

Group Discussion Questions

The following questions can be discussed as a class or in small groups and provides students with the opportunity to talk about the core concepts this module is based on.

1. After reading the Academy of Nutrition & Dietetics' position paper on Total Diet, referenced above, discuss the psychosocial consequences of good and bad food messages on dietary patterns. List 3 ways this may lead to confusion and frustration.

Facilitator Discussion Points:

- *Categorizing foods as good or bad promotes dichotomous thinking and leads individuals to make judgments in terms of black/white or, all/none, or good/bad and do not incorporate abstract or complex options into their decision.*
- *An example is the quick fix approach to weight control and as long as someone stays on the diet the person feels a sense of perceived control. However when a tempting food is present loss of control may occur or interpersonal conflict or guilt if the food is eaten.*
- *To help the individual make well-reasoned food choices and adopt behavior patterns that are sustainable overtime is the food and nutrition professional's responsibility.*

2. Discuss how using a total diet approach may decrease or eliminate confusion and frustration.

Facilitator Discussion Points:

- *The value of a food should be determined within the context of the total diet because classifying foods as "good" or "bad" may foster unhealthful eating behaviors.*
- *No single food or type of food ensures good health. Rather, the consistent excess of food, or absence of a type of food over time, may diminish the likelihood of a healthful diet.*
- *Healthful eating may be blindly defined as eating according to the latest fad focusing on a few single foods to include or to delete from one's overall eating pattern*
- *Promote variety, proportionality, moderation, and gradual improvement that include foods from all MyPyramid food groups. Emphasize food patterns, rather than individual nutrients or foods.*

3. Contrast a direct with a guided counseling style.

Facilitator Discussion Points:

- *When is each style appropriate?*
- *What would a counseling session sound like in terms of what the registered dietitian would say using the two different styles.*
- *What tools for conversation are unique for a guided counseling style?*

4. After reading *A Celebration of Culture—A Food Guide For Educators*

<http://www.healthyeating.org/Portals/0/Documents/Tip%20Sheets/CulturalFoodGuide.pdf>

- *Which cultural food traditions are you most familiar with? Which food traditions are you least familiar with?*
- *Which foods are you not familiar with? Identify two ways that you could become more familiar with cultural foods commonly consumed by people residing in your community.*