



## CLASS 11 | EAT THIS, NOT THAT!

Teaches the MIND diet and how to make healthier dietary choices with a fun team-based game.

### TBH FOCUS

 EAT SMART

### SKILLS WORKED

### SBBT

 TEAM UP

### YOU WILL NEED

- Timer or stopwatch
- TBH *Eat This, Not That* Game Guide
- *Now Do It!* worksheets and *TBH Takeaway* handouts, enough for each student. Distribute to distance learners ahead of class
- Video conferencing technology if modifying for virtual delivery










## WELCOME TO CLASS!

- Welcome any new students using the *Welcome to the TBH Course* introduction.
- Introduce today's class.

Today's topic is "Eat This, Not That!" Our TBH Focus is the "Eat Smart" action point. Research shows that the choices we make each day about what we do – and don't! – eat can matter to our thinking, health, and overall well-being. Knowing how to swap something that isn't so good for us for a healthier choice is just a matter of problem solving, and we're going to practice that today.

We will be working on the following thinking skills today:

 Attention       Speedy Thinking       Nimbleness       Verbal Skills  
 Memory       Problem Solving       Executive Control



## TBH LET'S GET IT STARTED!

5 MINUTES

- Lead this upbeat, seated warm-up to build focus, energy and get everyone ready to learn.
- Encourage class to count along and support each other.
- See the [TBH Let's Get It Started! playlist](#) for suggested music to set the pace of your workout.
- See the course introduction for a fully scripted version of this workout.
- Mute distance learners to avoid noisy distractions.

We are going to begin with *TBH Let's Get It Started!* Being physically active is great for our brains. This quick warmup is designed to get us focused, build energy and ready to learn. We'll do this right at our seats at the beginning of every class. Just watch what I do and follow along!



## TBH LET'S GET IT STARTED!

CONTINUED

### FEET GET STARTED!

- ▶ *Lift toes to the sky for 5 beats. Feel the stretch while counting together from 1 to 5.*
- ▶ *Lift heels off the floor for 5 beats. Feel the stretch while counting backwards from 5 to 1.*
- ▶ *With feet on the floor, curl your toes tightly and hold for 5 seconds, counting backward E to A. Relax then repeat once more.*

### LEGS GET STARTED!

- ▶ *Gently kick legs out from the knee, alternating legs. 8 repetitions. Count together backward from H to A.*
- ▶ *While sitting tall with feet together, gently swing right leg open to the right and tap toes. Then bring legs together. 5 repetitions. Count backward 5 to 1.*
- ▶ *Repeat with left leg swinging it open and tapping toes to the left side. Then bring legs together. 5 repetitions. Count backward from 25 by 5's (25, 20, 15, 10, 5).*
- ▶ *Stamp feet on the ground, alternating feet. Make "noise" with group.*

### BACKS GET STARTED!

- ▶ *While seated, gently twist upper body to the right. Hold and count together 1 to 5.*
- ▶ *Repeat to the left, gently twisting the upper body to the left. Hold and count together 1 to 5.*
- ▶ *Reach arms forward, gently rounding the upper back. Hold for 5 counting E to A, then reach arms up, straightening upper back. Hold for 5 seconds. Count A to E.*

### ARMS GET STARTED!

- ▶ *Gently shake arms at the side of the body, open and close hands.*
- ▶ *Circle wrists a few times clockwise and counterclockwise.*
- ▶ *With arms straight in front, use right hand to gently pull left-hand fingers up to the sky for a nice forearm stretch. Hold for 5 seconds. Count by 2's (2,4,6,8,10). Then, use the right hand to help gently push the left-hand fingers down towards the floor for another stretch. Hold for 5 counts. Count backwards by 2's. (10, 8, 6, 4, 2).*
- ▶ *Repeat on the other side. With straight arms, use left hand to gently pull right-hand fingers up to the sky for a nice forearm stretch. Hold for 5 seconds. Count A to E. Then, use the left hand to help gently push right-hand fingers down towards the floor for another stretch. Hold for 5 counts. Count E to A.*
- ▶ *Slowly circle shoulders to the front. 3 repetitions. Circle shoulders to the back. 3 repetitions. Count together 1 to 3 and then 3 to 1.*

### VOICES GET STARTED!

- ▶ *Say "OHHHHHHHHHHH." Have group say sound with you. Hold for a few seconds. Try lifting eyebrows while making noise for a surprised facial expression.*
- ▶ *Say "EHHHHHHHHHHH." Have group say sound with you. Hold for a few seconds. Try smiling while vocalizing.*



- ▶ Say “AHHHHHHHHHHH.” Have group say sound with you. Hold for a few seconds. Try frowning while making noise.
- ▶ Say “OH – EH – AH.” Hold each sound for a few seconds. 3 repetitions. Use the facial expressions for each sound.
- ▶ Say “I wish to wash my wristwatch.” Repeat this famous tongue twister exercise, focusing on articulation and participation. 3 repetitions.

## BREATH GETS STARTED!

- ▶ Slow focus to bring awareness to sitting still in chair.
- ▶ Take a deep breath in through the nose and exhale out through the mouth.
- ▶ Give a full body shake and a wiggle.
- ▶ Give selves big hug, wrapping arms across waist and squeezing gently, as able.
- ▶ Thank selves and send some “TBH love” to our brains!

**Great job, everyone! We are started up and ready to go!**



## BRAIN PLAY | MIND YOUR FOOD

**5 MINUTES**

- Lead this quick cognitive warm up to build attention, processing speed, nimbleness and other cognitive skills, as well as group connection.
- Offer the name of a food that fits into the Mediterranean pattern of diet (Fruits, vegetables, lean proteins, veggies, olives, nuts, honey, etc.). The next person will take the last letter of that name and say a food from the Mediterranean diet that begins with that letter. If a student cannot think of a word, they can “pass” their turn. Keep going as time allows. No repeats.
- Have everyone clap or snap fingers to set a good pace.
- When repeating this class, begin with a different food.
- Encourage distance learners to join in from home.

**Now let’s do our “Brain Play.” Research shows that working against the clock is an important way we can keep our thinking focused, fast and nimble. And all these skills are essential to learning and remembering better! We will “play” with our brains at the start of every class to support these important cognitive skills.**

**Today’s “Brain Play” is called “Mind Your Food.” I’m going to start by saying the name of a food that fits into the Mediterranean pattern of eating. This diet consists of fruits, vegetables, lean proteins, olives, nuts, beans, spreads such as hummus, etc. The next person will take the last letter of whatever food I say and name a food that starts with that letter. For example, if I say “tomato,” the next person would say a food that starts with the letter “O.” We will keep going around like that as long as time allows. If you can’t think of a word, you can “pass” your turn. Let’s (clap/snap fingers) to set a good pace. Ready?**



## LEARN THE TBH SCIENCE

5 MINUTES

- Present the science behind the class.
- Allow for brief discussion of the science with your students.

Imagine you are trying to eat healthily, and you sit down for lunch or dinner at your favorite restaurant. What choices do you think are the healthiest from that menu?

We all make choices when we sit down to eat, whether we are cooking at home or ordering in a restaurant. Those choices impact not just our bodies, but our brains as well. Researchers from Rush University in Chicago studied a dietary pattern they named the MIND diet. The MIND diet is a combination of Mediterranean style eating and the DASH diet, which is known to reduce stroke risk. The MIND diet was found to significantly slow cognitive decline and reduce dementia risk, even when folks stuck to the diet only a moderate amount of the time.

What's on the MIND diet? Here are the guidelines.

*Hand out TBH MIND Diet Worksheet.*

As you can see, the MIND diet is not only about what you should eat, but what you shouldn't eat too often. It has suggested foods, which include vegetables (green leafy vegetables in particular), berries, nuts, beans, whole grains, fish, poultry and olive oil. These foods are all rich in Omega-3s, healthy fats and antioxidants, all of which are very healthy for your brain. It also lists wine, which should, of course, be used in moderation. But there are also foods here you should avoid. Those include foods that are high in animal sources of fat, such as butter and cheese, as well as fried foods, red meat and foods high in sugar, such as pastries.

So, instead of ordering the fried chicken off the menu, you can get baked or grilled chicken. Instead of a dish of ice cream, opt for mixed berries with a dab of yogurt and honey on top.



## NOW DO IT!

15 MINUTES

- Lead your class in this workout to personalize their learning of the science. Option to distribute class worksheets.
- Break class into 2 teams.
- To lead the workout, follow the instructions on the *Eat This, Not That! Trainer Game Guide*. Give the first team a prompt from the left column, which are foods NOT found in the MIND diet. Give the team 1 minute to come up with an "Eat This" substitute that meets the MIND diet guidelines. If a team cannot provide an acceptable alternative food turn the question over to the second team. Then pose the next question to the second team. Continue in this fashion for as long as time allows.



- For virtual delivery, modify workout to do “All Together.” Give the prompts to the entire class and let them discuss and answer. Adjust scripting accordingly.

Now that we’ve learned the science behind the MIND diet, let’s play a game that shows how we can act on what we learned. This workout is called “Eat This, Not That.” We are going to practice how to flip an old nutritional habit that might not have been “brain-wise” into one that follows the MIND guidelines.

Let’s break into 2 teams.

Here’s how the “Eat This, Not That” game works. I’m going to call out a food that is **NOT** part of the MIND diet. The team whose turn it is will have 1 minute to talk with each other and then give a MIND diet food choice that would be a good alternative to that food. When the team shares their alternative food, they should say “Eat (alternative food), Not (food that I gave!)” For example, if I call out “ice cream,” you may say, “Eat berries with yogurt and honey, not ice cream.” If I call out fried chicken, your team might respond, “Eat grilled chicken, not fried chicken!” You can use the *TBH MIND Diet Worksheet* as a guide. And you should be prepared to defend your choice!

I’ll start with this team (point to one of the teams), and then we’ll alternate so that each team gets the same number of questions. If a team misses a question, the other team will get the same question and a chance to answer. Ready? Here we go!

That was great teamwork, everyone. You “MIND-fully” transformed that diet into a brain-healthy one! Give yourselves a round of applause!



## TBH TAKEAWAY

10 MINUTES

- Share this brief wrap-up to end the workout.
- Distribute or email class handouts.
- Ask students to share one thing they will “take away” from today’s class.

Eating in a brain-healthy way can be as simple as ordering something different off the menu or making a substitution to a recipe. It’s a great way to try new foods and do something positive for your body and your brain. In addition to all that brainpower the MIND diet provides, challenging yourselves to find substitutions or make different food choices is intellectual engaging as well!

Can you name one way you will “eat this, not that” after today’s class?



## TBH TAKE A BREATH

5 MINUTES

- Lead this signature relaxation and affirmation exercise to close the class.
- See the [TBH Take a Breath playlist](#) for suggested music to set the pace of your workout.
- See the course introduction for a fully scripted version of this workout.
- Mute distance learners to avoid noisy distractions.

**Let's wrap up with our "TBH Take a Breath." Being mindful of our breath and sharing some positive thoughts is a wonderful way to acknowledge what we've learned together before we go back to our day. Research also shows that these kinds of exercises help us focus better and even learn more effectively.**

- ▶ *Have students get comfortable, resting both feet flat on the floor, hands resting in their laps.*
- ▶ *Have students close their eyes and keep them gently closed.*
- ▶ *Ask students to focus their attention on their breathing, noticing the rate and rhythm of their breath. Allow them to focus on their natural breathing for a few moments.*
- ▶ *Instruct students to begin rhythmic breathing. Ask them to inhale slowly and deeply through their nostrils, breathing gently into their chest and belly. Then ask them to exhale slowly through their lips, slowing the rate and rhythm of their breath.*
- ▶ *Have students continue rhythmic breathing, instructing them to continue to focus on gently and slowly inhaling and exhaling, allowing their attention to simply "ride" the wave of their breath. Allow them to focus on rhythmic breathing for several moments.*
- ▶ *Offer the following positive affirmation statements below in a calm, slow voice. Invite students to simply listen, repeat the phrase silently to themselves, or to think about what each statement means to them.*

**My body is relaxed.**

**I am grateful that I have food to eat.**

**I am grateful I have the power to make healthy choices.**

**I am grateful for the support of my classmates.**

**I take this time and this breath for me.**

- ▶ *Pause for several moments.*
- ▶ *End the exercise by inviting students to bring their awareness back to the room, gently opening their eyes and becoming more aware of their surroundings.*
- ▶ *Invite them to end practice with gratitude for taking a moment for themselves, for the chance to learn together and connect with each other.*



## COMING UP NEXT!

5 MINUTES

- Thank students for attending the class.
- Invite students to join you for the next TBH class.

**I am so glad we had this time to learn together today. It was nice to learn about healthy food choices with each other today.**

**I look forward to seeing you for our next Total Brain Health class. Be sure to bring a friend!**



## CLASS RESOURCES

*Eat This, Not That Game Trainer Guide.* Read questions from the game guide for the “Now Do It!” workout.

### NOW DO IT! WORKSHEETS

Use these worksheets to run your class.

*MIND Diet Worksheet.* Use this worksheet to support the class exercise. Hand out to class members as part of the workout. Distribute or email to distance learners.

### ADDITIONAL RESOURCES

*Improving brain health with the MIND diet.* Mayo Clinic. Downloadable article outlining steps for the MIND diet from the Mayo Clinic staff.

*What is the MIND Diet?* Live Science 12/7/2016. Bradford, A. An introduction to the MIND diet.

*The MIND Diet — Fighting Dementia With Food.* Today’s Geriatric Medicine 8(4): 10. Thalheimer, JC. A recent study from Rush University.