**Title:** Live Food

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**Time & Format:** 45 minutes / Lamson learning laboratory

**Audience/Learners:** Early career health care workers

## Topic Overview:

Live food is a way to think about eating foods that will promote health. Live food is fresh, unprocessed and generally nutrient dense. This workshop will give learners ideas for ways to put live foods into their diets.

**Program Goal:** To improve the general health and quality of life for early health care workers (nurses, hospital staff, physicians).

## Healthy People 2020 objective(s):

NWS-15.1Increase the contribution of total vegetables to the diets of the population aged 2 years and older

## National Health Education Standards addressed:

Standard 1 Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 6 Students will demonstrate the ability to use goal-setting skills to enhance health. Standard 7 Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

## Specific Learning Objectives:

* At the end of this workshop, participants will be able to describe at least 3 forms of “live” foods.
* At the end of this workshop, participants will be able to describe types of processing for “live foods”
* At the end of this workshop, participants will be able to describe 3 ways to minimally process the foods for the best nutrient density.

## Key Concepts & Terminology:

Live food - Live foods are foods that are consumed fresh, raw and/or in a condition as close as possible to their original, vibrant, living state - raw, unprocessed, and plant based. Live foods include greens, sprouts, fresh fruit, and some nuts and seeds. Live food retains the nutrients that helped it grow. Show chart of foods and the nutrients they each provide. Processing and even cooking can reduce or remove essential fiber, vitamins, minerals, enzymes, and antioxidants making the food less healthy as the amount of processing and cooking increases. Because live foods are consumed more or less as nature prepared them, their cellular structure is retained and so is more of their nutritional value.

Kombucha - fermented tea microbes balance bacteria living in your intestines. Intestinal health has strong impact on mental health, called the second brain.

Some health benefits of fermentation:

* Fermentation is the only type of preparation of foods that does not destroy certain nutrients, will creates more nutrients and enhances others.
* It removes toxins and harmful bacteria found in many foods.
* It will improve your digestion, especially when consumed before your meal and also allows for your nutrients to be absorbed properly.
* It aids in the preservation and creation of important enzymes.
* Fermentation is a huge supporter to your immune function. It increases your B vitamins, omega-3 fatty acids, digestive enzymes, lactase and lactic acid that fight off harmful bacteria. The most popular foods you can easily find in your local, organic, natural food store or farmer's market include: raw sauerkraut, kimchi, kombucha, kefir (from cow, goat, or coconut milk), cheeses, pickles, olives, beer, wine, and raw cacao.

Nutrient density - few calories lots of nutrients

**Teaching Steps: Introduction** (3 minutes)

Explain what live food is. Differentiate from raw food. Discuss nutritional benefits of live food. Include fiber, vitamins, minerals, enzymes, and antioxidants. Discuss benefits of each of these to digestion, physical health and mental health. Discuss detrimental effects of cooking/processing. (Learning Objectives)

**Thinking Quiz**; see assessment (6 minutes)

* 1. What is live food?
  2. What is the difference between raw food and live ?
  3. List the benefits of eating live food.
  4. What is the effect of heat on food nutrients. ?
  5. How does live food aid digestion?
  6. How does live food improve physical health?
  7. How does live food improve mental health?
  8. What are antioxidants?
  9. What function does fiber perform in the body.
  10. How much live food do you consume in a week? (Learning Objectives)

**Power Point** (13-15 minutes). Slide 1 - Title

Slide 2 - Overview

Slide 3 - Definition of Live Food?

Slide 4 - What differentiates raw food?

Slide 5 - Examples of live food.

Slide 6 - How cooking effects nutrients? Slide 7 - Types of nutrients

Slide 8 - Physical Benefits of Live Food including digestion, building blocks, immune system Slide 9 - Mental Benefits of Live Food

Slide 10 - Sources

(Learning Objectives)

## Demonstration in Teaching Kitchen

* + 1. Example of how to make yogurt; the bacteria in yogurt is alive and is called Lactobacillus Acidophilus (10 minutes)
       1. Heat the milk. Pour the milk into the Dutch oven and set over medium to medium-high heat.
       2. Cool the milk.
       3. Thin the yogurt with milk.
       4. Whisk the thinned yogurt into the milk.
       5. Transfer the pot to the (turned-off) oven.
       6. Wait for the yogurt to set.
       7. Cool the yogurt.
       8. Your next batch of homemade yogurt.
    2. Show example sprouted live foods and discuss (5 minutes)
       1. Fill glass with water up to and barely touching bottom edge of carrot stump.
       2. Set glass in a light, but not sunny window.
       3. Add water to keep it touching the edge and watch the roots sprout.
    3. Live Foods Food Groups Exercise

1. Class splits into 4 groups
2. Show chart with nutrients associated with different live foods.
3. Provide students with bowls of different live foods and ask them to create a ‘balanced’ meal.
4. Collect lists of what foods each group chose and their explanation for their choices

(Learning Objectives)

**Assessment Measures:** This is the pre assessment quiz before the lesson plan. It is supposed to make the participants somewhat confused because not many people have heard of “live food” before. You want them to think that living food is meat, you want them to be somewhat confused,

“Get the gears grinding” pre assessment quiz

* Students write down what they ate ate yesterday
* Exchange papers, have students call out food items, class votes whether each constitute Live Food. Teacher says whether correct or not. Student scribes write on board list of Live Foods and Not Live Foods

## Appendix of Support Materials:

Handouts Recipes

Demonstration of sprouting plants for eating. Demonstration of fermentation.

*(Add in PowerPoint here)*

## Power point outline:

Thinking

* Create list of all different foods you ate yesterday
* How many of those foods do you believe to be live, put a star next to it
* What is live food?

\*It should be noted that we can’t forget about the target audience because nutrition is so important in the lives of early health care workers so I wanted to put in my notes that I made for early health care workers because there is a huge percentage today of overweight medical staff. *Audience:*

*Imagine what a new worker would experience at their job. Bad eating habits are part and parcel of being new in a workplace. You don’t know where the good places to eat are, you are in a hurry, you don’t have time to cook at home, you work lots of hours to get up to speed. You are having to learn everything about the job which is stressful in itself. You drink coffee and/or diet soda all day. You don’t have time to exercise. Your normal diet is full of carbs that you used to be able to work off in the gym.*

*Lesson Plan: help them see where they are now with exercises, surveys, eating and exercise logs. Suggest quick meals that emphasize fresh food and vegetables. Plenty of crunchy vegetables for oral satisfaction. Plenty of vegetables that help with gut health. B vitamins for nerve health. Low carbs because of change in exercise from before job when you had plenty of time and after job start when you don’t. Foods for brain health. Reduce caffeine and sugar intake. Lots of fresh veggies for snacking. Drink plenty of water for hydration. Yogurt for probiotic foods. Inside a lot now so vitamin d rich foods. Maybe some crock pot recipes so you have a good meal ready when you get home and don’t snack or eat processed foods.*

## What is live food?

* Edible substances whose cellular systems are still metabolically active
* Living foods contain a variety of nutritious elements
* Enzymes
* Vitamins
* Minerals
* Lots of nutrients and very few calories (nutrient dense)
* Raw, uncooked fruits and vegetables
* Sprouted grains, nuts and seed
* Contain all sorts of vitamins, minerals, enzymes and phyto-nutrients that cooking destroys or alters
* Anything that can sprout is still alive and considered live food

## What are the benefits of live food?

* More energy
* Feeling lighter
* Greater overall well-being
* An abundance of nutrients
* Weight normalization over time
* Avoidance of hunger and deprivation
* Alkalinity because raw and living foods help to maintain proper alkaline pH in bloodstream, which is beneficial to the body in a number of ways, such as supporting energy.
* Antioxidants because raw and living foods contain this which reduces the speed at which we age

## My raw grocery list

All items on this raw grocery list should be organic and raw where possible. It is not always feasible to buy everything organic, but aim for key words “where possible”.

## Raw grocery list - Fruits

* Apples
* Oranges
* Bananas
* Grapefruits
* Lemons
* Limes
* Grapes
* Strawberries
* Raspberries
* Cantaloupe

## Raw grocery list - Vegetables

* Onions
* Carrots
* Leafy greens (spinach, kale, romaine lettuce, etc.)
* Parsley
* Fresh mint
* Green bell pepper
* Red bell pepper
* Cucumber
* Garlic
* Celery
* Tomatoes

## Raw grocery list - Nuts and Seeds

* Almonds
* Walnuts
* Sunflower seeds
* Sesame seeds
* Chia seeds
* Cashews
* Macadamia nuts
* Hemp seeds

## Raw grocery list - Oils and condiments

* Extra virgin olive oil (EVOO)
* Apple cider vinegar
* Herbs and spices (thyme, basil, curry, cinnamon, cloves, allspice etc.)
* Sea salt (not regular table salt)
* Vanilla pods or pure vanilla extract
* Raisins
* Cacao

## My raw appliances

These appliances will break down the food in a way that will minimally reduce the nutrients live foods gives off.

* Blender
* Food processor

## How do you eat the live food you have just prepared?

Minimally processed as possible

## Materials, Resources, Preparation:

Many examples of sprouted foods such as carrots, bean, tomatoes etc… Then I will show how to recreate the process using materials such as,

A carrot Water

A bowl Beans

No prep needed for audience

Our preparation is to grow all examples at least a week in advance of presentation

There is no needed knowledge before coming to this workshop. The point is to learn about it in case you knew nothing of what live food was before. The pre assessment quiz is not to test what attendees already know, but how the workshop can be furthered to best benefit the people learning about the topic.

## Annotated Resource Bibliography:

National Health Education Standards. (2016). Retrieved November 28, 2016, from<http://www.cdc.gov/healthyschools/sher/standards/index.htm> - I used this source to find the

health education and promotion Health Education skills to help frame the learning objectives for this workshop.

* + - 1. George, H. (n.d.). The Real Reasons Your Guts Need Fermented Foods. Retrieved November 29, 2016, from

https://breakingmuscle.com/fuel/the-real-reasons-your-guts-need-fermented-foods

I was trying to explain how fermented foods are live foods and how they are incredibly beneficial to our diet. This website allowed me to accomplish that and was very helpful.

* + - 1. Lang, S., Kendrick, J., Bedosky, L., RDN, R. W., & Grunewald, J. (2001, August 01). Live Foods. Retrieved from https://experiencelife.com/article/live-foods/ -

This site helped me go more in depth on the nutrients that live food allows us to obtain from eating it such as what are enzymes and vitamins and minerals.

* + - 1. S. (n.d.). The Living Centre - Eco-Spiritual Education Sanctuary. Retrieved November 22, 2016, from

<http://www.thelivingcentre.com/cms/body/living-foods-%E2%80%93-natures-essential-nu> trition –

This webpage helped me explore the benefits as well as how to eat live food and how to sprout certain items that I brought in for my examples.

* + - 1. Cohen, A. (n.d.). Raw Food Diet & Raw Food Classes - Alissa Cohen. Retrieved November 22, 2016, from <http://www.alissacohen.com/> -

This site allowed me to further my grocery list and helped me explain the damage of cooking your live foods. You want it to be minimally processed as possible.

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* + - 1. (n.d.). Healthy People 2020. *Physical Activity | Healthy People 2020.* Retrieved November 26, 2016, from

<http://www.healthypeople.gov/2020/topics-objectives/topic/physical-activity/objectives>

Nutrition and physical activity objectives from healthy people 2020, this was a very helpful resource for the healthy people 2020 portion.

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