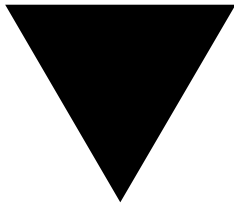


**Attitudes
and Activities**



Attitudes and Activities

Prior to opening the book ...

Attitude: Nutrition interventions improve health and are cost effective; intervention planners should be able to convince supervisors and colleagues of that effect.

Possible Group Activities:

Role Play: Design a role play activity where a nutrition service planner must convince a supervisor that nutrition should be represented in the health planning efforts. Groups can write their own dialogue or it can be provided by the trainer.

Large Group-Small Group Activity: Lead the larger group through a brainstorming session on the reasons why nutrition is generally not a part of the organization’s planning process or is not a priority. Then, break the group into smaller groups and assign one of the identified reasons to each small group, asking the small groups to list ways to neutralize this barrier and convince supervisors that nutrition is a priority and should be included in the planning process. At the end of the small group time, ask one person from each group to report their findings to the larger group.

Large Group Activity: Work through cost-effectiveness exercise(s).

Attitude: The process of developing community-based services is valuable and important.

Possible Group Activities:

Individual Activity: Use a “What’s In It For Me?” exercise. Design a worksheet with two or three four-square tables.

Action Step	Benefit to Me
Barrier	How I Can Neutralize

In the “Action Step” square, trainees identify one step they can take to implement community-based nutrition services. In the “Benefit to Me” square, they explain how that will benefit them personally. The bottom two squares provide space for recording possible barriers to action steps and how to overcome those barriers. After trainees have had adequate time to complete this exercise individually, have them ‘pair up’ to exchange action steps.

Group Activity: Lead the group through a discussion about the pros and cons of their jobs as nutritionists or dietitians or their work with nutrition-related services. Record the pros and cons on newsprint or on overhead transparencies. Review the cons with the group to see if the process of developing community-based services can help turn these into pros. This could also be designed as a Large Group-Small Group activity.