporating one of today's tips into your week!

Remember to modify the exercises if you need to. Make sure that you do what feels good...it's okay to push yourselves, but you should never feel pain when exercising.

### BINGO ROLLS (3)

QUESTION 69: True/False: Fast-food dining is just as good as cooking at home, as long you eat a variety of foods from the MyPlate.

- a. True
- b. False

**Explanation:** While you may eat a balanced meal from all the food groups when you dine at a fast food restaurant, cooking at home can help ensure healthier options.

Morning Walk Standing	30 seconds
<ul style="list-style-type: none"> <li>While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Static Balance	30 seconds
<ul style="list-style-type: none"> <li>Stand with eyes focused forward and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the other leg. You can increase difficulty by standing your feet closer together, lifting your leg higher, lifting your arms, or crossing them at your chest, or closing your eyes.</li> </ul>	
Staggered Stance	30 seconds
<ul style="list-style-type: none"> <li>Begin with feet together, and hands at sides. Step forward with your right foot. Hold this position for 10 seconds. Step back to feet together and then alternate stepping the other foot in front. To increase the difficulty, jump your feet out instead of stepping.</li> </ul>	
Oblique Crunches Seated	30 seconds

While seated, slowly raise one knee up, while simultaneously curling the upper body down. Twist your torso, so that the knee of the leg you are raising, and the elbow of the opposite side touch together. Hold for one second, then return to the starting position. Repeat with the other knee.

### BINGO ROLLS (3)

QUESTION 70: You can get a variety of vegetables by eating:

- a. Pizza
- b. Smoothie
- c. Stir fry
- d. All of the above

**Explanation:** Stir fry is a great option that includes many vegetables. Some foods that are typically "forbidden", like pizza, can be a great option, especially if you use low-fat mozzarella cheese and extra vegetables as toppings. Adding fresh spinach to your fruit smoothie is another great option.

<b>Grapevine (make sure participants spread out)</b>	<b>30 seconds</b>
<ul style="list-style-type: none"> <li>Begin by standing with arms at your side and feet together. Step across in front of your left foot with your right leg. Continue to step sideways uncrossing the right leg. Now reverse and cross your right leg behind your left leg. Continue to step sideways uncrossing the left leg. Stand behind a chair for support if needed. If seated, do the same crossing and uncrossing motion with your arms as you twist your upper body as comfortable as you can go in one direction, then grapevine walk your hands all the way to the other side.</li> </ul>	
<b>Swimming Dance</b>	<b>30 seconds</b>
<ul style="list-style-type: none"> <li>While standing, move arms in a swimming motion, then plug nose, and shimmy with one arm raised above the head</li> </ul>	
<p><b>QUESTION 71:</b> [Use media, show video of a person draining fat from ground beef into an old can]</p> <p>Lisa is cooking ground beef and drains the excess fat by pouring it into a can. Lisa says, "This is a healthy way to prepare ground beef for spaghetti that reduces fat content."</p> <p>a. True b. False</p> <p><b>Explanation:</b> [Use media, person says answer to audience.]</p> <p><b>True.</b> This is true. Pouring off the fat does reduce some fat content. Other methods to reduce fat include rinsing the ground beef and patting it down with a paper towel after placing it on a plate.</p>	
<b>BINGO ROLLS (3)</b>	
<b>Chest Press Standing</b>	<b>30 seconds</b>
<ul style="list-style-type: none"> <li>Standing, hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. To increase difficulty, do a pushup on the floor.</li> </ul>	
<b>Arm Curl Standing</b>	<b>30 seconds</b>
<ul style="list-style-type: none"> <li>From a standing position, place the resistance band beneath both feet, or use light weights. Stand tall with the top of your head high. Hands should be gripping band handles or weights with palms up. While holding the upper arm still, curl your lower arm up. Only the forearm should move. Curl as far as possible, and slowly bring your hands back to the starting position.</li> </ul>	
<p><b>QUESTION 72:</b> You can reduce sugar in baked goods by</p> <p>a. Using less sugar in the recipe b. Swapping out sugar with fruit c. Adding spices like cinnamon for more flavor d. All of the above</p> <p><b>Explanation:</b> One way to use less sugar is to reduce how much sugar you put into the recipe. For example, using three quarters of a cup instead of one cup. Other great ways you can reduce sugar is by substituting some of the sugar with fruit puree, mashed bananas or berries. Adding spices, like cinnamon, will also help sweeten baked goods so that you can use less sugar. Consider using fresh fruit in place of sugar-based toppings like icing. You can also improve the nutrient value by adding oatmeal or fiber to the recipe in place of some of the flour.</p>	



**BINGO ROLLS (3)****The Twist****30 seconds**

- Begin with feet shoulder-width apart and equal weight on both feet. With knees flexible, keep your torso squared evenly with your hips. Move one foot forward. The front foot should not be a full length ahead of the back foot, and there should be some overlap between them. Hold your arms outward away from the body bent slightly at the elbow following the movement of your hips. To keep balance, the other arm should move upward and forward as you Twist and swing your hips from side to side, your waist and legs should also twist or rotate from side to side.
- As you rock from side to side, shift your weight so that it is supported by the ball of your foot. Alternate from foot to foot, placing your weight over one foot as you twist to that side and over to the other foot as you twist back. To increase difficulty, lift your feet as you twist back and forth.

**Heel Raises Standing****30 seconds**

- While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, raise your arms out in front of you, move your feet closer together, or close your eyes.

**BINGO ROLLS (3)****Thumb to Fingers****30 seconds**

- Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.
- To add more difficulty, jump your feet out and back in together with each finger tap.

**Skier****30 seconds**

- From a standing position, sidestep in one direction and tap the other foot behind the stepped leg. The farther back you tap the more difficult the skier exercise. Repeat this movement on the other side. Let the arms swing naturally side to-side in the movement of the stepped direction. If seated, you can still do the skier by tapping your foot up and out in one direction and tapping the other foot behind. Then repeat the movement on the other side. Swing your arms naturally as you move your legs. The bigger the motion, the more difficult the exercise.

QUESTION 73: True/False: You can choose healthier options at fast-food restaurants.

- a. **True**  
b. False

Explanation: Ask for burgers with ketchup and mustard instead of special sauces; request mayo or dressings on the side; substitute fries or chips with baked versions, a salad or fruit.

**BINGO ROLLS (3)**

### BINGO ROLLS (3)

#### Alternate Foot Balance

**30 seconds**

- Sitting in a chair, or standing, place a foam pad or pillow in front of the feet if you need extra support. Alternate lifting your right and left foot in the air or tapping your foot on the foam pad or pillow.
- If standing, Balance on one foot at a time, increasing the difficulty by raising the height of your

#### Ballerina

**30 seconds**

- Breathe in and raise your arms, balance still and tall as you hold your breath for several counts. Slowly release your arms and come back to standing on your flat feet as you breathe out. Keep a chair close by for balance as needed. Add a level of difficulty by rising on the balls of your feet or your tip toes.

#### Rolling-Disco/John Travolta

**30 seconds**

- Rotate arms around one another; you can bring your arms high or low; if standing you can bounce or sway. Do the disco arms, pointing side to side like the “Staying Alive” dance move. Have fun with it!

#### Hi, Neighbor! Seated/ Goodbye, Neighbor! Seated

**30 seconds**

- Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want to same thing!

**I hope you had fun today! See you next week!**

### BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)

**\*\*Remind your participants to keep working on their Bingocize® Nutrition Take Home Handout to bring back next week!**

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## CHOOSING HEALTHY OPTIONS 1\_Q3

[True or false]

Lisa is cooking ground beef and drains the excess fat by pouring it into a can. Lisa says, "This is a healthy way to prepare ground beef for spaghetti that reduces fat content."

True or false?



[Answer]

**True.**

This is true. Pouring off the fat does reduce *some* fat content. Other methods to reduce fat include rinsing the ground beef and patting it down with a paper towel after placing it on a plate.



**True**





## NUTRITION - SESSION 15 (Facillitator)

**\*\*Remember to print Nutrition Take Home Handout (week 8) to give to each participant after the session today!!\*\***

### **Read aloud to the participants:**

Did you incorporate any of the healthy choices we talked about over the last few days? How did it go? There are so many fun ways to make healthy cooking decisions, and today we are going to learn a few more.

Don't forget as you are exercising, push yourself, but pace yourself. A little soreness means your muscles are building new fibers and getting strong, but PAIN is not the goal! Have fun and be smart!

### **BINGO ROLLS (3)**

QUESTION 74: True/False: Homemade dishes like casseroles, macaroni and cheese and other cream-based dishes are always high in fat and should be eliminated from your diet.

- a. True
- b. False

**Explanation:** While these meals tend to be high in fat, they often contain important nutrients like protein and calcium. These meals can be improved by

- replacing full-fat milk, mayonnaise, yogurt and cheese with skim or low-fat versions;
- using egg whites instead of whole eggs;
- using less oil by making dressings with lemon juice and vinegar, greasing pans with nonstick spray or replacing oils with vegetable purees, like canned pumpkin;
- using lean cuts of meat and substituting meat with beans or vegetables.

### **Grapevine**

**50 seconds**

- Begin by standing with arms at your side and feet together. Step across in front of your left foot with your right leg. Continue to step sideways uncrossing the right leg. Now reverse and cross your right leg behind your left leg. Continue to step sideways uncrossing the left leg. Stand behind a chair for support if needed. If seated, do the same crossing and uncrossing motion with your arms as you twist your upper body as comfortable as you can go in one direction, then grapevine walk your hands all the way to the other side.

### **Heel Raises Standing**

**50 seconds**

- While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, raise your arms out in front of you, move your feet closer together, or close your eyes.

<b>Calf Stretch Standing</b>	<b>50 seconds</b>
<ul style="list-style-type: none"> <li>Stand behind a chair and place both hands on the back of the chair, keeping back leg straight lean into the chair, heels stay on the floor. Straighten one leg flex your toes up towards your body to feel a stretch in the calf. To deepen the stretch lean down towards your flexed toes. Repeat on the other leg.</li> </ul>	
<b>Top Shelf Reach Standing</b>	<b>50 seconds</b>
<ul style="list-style-type: none"> <li>Feet hip width- apart on the floor. Keep your back straight. Breathe in, and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full round and finally side a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<p>QUESTION 75: What is a healthy method for cooking chicken, steak, fish or pork?</p> <p>a. Steaming b. Grilling c. Baking d. All of the above</p> <p><b>Explanation:</b> Steaming, grilling and baking are healthy ways to prepare chicken, steak, fish or pork. You can also try roasting, braising, stewing or broiling which allows fat from the meat to drain off. These methods also use less fat than pan-fried, deep fried or breaded options.</p>	
<b>Modified Skier/Skier</b>	<b>50 seconds</b>
<ul style="list-style-type: none"> <li>From a standing position, sidestep in one direction and bring the opposite foot behind the stepped leg. The farther back you tap the more difficult the skier exercise. Repeat this movement on the other side. Let the arms swing naturally side-to-side in the movement of the stepped direction. The bigger the motion, the more difficult the exercise.</li> </ul>	
<b>Chair Stands/Sit to Stand</b>	<b>50 seconds</b>
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.</li> </ul>	
<p>QUESTION 76: [Use media, show video of a person pouring a bowl of cut broccoli into pot on stovetop and put lid on top] True/False: Lisa says, "Placing cut broccoli into a pot of water and cooking it on the stovetop is a great way to cook vegetables."</p> <p>a. True b. False</p> <p><b>Explanation:</b> [Use media]</p> <p><b>False.</b> This is false. Steaming vegetables dry, is a much better option than boiling them in water. To do this, use an inexpensive steamer basket. Put it in the bottom of the pot and fill the pot with water up to the level of the steamer. Place the vegetables in the steamer basket so they're not dunked in the water and leave the lid on so the nutrients don't escape in the steam.</p>	



**BINGO ROLLS (3)****Lateral Raises****50 seconds**

- While seated or standing, place the resistance band beneath both feet, or use light weights. Sit tall with the top of the head high. With hands gripping handles, slowly raise both arms to the side until parallel with the floor. Hold for a few seconds, then slowly release to starting position. To make this exercise easier, alternate raising each arm.

**Arm Curl Standing****50 seconds**

- From a standing position, place the resistance band beneath both feet, or use light weights. Stand tall with the top of your head high. Hands should be gripping band handles or weights with palms up. While holding the upper arm still, curl your lower arm up. Only the forearm should move. Curl as far as possible, and slowly bring your hands back to the starting position.

QUESTION 77: What health benefit does eating corn tortillas have over flour tortillas?

- a. Less refined grains
- b. More fiber
- c. Both A and B

**Explanation:** Swapping corn tortillas for flour tortillas increases fiber and decreases refined grains in the diet. Other ways to reduce refined grains in the diet includes choosing whole wheat tortillas or adding whole wheat versions of pasta and cereals to your meal.

**BINGO ROLLS (3)****Morning Walk Standing****50 seconds**

- While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.
- To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.

**Side Steps Standing****50 seconds**

- Begin with feet together and arms at your side. Take one step to the right. Bring your feet back together. Ensure that both feet face forward while stepping. Now repeat by stepping to the left and them coming back together. Add a side should raise with the arm of the stepped direction. Relax arm down when feet are brought together.

**BINGO ROLLS (3)****Thumb to Fingers****50 seconds**

- Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.
- To add more difficulty, jump your feet out and back in together with each finger tap.

<b>Ankle Flex</b>	<b>50 seconds</b>
<ul style="list-style-type: none"> <li>In a seated or standing position with feet hip-width apart. Raise one leg off the ground, keeping the knee at a 90-degree angle. Move only the ankle of your lifted foot to spell a word (such as your name or the alphabet). Repeat with the opposite leg.</li> </ul>	
<p>QUESTION 78: True/False: Dining out in local cafes or diners make it very difficult to eat healthy.</p> <p>a. True b. False</p> <p><b>Explanation:</b> While dining out in restaurants may not be the healthiest option, there are lots of opportunities to make healthy choices such as don't fill up on chips and bread before your meal; ask for low-fat or non-fat versions of dairy, dressings and mayo; ask for meats to be grilled instead of fried; choose broth-based, instead of cream-based soups; finally, don't feel compelled to finish your meal as leftovers are a great option, ask for a to-go box in advance.</p>	
<b>BINGO ROLLS (3)</b>	
<b>Trunk Rotation Standing</b>	<b>50 seconds</b>
<ul style="list-style-type: none"> <li>From a standing position, begin by squeezing your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further three times into spinal rotation. Exhale out with each twist. Inhale in and return to center, then repeat to the left.</li> <li>You can increase difficulty by swinging your arms and bending your torso to reach for your knee or even your ankle.</li> </ul>	
<b>Ballerina</b>	<b>50 seconds</b>
<ul style="list-style-type: none"> <li>Breathe in and raise your arms, balance still and tall as you hold your breath for several counts. Slowly release your arms and come back to standing on your flat feet as you breathe out. Keep a chair close by for balance as needed. Add a level of difficulty by rising on the balls of your feet or your tip toes.</li> </ul>	
<b>Oblique Crunch</b>	<b>50 seconds</b>
<ul style="list-style-type: none"> <li>While standing or seated, slowly raise one knee up while simultaneously curling the upper body down. Twist your torso so that the knee of the leg you are raising, and the elbow of the opposite side touch together. Hold for one second, then return to the starting position. Repeat with the other knee.</li> </ul>	
<b>Hi, Neighbor! Seated/ Goodbye, Neighbor! Seated</b>	<b>50 seconds</b>
<ul style="list-style-type: none"> <li>Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want to same thing!</li> </ul>	
<b>REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS</b>	
<b>BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)</b>	

**\*\*Remember to give your participants their Bingocize® Nutrition Take Home Handout today.**

## CHOOSING HEALTHY OPTIONS 2\_Q3

[True or false]

Lisa says, " Placing cut broccoli into a pot of water and cooking it on the stovetop is a great way to cook vegetables."

True or false?

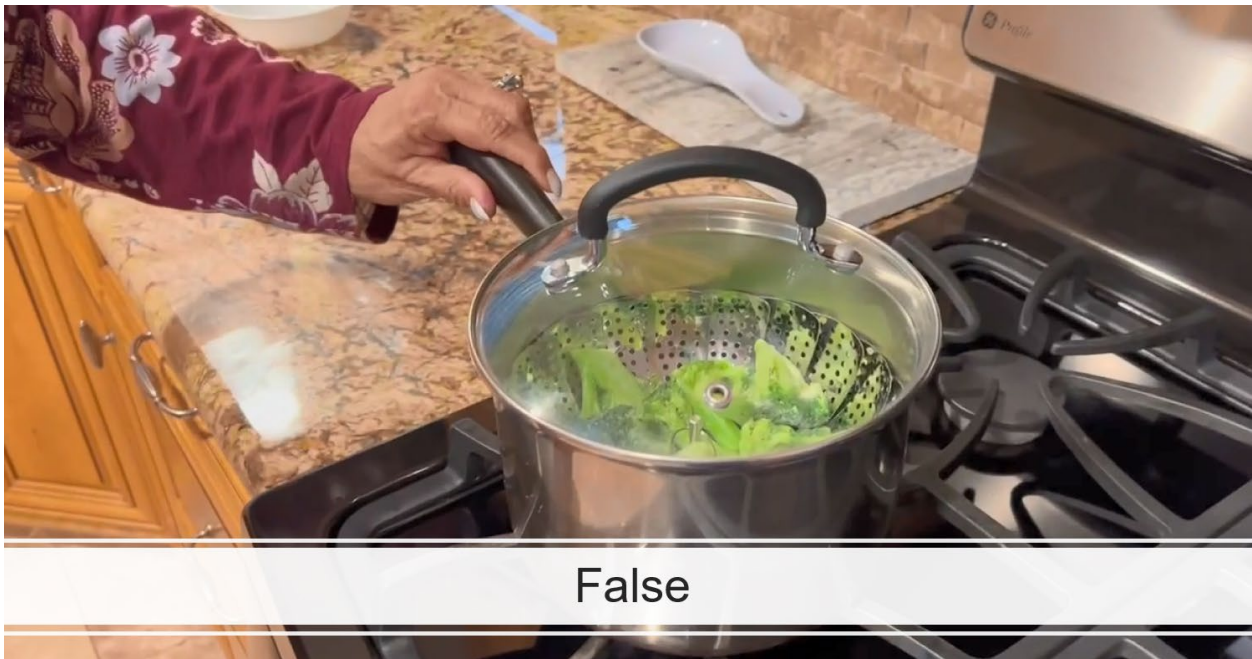




[Answer]

**False.**

This is false. Steaming vegetables *dry*, is a much better option than boiling them in water. To do this, use an inexpensive steamer basket. Put it in the bottom of the pot and fill the pot with water up to the level of the steamer. Place the vegetables in the steamer basket so they're not dunked in the water and leave the lid on so the nutrients don't escape in the steam.



False



## NUTRITION - SESSION 16 (Facilitator)

### Read aloud to the participants:

Sometimes people think eating healthy costs more money. But it doesn't need to. During our next two sessions, we will discuss ways we can save money and still make healthy choices at the grocery store. After today you can start to practice these budget-friendly shopping tips. Be sure to let us know how it goes!

And don't forget, as you are exercising, push yourself, but pace yourself. A little soreness means your muscles are building new fibers and getting stronger, but PAIN is not the goal! Have fun and be smart!

### BINGO ROLLS (3)

QUESTION 79: What are some ways to save money at the grocery store?

- a. Buy brand name items
- b. Buy generic items
- c. Use coupons
- d. **B and C**

**Explanation:** Buying generic items and using coupons can help you save money at the grocery store. Generic items, like those made by your grocery store, are often less expensive and are of the same quality as brand names. Coupons are useful if they are for things you would buy anyways; try not to "overuse" them and purchase things you wouldn't normally buy just because you have a coupon.

Grapevine	50 seconds
<ul style="list-style-type: none"> <li>Begin by standing with arms at your side and feet together. Step across in front of your left foot with your right leg. Continue to step sideways uncrossing the right leg. Now reverse and cross your right leg behind your left leg. Continue to step sideways uncrossing the left leg. Stand behind a chair for support if needed. If seated, do the same crossing and uncrossing motion with your arms as you twist your upper body as comfortable as you can go in one direction, then grapevine walk your hands all the way to the other side.</li> </ul>	
Heel Raises Standing	50 seconds
<ul style="list-style-type: none"> <li>While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, raise your arms out in front of you, move your feet closer together, or close your eyes.</li> </ul>	
Calf Stretch Standing	50 seconds
<p>Stand behind a chair and place both hands on the back of the chair, keeping back leg straight lean into the chair, heels stay on the floor. Straighten one leg flex your toes up towards your body to feel a stretch in the calf. To deepen the stretch lean down towards your flexed toes. Repeat on the other leg.</p>	

<b>Top Shelf Reach Standing</b>	<b>50 seconds</b>
<ul style="list-style-type: none"> <li>Feet hip width- apart on the floor. Keep your back straight. Breathe in, and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full rand and finally side a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<p>QUESTION 80: True/False: Using coupons for brand name items will always make foods cheaper than buying the generic version of that item.</p> <p>a. True b. False</p> <p><b>Explanation:</b> Even if you have a coupon for a brand name item, it can still be more than the regular price of the generic version of the item. It's best to compare costs of both brands to determine which is the better bargain, with or without the coupon. This is called unit pricing.</p>	
<b>Modified Skier/Skier</b>	<b>50 seconds</b>
<ul style="list-style-type: none"> <li>From a standing position, sidestep in one direction and bring the opposite foot behind the stepped leg. The farther back you tap the more difficult the skier exercise. Repeat this movement on the other side. Let the arms swing naturally side-to-side in the movement of the stepped direction. The bigger the motion, the more difficult the exercise.</li> </ul>	
<b>Chair Stands/Sit to Stand</b>	<b>50 seconds</b>
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.</li> </ul>	
<p>QUESTION 81: Which of these items would be a better savings based on unit pricing?</p> <p>[Use media, show picture of frozen corn with ABC/XYZ on the bag of corn, bottom right corner shows size of bag, outside of picture at top has price of corn]</p> <p>a. Frozen corn from Brand ABC costs \$1.50 and has 10 ounces in it. b. Another bag of frozen corn from Brand XYZ costs \$1.20 and has 6 ounces in it.</p> <p>[Use media, push pictures from answer options out to the upper corners, show video of someone doing the math for each brand]</p> <p><b>Explanation:</b> For Brand A-- \$1.50 divided by 10 ounces leaves you with a price of 15 cents per ounce. For Brand B--\$1.20 divided by 6 ounces leaves you with a price of 20 cents per ounce. Just because something is the lowest price doesn't mean it's the best bargain; unit pricing can help you figure out which item is the best value. Many stores show the unit price, so look for "unit price" on the price tag because they've already done the math for you! [Use media, show picture of unit price on a store price tag]</p>	



**BINGO ROLLS (3)****Toes to the Sky****50 seconds**

- Begin with your back straight and with good posture, eyes facing forward, palms on your thighs if seated and hands on your hips or balanced with a chair if standing. Feet hip-width apart. Extend and lift your right foot with toes flexed and pointed up to the sky. Point your toes straight and slowly return to starting position. Repeat with your left foot

**Arm Curl Standing****50 seconds**

- From a standing position, place the resistance band beneath both feet, or use light weights. Stand tall with the top of your head high. Hands should be gripping band handles or weights with palms up. While holding the upper arm still, curl your lower arm up. Only the forearm should move. Curl as far as possible, and slowly bring your hands back to the starting position.

QUESTION 82: When buying vegetables like broccoli, which is the least expensive? **[Use media, show pictures of multiple-choice options]**

- a. Sold in a bag, pre-cut and pre-washed broccoli
- b. Whole head of broccoli

**Explanation:** While buying pre-cut broccoli can save you time, it does cost more. You can often save money if you are able to cut or chop your own broccoli. If you prefer the convenience of pre-cut and pre-washed, be sure to choose fruits and vegetables in season as they are less expensive or stock up on frozen options when they go on sale.

**BINGO ROLLS (3)****Morning Walk Standing****50 seconds**

- While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.
- To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.

**Side Steps Standing****50 seconds**

- Begin with feet together and arms at your side. Take one step to the right. Bring your feet back together. Ensure that both feet face forward while stepping. Now repeat by stepping to the left and them coming back together. Add a side should raise with the arm of the stepped direction. Relax arm down when feet are brought together.

**BINGO ROLLS (3)****Thumb to Fingers****50 seconds**

- Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.
- To add more difficulty, jump your feet out and back in together with each finger tap.

Low Row	50 seconds
<ul style="list-style-type: none"> <li>From the starting position, begin by drawing your hands straight back towards your sides, near the armpits. While drawing your arms back, your elbows will bend. Make sure they stay in tight near your sides. During the exercise, squeeze the muscles together in the mid-back to help draw in the resistance band. Imagine there is a tennis ball between your shoulder blades, and you are trying to hold it there using only your back muscles. Once the resistance band handles reach the side of the body, begin slowly lowering the resistance band back to the starting position.</li> </ul>	
<p>QUESTION 83: True/False: Making a shopping list for the grocery store can help you stay within your budget.</p> <p>a. True b. False</p> <p><b>Explanation:</b> Using a shopping list at the store will help you stay within budget because you are less likely to buy on impulse. To make sure the list is complete, keep a list throughout the week and make note of things you need. This can help you not forget things.</p>	
BINGO ROLLS (3)	
Trunk Rotation Standing	50 seconds
<ul style="list-style-type: none"> <li>From a standing position, begin by squeezing your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further three times into spinal rotation. Exhale out with each twist. Inhale in and return to center, then repeat to the left.</li> <li>You can increase difficulty by swinging your arms and bending your torso to reach for your knee or even your ankle.</li> </ul>	
Ballerina	50 seconds
<ul style="list-style-type: none"> <li>Breathe in and raise your arms, balance still and tall as you hold your breath for several counts. Slowly release your arms and come back to standing on your flat feet as you breathe out. Keep a chair close by for balance as needed. Add a level of difficulty by rising on the balls of your feet or your tip toes.</li> </ul>	
Oblique Crunch	50 seconds
<ul style="list-style-type: none"> <li>While standing or seated, slowly raise one knee up while simultaneously curling the upper body down. Twist your torso so that the knee of the leg you are raising, and the elbow of the opposite side touch together. Hold for one second, then return to the starting position. Repeat with the other knee.</li> </ul>	
Hi, Neighbor! Seated/ Goodbye, Neighbor! Seated	50 seconds
<ul style="list-style-type: none"> <li>Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want to same thing!</li> </ul>	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

**\*\*Remind your participants to keep working on their Bingocize® Nutrition Take Home Handout to bring back next week**

Bingocize® Nutrition Workshop

*Written and developed by University of Nevada, Reno Extension*

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*In partnership with Western Kentucky University*



**EXTENSION**

College of Agriculture,  
Biotechnology & Natural Resources

## Food Resource Management - SESSION 16

### Food Resource Management\_Q3

[Multiple choice answer]

Which of these items would be a better savings based on unit pricing?

- A. Frozen corn from Brand ABC costs \$2.00 and has 16 ounces in it.
- B. Another bag of frozen corn from Brand XYZ costs \$1.80 and has 10 ounces in it.



The image shows two bags of frozen corn. The bag on the left is Brand XYZ Cut Corn, 10 oz, \$1.80. The bag on the right is Brand ABC golden corn sweet, 16 oz, \$2.00.

Brand	Weight (oz)	Price (\$)	Unit Price (\$/oz)
XYZ	10	1.80	0.18
ABC	16	2.00	0.13



## Food Resource Management - SESSION 16

### Food Resource Management\_Q4

[Multiple choice answer]

When buying vegetables like broccoli, which is the least expensive?

- A. Sold in a bag, pre-cut and pre-washed broccoli
- B. Whole head of broccoli





## NUTRITION - SESSION 17 (Facillitator)

**\*\*Remember to print Nutrition Take Home Handout (week 9) to give to each participant after the session today!!\*\***

### Read aloud to the participants:

Welcome to week 9! Today we will continue our conversation about budget-friendly grocery shopping. Did anyone try any of last week's grocery shopping or healthy cooking tips? How did it go?

Before we get started today, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

### BINGO ROLLS (3)

QUESTION 84: Richard is looking at 2 brands of cereal at the grocery store and wants to save money using unit pricing. To use unit pricing, what does Richard need to consider for each brand?

- a. The brand with the cheapest price
- b. The brand that comes in a bigger box
- c. **A and B**

**Explanation:** Unit pricing considers both the price and the amount of cereal in the box. The smaller box may be lower in price, but not necessarily the best deal. The best deal would be the box with the lowest price for the amount of cereal.

### Grapevine

**55 seconds**

- Begin by standing with arms at your side and feet together. Step across in front of your left foot with your right leg. Continue to step sideways uncrossing the right leg. Now reverse and cross your right leg behind your left leg. Continue to step sideways uncrossing the left leg. Stand behind a chair for support if needed. If seated, do the same crossing and uncrossing motion with your arms as you twist your upper body as comfortable as you can go in one direction, then grapevine walk your hands all the way to the other side.

### Heel Raises Standing

**55 seconds**

- While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, raise your arms out in front of you, move your feet closer together, or close your eyes.

<b>Calf Stretch Standing</b>	<b>55 seconds</b>
<ul style="list-style-type: none"> <li>Stand behind a chair and place both hands on the back of the chair, keeping back leg straight lean into the chair, heels stay on the floor. Straighten one leg flex your toes up towards your body to feel a stretch in the calf. To deepen the stretch lean down towards your flexed toes. Repeat on the other leg.</li> </ul>	
<b>Top Shelf Reach Standing</b>	<b>55 seconds</b>
<ul style="list-style-type: none"> <li>Feet hip width- apart on the floor. Keep your back straight. Breathe in, and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full rand and finally side a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<p>QUESTION 85: Bill is trying to save money at the grocery store. He has a coupon for \$1.00 off of a box of name brand cereal, which normally goes for \$4.99 per box. However, when he's looking at the cereals, he sees a similar-looking generic brand cereal that is \$3.50 for the same size box. Which is the better deal? [Use media, picture of cereal box, have "name brand" on one box, across the brand name "save 1 dollar off" coupon and \$4.99 under it; have "generic brand" on second box with \$3.50 under it]</p> <p>A. The name brand cereal is the better bargain because he's getting \$1.00 off</p> <p>B. The generic brand is the better bargain because it's cheaper</p> <p><b>Explanation:</b> The generic brand is the better bargain because it's cheaper. Coupons don't always mean you're saving money. In this case, the generic brand is a better bargain because it's \$3.50, while the store brand, even with a coupon, is still more expensive at \$3.99. Unit pricing should also be considered even when using coupons. Also watch out for two-for-one coupons. You may save money but end up wasting extra food you can't eat.</p>	
<b>Modified Skier/Skier</b>	<b>55 seconds</b>
<ul style="list-style-type: none"> <li>From a standing position, sidestep in one direction and bring the opposite foot behind the stepped leg. The farther back you tap the more difficult the skier exercise. Repeat this movement on the other side. Let the arms swing naturally side-to-side in the movement of the stepped direction. The bigger the motion, the more difficult the exercise.</li> </ul>	
<b>Chair Stands/Sit to Stand</b>	<b>55 seconds</b>
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hit, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.</li> </ul>	



QUESTION 86: True/False: Buying things in bulk, like oatmeal, rice, cereal, pasta and beans, is often the cheapest option.

- a. True
- b. False

**Explanation:** These pantry staples have a long shelf life, can be used in many ways, and buying them in bulk helps save money in the long run.

### BINGO ROLLS (3)

#### Lateral Raises

55 seconds

- While seated or standing, place the resistance band beneath both feet, or use light weights. Sit tall with the top of the head high. With hands gripping handles, slowly raise both arms to the side until parallel with the floor. Hold for a few seconds, then slowly release to starting position. To make this exercise easier, alternate raising each arm.

#### Arm Curl Standing

55 seconds

- From a standing position, place the resistance band beneath both feet, or use light weights. Stand tall with the top of your head high. Hands should be gripping band handles or weights with palms up. While holding the upper arm still, curl your lower arm up. Only the forearm should move. Curl as far as possible, and slowly bring your hands back to the starting position.

QUESTION 87: Yes/No: You have a coupon for \$0.50 off cans of soup, however, you must buy 3 cans to get the deal. Is this a good savings?

- a. Yes
- b. No

**Explanation:** Yes, it is! Using the coupon will save you money. You will save .50 over the cost of 3 cans of soup. 3 cans of soup are easily stored for future use but 3 bags of apples, for example, may go bad before you can eat them all. So, any time you “buy more, to save more” you want to ensure that it still suits your needs.

### BINGO ROLLS (3)

#### Morning Walk Standing

55 seconds

- While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.
- To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.

#### Side Steps Standing

55 seconds

- Begin with feet together and arms at your side. Take one step to the right. Bring your feet back together. Ensure that both feet face forward while stepping. Now repeat by stepping to the left and them coming back together. Add a side should raise with the arm of the stepped direction. Relax arm down when feet are brought together.

### BINGO ROLLS (3)

#### Thumb to Fingers

55 seconds

- Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.
- To add more difficulty, jump your feet out and back in together with each finger tap.

<b>Charleston Flapper Dance</b>	<b>55 seconds</b>
<ul style="list-style-type: none"> <li>Place hands on knees and cross knees back and forth. This exercise can be done seated or standing.</li> </ul>	
<p>QUESTION 88: True/False: Doubling a recipe for a meal can save you time and money.</p> <p>a. True</p> <p>b. False</p> <p><b>Explanation:</b> Cooking extra servings can help you save time by preparing more food at one time. This allows you to buy food in bulk, which is cheaper, and spend less time preparing food later in the week. If you don't expect to eat the extra servings in the next few days, freeze the leftovers.</p>	
<b>BINGO ROLLS (3)</b>	
<b>Trunk Rotation Standing</b>	<b>55 seconds</b>
<ul style="list-style-type: none"> <li>From a standing position, begin by squeezing your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further three times into spinal rotation. Exhale out with each twist. Inhale in and return to center, then repeat to the left.</li> <li>You can increase difficulty by swinging your arms and bending your torso to reach for your knee or even your ankle.</li> </ul>	
<b>Ballerina</b>	<b>55 seconds</b>
<ul style="list-style-type: none"> <li>Breathe in and raise your arms, balance still and tall as you hold your breath for several counts. Slowly release your arms and come back to standing on your flat feet as you breathe out. Keep a chair close by for balance as needed. Add a level of difficulty by rising on the balls of your feet or your tip toes.</li> </ul>	
<b>Oblique Crunch</b>	<b>55 seconds</b>
<ul style="list-style-type: none"> <li>While standing or seated, slowly raise one knee up while simultaneously curling the upper body down. Twist your torso so that the knee of the leg you are raising, and the elbow of the opposite side touch together. Hold for one second, then return to the starting position. Repeat with the other knee.</li> </ul>	
<b>Hi, Neighbor! Seated/ Goodbye, Neighbor! Seated</b>	<b>55 seconds</b>
<ul style="list-style-type: none"> <li>Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want to same thing!</li> </ul>	
<b>REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS</b>	
<b>BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)</b>	

**\*\*Remember to give your participants their Bingocize® Nutrition Take Home handout today.**

## Food Resource Management 2 - SESSION 17

### Food Resource Management 2\_Q2

[Multiple choice answer]

Bill is trying to save money at the grocery store. He has a coupon for \$1.00 off of a box of name brand cereal, which normally goes for \$4.99 per box. However, when he's looking at the cereals, he sees a similar-looking generic brand cereal that is \$3.50 for the same size box. Which is the better deal?

- A. The name brand cereal is the better bargain because he's getting \$1.00 off
- B. The generic brand is the better bargain because it





## NUTRITION - SESSION 18 (Facillitator)

### Read aloud to the participants:

Over the last few weeks together, we have discussed how to make healthy grocery shopping choices, how to cook healthy options at home, choose healthy options when dining out, and what foods we should try to get more of in our diet – like unsaturated fats, lean proteins, fruits, vegetables, and whole grains. Over the next two sessions we are going to cover another group of nutrients that are very important to our health – vitamins and minerals. Today we'll start with vitamins.

As we get going today, always remember to work at a pace and intensity that feels good to you. It's okay to push yourself, but it's not okay to feel pain.

### BINGO ROLLS (3)

**QUESTION 89:** There are many vitamins and they all support different functions in our body. Vitamin D helps which of the following?

- a. Dental health
- b. Muscular strength
- c. Bone health
- d. Psychological health
- e. **All of the above.**

**Explanation:** Vitamin D has many important functions in the body. One fun fact about Vitamin D is that it's the only vitamin that our body can produce.

Alternate Foot Balance	60 seconds
<ul style="list-style-type: none"> <li>• Sitting in a chair, or standing, place a foam pad or pillow in front of your feet, if you need extra support. Alternate lifting your right and left foot in the air or tapping your foot on the foam pad or pillow.</li> <li>• If standing, balance on one foot at a time, increasing the difficulty by raising the height of your lifted foot and standing independently without holding onto anything, increasing speed.</li> </ul>	
Chair Stand/Sit to Stand	60 seconds
<ul style="list-style-type: none"> <li>• Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.</li> </ul>	

<b>Heel Raises Standing</b>	<b>60 seconds</b>
<ul style="list-style-type: none"> <li>While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, raise your arms out in front of you, move your feet closer together, or close your eyes.</li> </ul>	
<b>Top Shelf Reach Standing</b>	<b>60 seconds</b>
<ul style="list-style-type: none"> <li>Feet hip width- apart on the floor. Keep your back straight. Breathe in, and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full rand and finally side a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<p>QUESTION 90: True/False: The need for vitamin D increases with age.</p> <p>a. True b. False</p> <p><b>Explanation:</b> As you get older, your body cannot produce enough Vitamin D. Be sure to check with your provider to see if you should be taking a vitamin D supplement.</p>	
<b>Modified Skier/Skier</b>	<b>60 seconds</b>
<ul style="list-style-type: none"> <li>From a standing position, sidestep in one direction and bring the opposite foot behind the stepped leg. The farther back you tap the more difficult the skier exercise. Repeat this movement on the other side. Let the arms swing naturally side-to-side in the movement of the stepped direction. The bigger the motion, the more difficult the exercise.</li> </ul>	
<b>Cueing Drill</b>	<b>60 seconds</b>
<ul style="list-style-type: none"> <li>Begin in the standing position. Take one step forward. Take one step backward. Turn around and face the opposite direction. Turn around to the starting position. Crouch down with your knees bent. Place your hands on your knees. Stand up tall and clap your hands ten times. Stand with your right foot up, and hold. Stand with your left foot up, and hold. Step your right foot forward and reach up with your left arm. Step with your left foot forward and reach with your right arm. Bring your feet back together, and your arms to your sides. Raise up on your toes. And lower. Turn your head to the right. Return to the center. Turn your head to the left. And return to the center.</li> </ul>	
<p>QUESTION 91: True/False: Vitamin B12 is harder for your body to absorb as you get older.</p> <p>a. True b. False</p> <p><b>Explanation:</b> Some adults absorb less B12 as they get older. Some medications also make it harder to absorb B12 from food. The good news is that many foods are fortified with B12. Talk with your health care provider to see if you should be taking a supplement.</p>	
<b>BINGO ROLLS (3)</b>	
<b>Chest Press Standing</b>	<b>60 seconds</b>
<ul style="list-style-type: none"> <li>Standing, hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. To increase difficulty, do a pushup on the floor.</li> </ul>	

<b>Lateral Raises Standing</b>	<b>60 seconds</b>
<ul style="list-style-type: none"> <li>While standing, place the resistance band beneath both feet, or use light weights. Sit tall with the top of the head high. With hands gripping handles, slowly raise both arms to the side until parallel with the floor. Hold for a few seconds, then slowly release to starting position. To make this exercise easier, alternate raising each arm.</li> </ul>	
<p>QUESTION 92: Which of these foods are good sources of vitamin B12?</p> <p>a. Greek yogurt b. Meat c. Fish d. All of the above</p> <p><b>Explanation:</b> Vitamin B12 is naturally found in these foods. Other good sources are foods, such as cereal, that are fortified with vitamin B12. Fortified means the vitamin is added in because it's not normally there.</p>	
<b>BINGO ROLLS (3)</b>	
<b>Morning Walk Standing</b>	<b>60 seconds</b>
<ul style="list-style-type: none"> <li>While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
<b>Toes to the Sky Seated/Leg Extension Seated</b>	<b>60 seconds</b>
<ul style="list-style-type: none"> <li>Begin in a seated position with good posture, eyes facing forward, palms on your thighs. Feet hip-width apart. Extend and lift your right foot with toes flexed and pointed up to the sky. Point your toes straight and slowly return to starting position. Repeat with your left foot</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<b>Thumb to Fingers</b>	<b>60 seconds</b>
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> <li>To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>	
<b>Swimming Dance</b>	<b>60 seconds</b>
<ul style="list-style-type: none"> <li>While standing, move arms in a swimming motion, then plug nose, and shimmy with one arm raised above the head.</li> </ul>	
<p>QUESTION 93: Vitamin K may be best known for its role in:</p> <p>a. Building muscle b. Blood clotting c. Joint health d. Foot health</p> <p><b>Explanation:</b> Vitamin K helps our blood to clot if we get a cut or other injury. For this reason, Vitamin K can also decrease the effectiveness of blood thinner medications. Check with your health care provider about maintaining your levels of intake.</p>	



### BINGO ROLLS (3)

#### Single Arm Crossover Standing

60 seconds

- Gently pull one arm across your chest, below the chin. Hold, and repeat with the opposite arm.

#### Ballerina

60 seconds

- Breath in and raise your arms, balance still and tall as you hold your breath for several counts. Slowly release your arms and come back to standing on your flat feet as you breathe out. Keep a chair close by for balance as needed. Add a level of difficulty by rising on the balls of your feet or your tip toes.

#### Good Morning

60 seconds

- Begin in the seated position or standing, with your legs wider than shoulder-width apart. Keep your back straight and extended. Slowly bend forward at the hips until your torso is parallel to the floor and your back and neck are flat. Then slowly bend back up, again keeping your spine straight and extended, back into the seated position.

#### Hi, Neighbor! Seated/ Goodbye, Neighbor! Seated

60 seconds

- Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want to same thing!

#### REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS

### BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)

**\*\*Remind your participants to keep working on their Bingocize® Take Home Handout to bring back next week!**

Bingocize® Nutrition Workshop

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**EXTENSION**

College of Agriculture,  
Biotechnology & Natural Resources





## NUTRITION - SESSION 19 (Facillitator)

**\*\*Remember to print Nutrition Take Home Handout (week 10) to give to each participant after the session today!!\*\***

### **Read aloud to the participants:**

Welcome to week 10! Last week we discussed vitamins, and today we'll learn about another nutrient important to our health - minerals. We'll also wrap up our Bingocize® program with some exercises and fun. Remember to always go at a comfortable pace.

### **BINGO ROLLS (3)**

**QUESTION 94:** Besides vitamins, minerals are another important nutrient that your body needs. Which of these is an example of a mineral?

- a. Calcium
- b. Potassium
- c. Iron
- d. All of the above

**Explanation:** Calcium, potassium and iron are all minerals. Others include sodium, phosphorus, magnesium, selenium, etc. Minerals are best obtained from the diet by eating a variety of healthful foods.

### **Alternate Foot Balance**

**60 seconds**

- Sitting in a chair, or standing, place a foam pad or pillow in front of your feet, if you need extra support. Alternate lifting your right and left foot in the air or tapping your foot on the foam pad or pillow.
- If standing, balance on one foot at a time, increasing the difficulty by raising the height of your lifted foot and standing independently without holding onto anything, increasing speed.

### **Chair Stand/Sit to Stand**

**60 seconds**

- Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.

### **Heel Raises Standing**

**60 seconds**

- While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, raise your arms out in front of you, move your feet closer together, or close your eyes.

<b>Top Shelf Reach Standing</b>	<b>60 seconds</b>
<ul style="list-style-type: none"> <li>Feet hip width- apart on the floor. Keep your back straight. Breathe in, and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full rand and finally side a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<p>QUESTION 95: Which of these is a function of minerals in the body?</p> <ul style="list-style-type: none"> <li>a. They help make hormones</li> <li>b. They help make enzymes</li> <li>c. They help keep your heart, brain, muscles and bones working properly</li> <li>d. All of the above</li> </ul> <p><b>Explanation:</b> Minerals do all of those things! There may be certain health conditions or medications that may necessitate limiting your intake of these, so be sure to discuss those concerns with your healthcare provider.</p>	
<b>Modified Skier/Skier</b>	<b>60 seconds</b>
<ul style="list-style-type: none"> <li>From a standing position, sidestep in one direction and bring the opposite foot behind the stepped leg. The farther back you tap the more difficult the skier exercise. Repeat this movement on the other side. Let the arms swing naturally side-to-side in the movement of the stepped direction. The bigger the motion, the more difficult the exercise.</li> </ul>	
<b>Cueing Drill</b>	<b>60 seconds</b>
<ul style="list-style-type: none"> <li>Begin in the standing position. Take one step forward. Take one step backward. Turn around and face the opposite direction. Turn around to the starting position. Crouch down with your knees bent. Place your hands on your knees. Stand up tall and clap your hands ten times. Stand with your right foot up, and hold. Stand with your left foot up, and hold. Step your right foot forward, and reach up with your left arm. Step with your left foot forward, and reach with your right arm. Bring your feet back together, and your arms to your sides. Raise up on your toes. And lower. Turn your head to the right. Return to the center. Turn your head to the left. And return to the center.</li> </ul>	
<p>QUESTION 96: True/False: Older adults need more calcium than other age groups.</p> <ul style="list-style-type: none"> <li>a. True</li> <li>b. False</li> </ul> <p><b>Explanation:</b> Calcium is important for bone health, which becomes critical for postmenopausal women and men over 70. Maintaining strong bones will help reduce your risk of injury after a fall.</p>	
<b>BINGO ROLLS (3)</b>	
<b>Chest Press Standing</b>	<b>60 seconds</b>
<ul style="list-style-type: none"> <li>Standing, hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. To increase difficulty, do a pushup on the floor.</li> </ul>	

Lateral Raises Standing	60 seconds
<ul style="list-style-type: none"> <li>While standing, place the resistance band beneath both feet, or use light weights. Sit tall with the top of the head high. With hands gripping handles, slowly raise both arms to the side until parallel with the floor. Hold for a few seconds, then slowly release to starting position. To make this exercise easier, alternate raising each arm.</li> </ul>	
<p>QUESTION 97: Getting an adequate intake of potassium can decrease the risk for which of the following conditions?</p> <p>a. Hypertension b. Kidney stones c. Osteoporosis d. All of the above</p> <p><b>Explanation:</b> Adequate potassium intake can help eliminate salt in your body, which can help maintain healthy blood pressure levels. Potassium can also reduce calcium loss from your bones. Finally, potassium can help maintain a healthy balance of calcium in your kidneys, decreasing the risk for kidney stone formation.</p>	
BINGO ROLLS (3)	
Morning Walk Standing	60 seconds
<ul style="list-style-type: none"> <li>While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Toes to the Sky/Leg Extension Seated	60 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position with good posture, eyes facing forward, palms on your thighs. Feet hip-width apart. Extend and lift your right foot with toes flexed and pointed up to the sky. Point your toes straight and slowly return to starting position. Repeat with your left foot</li> </ul>	
BINGO ROLLS (3)	
Thumb to Fingers	60 seconds
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> <li>To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>	
Step Ups	60 seconds
<ul style="list-style-type: none"> <li>Begin with your feet together and arms at your side. A balance pad or pillow should be on the floor directly in front of you. Begin stepping up and down on the balance pad or pillow. Try to raise each leg at least 90 degrees with each step.</li> </ul>	

QUESTION 98: Bob has been eating a lot of bananas because his doctor says he needs more potassium. However, he is getting tired of eating bananas. What else could Bob eat that are good sources of potassium?

- a. Sweet potatoes & baked potatoes
- b. Oranges
- c. Leafy greens
- d. All of the above

**Explanation:** All of these foods are good sources of potassium. Getting more variety from multiple food sources also improves your chances of meeting your nutrient needs.

### BINGO ROLLS (3)

<b>Single Arm Crossover Standing</b>	<b>60 seconds</b>
<ul style="list-style-type: none"> <li>Gently pull one arm across your chest, below the chin. Hold, and repeat with the opposite arm.</li> </ul>	
<b>Ballerina</b>	<b>60 seconds</b>
<ul style="list-style-type: none"> <li>Breath in and raise your arms, balance still and tall as you hold your breath for several counts. Slowly release your arms and come back to standing on your flat feet as you breathe out. Keep a chair close by for balance as needed. Add a level of difficulty by rising on the balls of your feet or your tip toes.</li> </ul>	
<b>Good Morning</b>	<b>60 seconds</b>
<ul style="list-style-type: none"> <li>Begin in the seated position or standing, with your legs wider than shoulder-width apart. Keep your back straight and extended. Slowly bend forward at the hips until your torso is parallel to the floor and your back and neck are flat. Then slowly bend back up, again keeping your spine straight and extended, back into the seated position.</li> </ul>	
<b>Hi, Neighbor! Seated/ Goodbye, Neighbor! Seated</b>	<b>60 seconds</b>
<ul style="list-style-type: none"> <li>Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want to same thing!</li> </ul>	
<b>REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS</b>	
<b>BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)</b>	

**\*\*Remember to give your participants their Bingocize® Take Home Handout today.\*\***

Bingocize® Nutrition Workshop  
 Written and developed by University of Nevada, Reno Extension  
[extension.unr.edu](http://extension.unr.edu)  
 In partnership with Western Kentucky University



**EXTENSION**  
 College of Agriculture,  
 Biotechnology & Natural Resources





## NUTRITION - SESSION 20 (Facillitator)

### Read aloud to the participants:

Welcome to our final class, session 20! I hope you had lots of fun and are feeling the positive effects of Bingocizing™ and making exciting, healthy changes to your diet! This is our final time together, but I encourage you to continue to apply and try some new healthy eating tips. I also encourage you to stay physically active with the exercises we have been doing together over the last 10 weeks. Please continue your healthy lifestyle changes and look for another round of Bingocize® soon!

Before we get going, let's remember some of the things we've learned together.

1. Carbohydrates, fat and protein provide us energy.
2. It is important to eat from a variety of food groups and some foods within these groups provide more health benefits than others, like unsaturated fats more than saturated fats or whole grains more than refined grains.
3. We can use food labels on packaged foods to choose healthier options at the grocery store, especially the percent daily value.
4. Food safety practices are important in making sure we don't get sick from what we eat.
5. We can make healthy choices when we're cooking at home, like adding more vegetables and whole grain options, or when we're dining in a restaurant, like asking for dressings or mayo on the side.
6. Healthy eating doesn't have to be expensive. There are ways to get good bargains and still choose healthy options.

We'll wrap up our Bingocize® program by talking about supplements and medication and doing some exercises. Have fun and remember to always go at a comfortable pace.

## BINGO ROLLS (5)

QUESTION 99: True/False: Older adults should always take supplements with certain vitamins that help them stay healthy.

- a. True
- b. False

**Explanation:** There is no evidence that all older adults need vitamin supplements. Always check with your healthcare provider before taking any supplements because certain vitamins in excess can be toxic in your body, such as Vitamin A and Vitamin K. Look for good sources of these vitamins in your diet.

Three Dot Step	60 seconds
<ul style="list-style-type: none"> <li>● Begin by standing with your feet together and arms down to the sides. During this exercise, the opposite foot should never leave the ground. Take a step lunge forward about two to three feet. During this step lunge reach the arms out in front, away from the body. Now return to the starting position. With the same foot, step out to the side about two to three feet. During the step, reach your arms out in the same direction as the step to the side. Return to the starting position. Now step backwards about two to three feet, while allowing the arms to open backwards into a horizontal reach. During the backwards step, the front knee will bend, and the back leg will remain straight. Return to the starting position.</li> <li>● To increase difficulty instead of sliding or stepping your feet in the three steps, you can jump your feet apart. Feet jumping front and back, together, out side to side, together, and then opposite foot front and back and together.</li> </ul>	
Static Balance	60 seconds
<ul style="list-style-type: none"> <li>● Stand with eyes focused forward and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the other leg. You can increase difficulty by standing your feet closer together, lifting your leg higher, lifting your arms, or crossing them at your chest, or closing your eyes.</li> </ul>	



<b>Staggered Stance</b>	<b>60 seconds</b>
<ul style="list-style-type: none"> <li>Begin with feet together, and hands at sides. Step forward with your right foot. Hold this position for 10 seconds. Step back to feet together and then alternate stepping the other foot in front. To increase the difficulty, jump your feet out instead of stepping.</li> </ul>	
<b>Side Flexion Seated</b>	<b>60 seconds</b>
<ul style="list-style-type: none"> <li>In a seated position, bend at the waist to the left to bring your left elbow to the outside of your left hip. Come back to center and repeat on the right. You can increase the difficulty by extending your arm straight and reaching further down for the side of your knee or holding light weights.</li> </ul>	
<b>BINGO ROLLS (5)</b>	
<p>QUESTION 100: True/False: LaToya has read on the Internet about the benefits of herbal supplements for a variety of health conditions. LaToya only needs to talk to her doctor if she takes a supplement for a specific medical condition.</p> <p>a. True b. False</p> <p><b>Explanation:</b> She should ALWAYS tell her healthcare provider about prescription and non-prescription supplements she is taking. There are many reasons, such as interacting with other drugs or potentially worsening an existing condition. Additionally, supplements are not regulated by the FDA because they are not a food and some can be dangerous.</p>	
<b>Grapevine (make sure participants spread out)</b>	<b>60 seconds</b>
<ul style="list-style-type: none"> <li>Begin by standing with arms at your side and feet together. Step across in front of your left foot with your right leg. Continue to step sideways uncrossing the right leg. Now reverse and cross your right leg behind your left leg. Continue to step sideways uncrossing the left leg. Stand behind a chair for support if needed. If seated, do the same crossing and uncrossing motion with your arms as you twist your upper body as comfortable as you can go in one direction, then grapevine walk your hands all the way to the other side.</li> </ul>	
<b>Swimming Dance</b>	<b>60 seconds</b>
<ul style="list-style-type: none"> <li>While standing, move arms in a swimming motion, then plug nose, and shimmy with one arm raised above the head.</li> </ul> <p>QUESTION 101: True/False: Taking a separate supplement of Vitamin E or fish oil may interfere with blood thinner therapy, such as aspirin, warfarin, etc.</p> <p>a. True b. False</p> <p><b>Explanation:</b> High doses of Vitamin E and fish oil are associated with longer blood clotting times and may decrease the effectiveness of blood thinner medications. Be sure to talk with your healthcare provider if you are taking both.</p>	
<b>BINGO ROLLS (5)</b>	
<b>Chest Press Standing</b>	<b>60 seconds</b>
<ul style="list-style-type: none"> <li>Standing, hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. To increase difficulty, do a pushup on the floor.</li> </ul>	
<b>Arm Curl Standing</b>	<b>60 seconds</b>
<ul style="list-style-type: none"> <li>From a standing position, place the resistance band beneath both feet, or use light weights. Stand tall with the top of your head high. Hands should be gripping band handles or weights with palms up. While holding the upper arm still, curl your lower arm up. Only the forearm should move. Curl as far as possible, and slowly bring your hands back to the starting position.</li> </ul>	

QUESTION 102: [Use media, show video of Lucy talking to audience. In front of her is bottles of supplements. True/False: Pablo has been taking supplements for a long time. He says, "I've been taking all of these vitamins and minerals to stay healthy, and they're expensive. I think I can get all of the nutrients I need from a healthy diet instead of buying so many supplements."

- a. True
- b. False

**Explanation: True.** So, this is a tricky one. Eating a variety of healthy foods can provide most, and for some individuals all, of the nutrients they need. Purchasing a large number of expensive supplements is not necessary. However, certain supplements may be necessary for many older adults. It's important to talk to your health care provider about this issue.

#### BINGO ROLLS (5)

The Twist standing (play "The Twist" song)	60 seconds
<ul style="list-style-type: none"> <li>Begin with feet shoulder-width apart and equal weight on both feet. With knees flexible, keep your torso squared evenly with your hips. Move one foot forward. The front foot should not be a full length ahead of the back foot, and there should be some overlap between them. Hold your arms outward away from the body bent slightly at the elbow following the movement of your hips. To keep balance, the other arm should move upward and forward as you Twist and swing your hips from side to side, your waist and legs should also twist or rotate from side to side.</li> <li>As you rock from side to side, shift your weight so that it is supported by the ball of your foot. Alternate from foot to foot, placing your weight over one foot as you twist to that side and over to the other foot as you twist back. To increase difficulty, lift your feet as you twist back and forth.</li> </ul>	

#### Heel Raises Standing

60 seconds

- While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, raise your arms out in front of you, move your feet closer together, or close your eyes.

#### BINGO ROLLS (5)

Thumb to Fingers	60 seconds
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> <li>To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>	

#### Standing March

60 seconds

- Begin walking in place. If you can, on every step raise your knee so that the hip and knee both reach near 90 degrees. To make this exercise more difficult, pump your arms back and forth. You can also increase the difficulty by running in place, the faster you go and the harder your arms pump the greater the exercise. You can also make this more difficult by standing on a balance pad or soft pillow.

QUESTION 103: [Use media, show video of Pablo (about 50 years old)] True/False Pablo says his dad is taking blood thinner medication. But he says he has heard that individuals taking blood thinner medication shouldn't be eating any green leafy vegetables.

- a. True
- b. False

**Explanation:** False. Even though green vegetables can interact with blood thinner medication, you can still have some in moderation. The most important thing is to maintain a consistent intake of green vegetables from day to day. For example, you wouldn't want to avoid green vegetables on most days and then one day have a huge spinach salad. It would be better to have a little bit every day. For example, 1/2 cup of broccoli one day and 1/2 cup of spinach one day.

### BINGO ROLLS (5)

Alternate Foot Balance	60 seconds
<ul style="list-style-type: none"> <li>Sitting in a chair, or standing, place a foam pad or pillow in front of the feet if you need extra support. Alternate lifting your right and left foot in the air or tapping your foot on the foam pad or pillow. If standing, Balance on one foot at a time, increasing the difficulty by raising the height of your lifted foot and standing independently without holding onto anything, increasing speed</li> </ul>	
Ballerina	60 seconds
<ul style="list-style-type: none"> <li>Breath in and raise your arms, balance still and tall as you hold your breath for several counts. Slowly release your arms and come back to standing on your flat feet as you breathe out. Keep a chair close by for balance as needed. Add a level of difficulty by rising on the balls of your feet or your tip toes.</li> </ul>	
YMCA (play the song "YMCA")	60 seconds
<ul style="list-style-type: none"> <li>Create a Y by extending your arms over your head outstretched at angles away from each other. Make an M by bringing your hands together on top of your head so that the backs of your fingers are touching. Bend your wrists as much as you can to make the corners of the top of the M as sharp as possible. Make a C by bringing your arm down by your side and bend it slightly, keeping your palm open. Curl your other arm over your head and bend to the side at the waist. Make the letter A by bringing your arms back up over your head. Bend your elbows at your ears and bring your hands together so that your fingertips touch. Your hands should create a triangle. Have fun and dance!</li> </ul>	
Goodbye, neighbor! Standing/ Hi, Neighbor! Standing	60 seconds
<ul style="list-style-type: none"> <li>Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want to same thing!</li> </ul>	
<p><b>I hope you had fun today! Please continue your healthy lifestyle changes and look for another round of Bingocize® soon!</b></p>	

### BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)

Bingocize® Nutrition Workshop

Written and developed by University of Nevada, Reno Extension  
extension.unr.edu

In partnership with Western Kentucky University



**EXTENSION**

College of Agriculture,  
Biotechnology & Natural Resources



## MEDICATION AND SUPPLEMENTS\_Q4

Pablo has been taking supplements for a long time. He says, "I've been taking all of these vitamins and minerals to stay healthy and they're expensive. I think I can get all of the nutrients I need from a healthy diet instead of buying so many supplements."

True or False?





[Answer]

**True.**

So, this is a tricky one. Eating a variety of healthy foods can provide *most*, and for some individuals *all*, of the nutrients they need. Purchasing a large amount of expensive supplements is not necessary. However, certain supplements may be necessary for many older adults. It's important to talk to your health care provider about this issue.



## MEDICATION AND SUPPLEMENTS\_Q5

[True or False]

Pablo says his dad is taking blood thinner medication. But he says he has heard that individuals taking blood thinner medication shouldn't be eating any green leafy vegetables.

True or false?





[Answer]

**False.**

Even though green vegetables can interact with blood thinner medication, you can still have some in moderation. The most important thing is to maintain a consistent intake of green vegetables from day to day. For example, you wouldn't want to avoid green vegetables on most days and then one day have a huge spinach salad. It would be better to have a little bit every day. For example, 1/2 cup of broccoli one day and 1/2 cup of spinach one day.

