

MODULE 2: LOOKING TOWARD A HEALTHY FUTURE - COGNITIVE DISSONANCE AND CHANGE CHALLENGES

Terminal Objective #2: Learner will organize a plan to change behavior in light of new evidence presented in the course.

Enabling Objectives	Assessment	Absorb Activity	Do Activity	Connect Activity
Learner will compare and contrast themselves with individuals who have successfully used nutrition as a therapy to improve cardiovascular health.	Case studies reflective discussion; response journal question	<ul style="list-style-type: none"> • Watch film Plant-Powered Nation • Read any 3 success stories from the resource links: <ul style="list-style-type: none"> - Success Stories - Star McDougallers - Plant Strong Success Stories 	<ul style="list-style-type: none"> • Reflective discussion based on case studies - “What factors led to the success of the individuals in our case studies we read about or viewed in the movie?” 	<ul style="list-style-type: none"> • Response journal (written, audio recording or interview transcription) - Select one case study and answer the question: “Which case study resonated with you, and why?”

<p>Learner will describe the contradictions between their personal beliefs/biases, cultural values, conventional wisdom or contemporary media reports and the evidence presented in the course.</p>	<p>Response journal reflection</p>	<ul style="list-style-type: none"> • Food tradition exploration (culture, tradition, identity): Listen to Michael Pollan Quote “There is a lot of cultural wisdom in food. And indeed, that’s how we knew what to eat for all this time. We didn’t have scientists. We didn’t have industry, you know, hawking products at us. We had food culture.” • Food Traditions Interview: Learners are paired and interview each other using the <i>Family Food Tradition Interview Guide</i> • Watch clip: What does the world eat for breakfast? 	<ul style="list-style-type: none"> • Reflective Discussion - What is your food culture? • In pairs, modified Venn diagram activity: Create a diagram with two circles labeled “My Food Traditions” and “New Food Rules” and one intersection labeled “Renovate and Refresh”. Brainstorm on how to fill the intersection. 	<ul style="list-style-type: none"> • Response journal questions (written, audio recording or interview transcription): 1. Reflect on cognitive dissonance created after presentation of course content 2. Reflect on possible difficulties making changes as recommended by this course and identify one or two of the greatest hurdles anticipated
<p>Learner will create a <i>Healthy Eating Plan</i> that encompasses a renovation of current eating habits.</p>	<p>Goal setting activity; response journal self-evaluation</p>	<ul style="list-style-type: none"> • Read individual success story examples: <ul style="list-style-type: none"> - After a Heart Attack, I Changed My Diet, Shocked My Cardiologist, and Avoided Bypass Surgery - Plant-Based Diet Cleared My Husband’s Arteries - Goodbye to Disordered Eating, High Cholesterol, and Excess Weight! 	<ul style="list-style-type: none"> • Reflective whole group brainstorm discussion: What specific behaviors and strategies that would lead to a successful life-style change? 	<ul style="list-style-type: none"> • Response journal self-evaluation: 1. Following guidelines provided and create a <i>Healthy Eating Plan</i> and describe a renovation of current eating habits 2. Address self-evaluation questions