

# TALKING TO PEOPLE ABOUT FOOD

## DETAILED SCHEDULE

Time allotted to each section is subject to change depending on group dynamics



<b>Program</b>	<b>12:30 pm– 4:30 pm *</b>
12:30 – 1:15	<b>Food and lifestyle assessment tools that go beyond movement and diet</b> <ul style="list-style-type: none"><li>- Key questions that we always ask</li><li>- What that information truly tells us</li><li>- Developing assessment formats that reflect lifestyle, life choice and food choice</li><li>- Group work</li><li>- New assessments for today's American lifestyles</li></ul>
1:15-2:30	<b>Expanding the palate and fresh food success through flavor pathways</b> <ul style="list-style-type: none"><li>- Putting flavor and the senses in perspective – individual exercises</li><li>- Flavor pathways and flavor groupings</li><li>- Using flavor pathways to increase variety and fresh food confidence</li><li>- Sensory-based educational tools you can use</li></ul>
2:30-2:45	<b>Break</b>
3:30-4:30	<b>Greening our advice for a sustainable world</b> <ul style="list-style-type: none"><li>- Explaining the why</li><li>- Conscious choice guidelines for food educators</li><li>- Motivating and moving consumers toward sustainable choices – basic how to's</li></ul>
4:30	<b>Close</b>

\* Washington DC Friendship Heights program begins at 1:15 PM