

CC&S Session #2: Lesson Plan

<p>Core Activities:</p> <ul style="list-style-type: none">• Use parking lot to address questions/topics• Complete Activity: Risk Factors Chart• Complete Activity: MyPlate <p>Supplies Needed:</p> <ul style="list-style-type: none">• Session 2 handouts• Flip Chart• Markers• Nametags• Session 2 PowerPoint• Cancer Risk Factor Checklist Activity Instructions• Cancer Risk Factor Checklist Handout• MyPlate Activity Instructions• MyPlate Activity Handout <p>Additional Activities:</p> <ul style="list-style-type: none">• Self-Care Walking Activity• Catch Wellness Activity	<p>Knowledge Objective:</p> <ul style="list-style-type: none">• What are healthy choices• How often to exercise• What food choices help prevent cancer <p>Behavioral Objectives:</p> <p>Participant will be able to:</p> <ul style="list-style-type: none">• Understand the importance of self-care and healthy choices• Discuss healthy choices that decrease cancer risk• Identify ways to prevent specific cancers <p>Participant Handouts:</p> <ul style="list-style-type: none">• Participant Consent Form• Session 2 “Cancer Prevention & Self-Care” ” handout• Blank “Cancer Risk Factor Checklist” handout• Blank “MyPlate Activity” handout <p>Advance Preparation:</p> <ul style="list-style-type: none">• Make handouts for registered participants• Set up computer with PowerPoint• Make copies of “Cancer Risk Factor Checklist” and “MyPlate Activity” handouts• Set up ‘Parking Lot’• Sign-in sheet. To track attendance across CC&S sessions, please use the same Sign-In Sheet from Session 1.
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Doing the Lesson

Learner Objective	Materials	Recommended Activity
Understand class format and program background	Facilitator Guide Ground Rules Parking Lot	<ul style="list-style-type: none"> • Sign-in participants • Introduce yourself • Handout and collect signed consent forms to anyone new joining the class • Review 'Class ground rules' and 'parking lot' from Session 1
Identify the goals and objectives of the CC&S Cancer Prevention and Self-Care session.	<ul style="list-style-type: none"> • CC&S "Cancer Prevention & Self-Care" handout • Power Point • CC&S Objectives 	<ul style="list-style-type: none"> • Share details of handout including key points in left column. • Begin lesson using PPT slides. • Read objectives. Remind participants that you are not a medical expert and information is meant to provide basic information. • Give "Cancer Prevention & Self-Care" handout.
Make plans for small healthy changes throughout lesson.	CC&S "Cancer Prevention & Self-Care": Talk with family and friends.	Show PPT Slide: Talk with Family and friends and read note: make plans for small healthy changes throughout lesson
Identify what healthy choices participant can add, what better choices can be made, and changes to be healthier	CC&S "Cancer Prevention & Self-Care": The ABCs of Healthy Choices	Show PPT Slide: The ABC's of Healthy Choices <ul style="list-style-type: none"> • A=What can be added today to improve personal health? • B=What better choices could be made? • C=What change can be acted on to be healthier?
Learn Eight Healthy Choices	CC&S "Cancer Prevention & Self-Care": Eight Healthy Choices	Show PPT Slide: Eight Healthy Choices <ul style="list-style-type: none"> • Review eight healthy choices that may prevent 2 out of 3 cancers.
Review National Cancer Risk Factors pie chart	CC&S "Cancer Prevention & Self-Care": National Cancer Risk Factors	Show PPT Slide with completed National Cancer Risk Factors pie chart. <ul style="list-style-type: none"> • "This pie chart shows what the risk factors are based on nationwide statistics. A risk factor is something that we do or happens to us that contribute to an increased risk of disease. • Over 60% of cancers are caused by unhealthy diet (includes low physical activity) and tobacco use. • The choices that we make around our health can have an impact on our risk of cancer • Ask participants, "What surprises you about the risk factor percentages?" • Teach: "What are my cancer risk factors?"

Identify personal Risk Factors through Activity	CC&S “Cancer Prevention & Self-Care”: Cancer Risk Factor Checklist Activity	<ul style="list-style-type: none"> • Ask, “What are your personal cancer risk factors?” • Complete this checklist to identify your cancer risk factors and family history. This checklist can be shared with your healthcare provider.
Learn what self-care means and the advantage of self-care	CC&S “Cancer Prevention & Self-Care”: Self-Care	<p>Show PPT Slide: Self-Care</p> <ul style="list-style-type: none"> • “Self-care means looking after yourself in a healthy way.” • “When we take better care of ourselves, it makes it easier for us to take better care of other people.”
Identify healthy activities that participants enjoy	CC&S “Cancer Prevention & Self-Care”: What healthy activities do I enjoy?	<p>Show PPT Slide: What healthy activities do I enjoy?</p> <ul style="list-style-type: none"> • Have participants identify and share healthy activities that they enjoy.
Learn healthy activities with acronym: S.W.E.E.T. Dreams	CC&S “Cancer Prevention & Self-Care”: S.W.E.E.T. Dreams	<p>Show PPT Slide: S.W.E.E.T Dreams</p> <ul style="list-style-type: none"> • Read what the acronym means • Have participants identify what S.W.E.E.T Dreams activities they can add in or change to be healthier
Identify the connection between good nutrition and good health	CC&S “Cancer Prevention & Self-Care”: Nutrition	<p>Show PPT Slide: Nutrition</p> <ul style="list-style-type: none"> • Read PPT slide that emphasizes the relationship of nutrition and a healthy diet to cancer and its role in prevention
Learn MyPlate and food groups	CC&S “Cancer Prevention & Self-Care”: Activity: MyPlate	<p>Show PPT Slide: Activity: MyPlate</p> <ul style="list-style-type: none"> • Using the MyPlate Activity handout, instruct participants to connect the food groups listed on the left to the sections of the plate on the right.
Learn MyPlate and food groups	CC&S “Cancer Prevention & Self-Care”: Choose MyPlate.gov	<p>Show PPT Slide: MyPlate</p> <ul style="list-style-type: none"> • This is the MyPlate with the food groups. • Notice that half of your plate should be filled with fruits and vegetables. • You can learn about this at Choose MyPlate.gov
Identify ways to eat healthier	CC&S “Cancer Prevention & Self-Care”: Eating healthier and challenges to eating better	<p>Show PPT Slide: Eating healthier and challenges faced to eating better</p> <ul style="list-style-type: none"> • Ask participants to answer the question, “What can I do to eat healthier?” • Ask participants to share their answer the question, “What are some of the challenges that I have faced while trying to eat healthier?”
Learn importance of physical activity	CC&S “Cancer Prevention & Self-Care”: Physical	<p>Show PPT Slide: Physical Activity</p> <ul style="list-style-type: none"> • Read PPT slide encouraging participants to be active 30 or more minutes daily

	Activity	
Learn importance of physical activity as related to cancer risk factor reduction	CC&S “Cancer Prevention & Self-Care”: Physical Activity and Cancer	Show PPT Slide: Physical activity is associated with- <ul style="list-style-type: none"> • Read reduction of risk factor % for cancers
Identify how to get physical activity and challenges	CC&S “Cancer Prevention & Self-Care”: Physical Activity	Show PPT Slide: How can I get physical activity? <ul style="list-style-type: none"> • Have participants answer the question, “How can I get physical activity?” • Have participants share their answers to, “What are some of the challenges that I faced when trying to integrate physical activity into my life?”
Identify relationship between healthy weight and cancer risk reduction	CC&S “Cancer Prevention & Self-Care”: Maintaining a Healthy Weight	Show PPT slide: Maintaining a Healthy Weight <ul style="list-style-type: none"> • Read the slide that associates the amount of food we eat with daily exercise will help us maintain a healthy weight and reduce our risk of cancer.
Clarify remaining questions	CC&S “Cancer Prevention & Self-Care”: Questions	Show PPT Slide: Questions <ul style="list-style-type: none"> • Ask participants if they have any questions • Answer questions and encourage participants to use resources at the end of handout to find answers to questions.
Appreciate class participation	CC&S “Cancer Prevention & Self-Care”: Thank you	Show PPT Slide: Thank you!! <ul style="list-style-type: none"> • Thank participants for their participation in the class. • Remind participants about next class and confirm attendance

✓ Comprehension Check

1. Ask a question that will review the lesson. (i.e. What can you do to reduce cancer risk factors?)
2. Review parking lot.

Additional facts related to the lesson

- See “Additional Information” in the Cancer Prevention & Self-Care section of the Facilitator Guide

Additional information to tell participants

- Remind participants that you are not a medical expert and information is meant to provide basic information about cancer.
- Encourage participants to implement eight healthy choices to reduce their risk factors associated with cancer and other chronic diseases.