



EXTENSION

Diet and Inflammation

Leader Lesson

Date submitted: March 2022

Teacher's Guide

Prepared by: Janice Hermann, Nutrition Specialist

Time needed to teach lesson: 15 to 30 minutes

Lesson Focus & Description:

Short-term (acute) inflammation is beneficial; however, long-term (chronic) inflammation is associated with many diseases. Obesity, diabetes atherosclerosis, hypertension, rheumatoid arthritis, osteoarthritis and cancer, although very different, all reflect underlying chronic inflammation. Research is discovering that some dietary components may increase inflammation and others may decrease inflammation. However, currently, the best dietary approach to chronic inflammation is a healthy dietary pattern containing a variety of foods.

Objectives:

- Learn how chronic inflammation has a role with many diseases.
- Learn about dietary compounds that may increase inflammation.
- Learn about dietary compounds that may decrease inflammation.
- Learn that a healthy dietary pattern containing a variety of foods is currently the best approach for chronic inflammation.

Materials Needed:

- PowerPoint with Script, either print or electronic version
- Handout for members, one copy per participant
- Evaluation, one copy per participant (OCES FCS Adult Nutrition Evaluation Instrument).

Materials Included: Scripted lesson PowerPoint, handout, evaluation

Suggested Activities

- Before the lesson:
 - Read through the script and handout materials.
 - Get paper copies as needed for the group.
 - Arrange the room so all can see
- After the lesson:
 - Collect evaluations.
 - Restore the room to pre-lesson arrangement.
 - Collect any unused handouts.
 - Take extra handouts and completed evaluations to County Educator who will send them to Kimberly Williams in Stillwater.