



2024 National Order of the Arrow Conference

Session: Eating Healthy at NOAC and Beyond

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Session Length: 45 minutes

Session Description

This session will emphasize empowering participants with practical strategies for maintaining a healthy diet during conferences and beyond. We'll cover nutrition basics, explore conference-specific challenges, and discuss sustainable habits for lifelong health.

Learning Outcomes

Outcome 1: Define what a healthy diet consists of and its characteristics

Outcome 2: Strategies for healthy eating habits during conference

Outcome 3: Explore ways to build and plan for sustainable eating habits

Theme Connection: Seek New Heights

This training allows participants to learn about eating healthy, which allows them to seek the heights of being physically strong.

Facility and Material Needs

Facility Needs

Is this session remote delegate-compatible? [Yes]
(ie. can the material be engagingly taught via live stream)

Does this session need audio/video (AV) capabilities? (ie. projector) [Yes, **but not necessary**]

Are there any other specific facility needs for this session? (ie. movable chairs, panel-style seating, etc.) [N/A]

Material Needs

[Please put “NOAC Training Committee” under “Source” if you need a material and cannot source it yourself - we will try to source it for you. Please note that we would strongly prefer training materials to be in a digital format and would advise against flipcharts and other physical materials. If you need microphones, extension cords, etc., please also specify those needs here.]

Material	Quantity	Source

Session Preparation Steps

Step 1: Read through this syllabus and associated training slides.

Step 2: Add trainer information to **Slide 1**, **Slide 2**, and **this document**.

Step 3:

Additional Staff Members

[If you are having additional trainers assist you with your session, please fill out their contact information below. Please note that due to the conference sell-out, we are limited in our ability to register additional staff members on the training committee. We recommend that your additional trainers come from contingents or other staff members that can break from their duties to facilitate the session.]

Trainer Name	Email	Phone #

Lesson Plan

Helpful Templates:

Activity

Copy and paste this box wherever you have an activity in this session!

Materials Needed: [materials]

Length of Activity: # [min]

Activity Description: [description]

Trainer Action

If at any point the trainer needs to complete an action (play a video clip, prompt questions, etc.) copy paste this box and edit this text to specify what!

Introduction

2 minutes

Slides 1-3

- Trainer introduction
- Overview of learning objectives

Topic 1: What is Healthy Living?

10 minutes

Slides 4-10

- Explain influence of nutrition on health
 - Physical Health
 - Energy: proper nutrition provides the energy needed for daily activities and bodily functions
 - Growth and repair: nutrients support tissue growth, cell repair and maintenance
 - Immune system: A well-balanced diet strengthens the immune system, helping the body fight infections and diseases
 - Disease Prevention
 - Chronic Diseases: Nutrient-rich foods reduce the risk of chronic conditions (e.g., heart disease, diabetes, cancer).
 - Vitamins and Minerals: These micronutrients play essential roles in

- preventing deficiencies and maintaining health.
- Mental Health
 - Brain Function: Proper nutrition supports cognitive function, memory, and mood stability.
 - Micronutrients: Certain vitamins and minerals impact mental well-being (e.g., B vitamins, omega-3 fatty acids).
- Weight Management
 - Balanced Diet: Eating nutrient-dense foods helps regulate weight by promoting satiety and preventing overeating.
 - Metabolism: Proper nutrition affects metabolic rate and fat storage.
- Digestive Health
 - Fiber: Adequate fiber intake supports digestion, prevents constipation, and maintains gut health.
 - Probiotics: Beneficial bacteria from certain foods promote gut health.
- Familiarize participants with essential nutrients
 - **Protein:** Essential for growth, maintenance, and health. Proteins are composed of amino acids, some of which are only obtained from food. Sources include meat, fish, eggs, beans, soy, nuts, and grains.
 - **Carbohydrates:** Fuel your body, especially the central nervous system and brain. Opt for whole grains, beans, fiber-rich vegetables, and fruits instead of refined grains and sugary products.
 - **Fats (Lipids):** Necessary for cell structure, hormone production, and energy storage. Healthy fats come from sources like avocados, nuts, seeds, and olive oil.
 - **Vitamins:** Micronutrients that play specific roles in bodily functions. Examples include vitamin C (found in citrus fruits), vitamin D (from sunlight and fortified foods), and vitamin A (in carrots and sweet potatoes).
 - **Minerals:** Micronutrients essential for various processes. Examples include calcium (for bone health), iron (in red meat and leafy greens), and potassium (in bananas and potatoes).
 - **Water:** Vital for hydration, digestion, and overall health. Stay hydrated by drinking water and consuming water-rich foods like fruits and vegetables
- Food labels
 - Serving Size: Start by checking the serving size, which reflects the typical amount people eat or drink. Multiply nutrient values by the number of servings if you consume more than one serving.
 - Calories: Note the total calories per serving and container. Be aware of how many servings you eat to calculate total calories.

- Limit Certain Nutrients:
 - Focus on saturated and trans fats (avoid trans fat).
 - Limit added sugars and sodium.
 - Compare labels and choose foods with fewer of these nutrients.
- Beneficial Nutrients: Ensure you get enough calcium, dietary fiber, iron, potassium, and vitamin D. Aim for at least 25-35 grams of fiber daily.
- % Daily Value (DV): DV indicates the percentage of each nutrient in a single serving based on a 2,000-calorie diet.
 - Choose lower % DV for nutrients to limit and higher % DV for beneficial nutrients.
- Food pyramid and its relevance
 - The food pyramid is a visual representation of the optimal number of servings of food to be eaten daily from each basic food group. It helps guide individuals toward a balanced diet by emphasizing specific food categories.
 - The concept originated in Sweden in the 1970s and was later adapted by the U.S. Department of Agriculture (USDA) in 1992.
 - Although the pyramid shape has evolved over time, its core purpose remains consistent: to encourage healthy eating patterns.
 - Relevance:
 - Balanced Diet: The food pyramid guides people toward a variety of foods, ensuring they receive essential nutrients.
 - Health Promotion: It emphasizes whole grains, fruits, vegetables, and lean proteins, which can reduce the risk of chronic diseases.
 - Educational Tool: The pyramid serves as an educational resource, helping individuals make informed food choices.

Topic 2: Navigating Conference Menus

5 minutes

Slides 11-13

Trainer Action

Ask participants to identify common challenges faced during conference regarding eating and food.

- Identify common challenges faced during conference regarding eating and food
 - Limited food options, irregular schedules, various options, budget
- Eating mindfully at buffets
 - Survey the options before filling plate, choose smaller portions, prioritize veggies and lean proteins, limit desserts and high-calorie items
- Discuss practical tips for making healthier choices

- Opt for balanced meals (include fruits, veggies, whole grains, lean proteins)
- Stay hydrated
- Snack smart! Limit sugary snacks and caffeinated drinks
- Plan ahead (bring healthy snacks or research local eateries)
- STAY HYDRATED!

Topic 3: Sustainable Habits

20 minutes

Slides 14-16

- Explore how to maintain healthy eating habits beyond conference settings
- Meal planning and preparation
 - Helpful for busy schedules. Be Prepared!
 - **Start Small:** Begin by planning a few meals or snacks for the week. Gradually build confidence and expand your plan over time.
 - **Consider Each Food Group:** Ensure your meal plan includes fruits, vegetables, legumes, whole grains, high-quality protein, and healthy fats.
 - **Get Organized:** An organized kitchen, pantry, and refrigerator make meal prep easier. Know where your tools and ingredients are.
 - **Invest in Quality Storage Containers:** High-quality containers are essential. Glass containers are eco-friendly and microwave-safe.
 - **Keep a Well-Stocked Pantry:** Maintain staples like whole grains (brown rice, quinoa), oats, and canned beans for easy meal prep.
- Mindful eating
 - Incorporate fruits and vegetables; Balance indulgences
 - **Take Your Time:** Spend at least 20 minutes eating your meal. Eating slowly allows your brain to register fullness more accurately.
 - **Minimize Distractions:** Put away your phone and other technology while eating. Focus on the meal itself.
 - **Engage Your Senses:** Notice the colors, smells, textures, and flavors of your food. Chew thoroughly for better digestion and mindfulness.
 - **Portion Control:** Portion out snacks to prevent mindless munching. Use smaller plates to avoid overeating.
 - **Be Aware of Triggers:** Recognize emotional triggers that lead to eating when you're not truly hungry. Create a space between triggers and your response to make conscious choices.

Activity

Materials Needed: Paper, writing instrument

Length of Activity: 10 minutes

Activity Description: Group participants into 3-4. Ask each group to develop a healthy living plan for when they return home. The plan could be anything: a weekly meal-prep plan, a camping or backpacking trip menu, or a diet specifically to lose or gain weight.

Once the instructions are given, walk around each group to observe or help guide their discussions. After about 3-5 minutes, ask each group to share their plan with another group and vice-versa, discussing why they developed the plan they did. Both groups will discuss their plans and offer suggestions.

When complete, bring everyone back together to debrief and move into reflection.

Reflection & Open Discussion

5 minutes

Slides 17

Trainer Action

Ask participants how they can improve their eating habits while at NOAC.

Trainer Action

Ask participants what challenges they may face that might limit them from eating healthy, and discuss suggestions to overcome these obstacles.

Conclusion & Takeaway Challenge

3 minutes

Slides 18

[Each session should end with a challenge for every participant to write down key points to take with them and encourage them to reflect upon the session. The wording of the takeaway challenge will depend upon the session. For example:]

Please take out your notebook and pen. For the final three minutes, think about your current and future roles in the OA, in Scouting, and in life. Write down three key takeaways from this session that will enable you to Seek New Heights in those current and/or future roles. For example, [I can better plan my food choices to become more

clearly focused on my responsibilities]. Later today, feel free to share these key ideas with others in your chapter or lodge.

Appendix: Resources and Source Material

[Please add all referenced sources or handouts that would be useful to share with session attendees.]

Resource	Link
Order of the Arrow, Mission & Purpose	Available online at: https://oa-bsa.org/about/mission-purpose