CRM LESSON PLAN REPORT

Introduction to the Holistic Health and Fitness System (H2F) Nutritional Readiness
805P-BT805002 / 1.2 ©

Approved
29 Jun 2022

Effective Date: 29 Jun 2022

SCOPE:
This lesson serves as an introduction to the Nutritional Readiness domain of the Holistic Health and Fitness (H2F) System.

Distribution Restriction: Distribution authorized to U.S. Government agencies only
Destruction Notice: Destroy by any method that will prevent disclosure of contents or reconstruction of the document
Foreign Disclosure: FD3: This training product has been reviewed by the developers in coordination with the G10 CIMT foreign disclosure officer. This training product cannot be used to instruct international military students.

SECTION I. ADMINISTRATIVE DATA

All Course Masters /POIs Including This Lesson

Courses

Course Number	Version	Title	Phase	Status
None				

POIs

Course Number	Version	Title	Phase	Status
None				

Task(s) Taught(*) or Supported

Task Number	Task Title	Status
Individual		
None		
Collective		
None		

Reinforced Task(s)

Task Number	Task Title	Status
None		

Knowledge

Knowledge ID	Title	Taught	Required
None			

Skill

Skill ID	Title	Taught	Required
None			

Administrative/ Academic Hours

The administrative/academic (50 min) hours required to teach this lesson are as follows:

Academic	Resident Hours / Methods		
Yes	1 hr	5 mins	Discussion (Small or Large Group)
Total Hours (50 min):	1 hr	5 mins	

Instructor Action Hours

The instructor action (60 min) hours required to teach this lesson are as follows:

	Hours/Actions		
	0 hrs	5 mins	Classroom Breakdown
	0 hrs	10 mins	Classroom Setup
	0 hrs	50 mins	Facilitate Discussion
Total Hours (60 min):	1 hr	5 mins	

Test Lesson(s)

Hours	Lesson Number Version	Lesson Title
None		

Prerequisite Lesson (s)

Hours	Lesson Number Version	Lesson Title
None		

Training Material Classification

Security Level: This course/lesson will present information that has a Security Classification of: U - Unclassified.

Foreign Disclosure Restrictions

FD3. This training product has been reviewed by the developers in coordination with the G10 CIMT foreign disclosure officer. This training product cannot be used to instruct international military students.

References

Number	Title	Date
None		

Student Study Assignment

None

Instructor Requirements

Review the Lesson materials and the FM 7-22, Holistic Health and Fitness manual prior to conducting the lesson.

Support Personnel Requirements

None

Additional Support Personnel Requirements

Name	Student Ratio	Qty	Man Hours
None			

Equipment Required for Instruction

ID - Name	Student Ratio	Instructor Ratio	Spt	Qty	Exp
None					

Materials Required

Instructor Materials:
FM 7-22, The Holistic Health and Fitness (H2F) manual, embedded lesson power point presentation, supporting video, and any Instructor notes.

Student Materials:
None

Classroom Training Area, and Range Requirements

ID - Name	Quantity	Student Ratio	Setup Mins	Cleanup Mins
None				

Ammunition Requirements

DODIC - Name	Exp	Student Ratio	Instruct Ratio	Spt Qty
None				

Instructional Guidance/Conduct of Lesson

NOTE: Before presenting this lesson, instructors must thoroughly prepare by studying this lesson and identified reference material.
Instructor shall review the lesson plan, FM 7-22, and all applicable references prior to conducting the lesson.

Proponent Lesson Plan Approvals

Name	Rank	Position	Date
adam.c.price2	Not Available	Approver	29 Jun 2022

SECTION II. INTRODUCTION

Method of Instruction:	Discussion (Small or Large Group)
Mode of Delivery:	Resident Instruction
Instr Type (I:S Ratio):	Military - NON-ICH (1:25) (Drill Sergeant certification required IAW TR 350-6.)
Time of Instruction:	5 mins

Motivator

The demands imposed by Army training, combat, and contingency operations are unique and challenging. Nutritional readiness is the attainment of an individual nutritional strategy that supports optimal physical and cognitive function as well as lifelong disease and injury prevention. Nutritional readiness is a critical component of holistic health, and contributes greatly to mission success.

The development of a comprehensive performance nutrition program, tailored to organizational requirements, can improve individual Soldier performance, overall unit readiness, and mission success.

Terminal Learning Objective

NOTE: Inform the students of the following Terminal Learning Objective requirements.
At the completion of this lesson, you [the student] will:

Action:	Identify the Nutritional Readiness in the Holistic Health & Fitness (H2F) System.
Conditions:	Given a classroom, a requirement to discuss the principles of H2F Nutritional Readiness, the FM 7-22, and this lesson.
Standards:	Identify Nutritional Readiness in the Holistic Health & Fitness (H2F) System in a clear and concise manner, without error and in the right format.
Learning Domain - Level:	Cognitive - Understanding
No JPME Learning Areas Supported	None

Safety Requirements

NOTES:
* Unit commanders will ensure all safety controls identified in the composite risk management worksheet are implemented prior to the start of training. Commanders will ensure all initial training period risk assessments are completed reflecting the conditions at the training site for the specific training period. Risk assessments are maintained at the training site, and are living, working documents and must be continually updated as conditions change. Composite risk management policy is IAW TR 385-2, paragraph 1-5.
* See Appendix D of this lesson plan for a blank fillable DD Form 2977, "Deliberate Risk Assessment Worksheet."
1. The safety and well-being of Soldiers during their IMT is critical to the success of the TRADOC training mission. Soldiers arriving at Army reception battalions come from many differing backgrounds and in differing levels of physical condition. Similarly, cadets and newlyappointedofficers also exhibit some of that diversity. Consequently, some may be at a greaterrisk of injury/illness. Safety directors with an IMT mission should develop and implement an aggressive accident prevention strategy to provide these Soldiers a training environment that facilitates their transition from civilian to military life.
2. The self-assessment guide in TP 385-1, The TRADOC Model Safety Program and Self-Assessment Guide (appendix B) and conditioning/obstacle course criteria (appendix C) consist of a series of checklists that provide a systematic, standardized means to evaluate/assess the compliance of program elements with directives, legal standards, and regulations. Each provides the user the appropriate reference for the requirement, as well as a recommended documentation to assess implementation. The self-assessment guide is not all inclusive of every safety requirement required by public law, statute, and regulation. Therefore, research applicable public law, statute, and regulation that pertain to your command and situation.
3. Initial Military Training (IMT)/military training, operations and tactical safety:

a. The safety of the IMT Soldier is critical to the success of the TRADOC mission to provide the Army with military occupational specialty qualified Soldiers. Initial Entry Soldiers are subject to stress and risk in the IMT environment because the living conditions, physical demands, and training tasks are unfamiliar and the Soldier is untried.
b. Close, consistent oversight and supervision by qualified Drill Sergeants, platoon sergeant, instructors, and cadre; responsive medical support; and living and training facilities free from known hazards are inherent requirements of the safety structure in place to protect the IMT Soldier. An effective mission-oriented safety program, together with regular, standardized evaluations of the IMT environment, effective training programs, and enforcement of training standards ensures a successful Soldierization program that sets high standards, provides positive role models, and reinforces essential Soldier skills.
c. The safety and the use of CRM is paramount to the training Soldier due to the high-risk training events that may be in encountered in advance or specialty schools such as Drill Sergeant, Airborne, and Ranger. The use of CRM is a vital component to safely train Soldiers while ensuring that training is realistic.
d. The risk level associated with all military training within Army and TRADOC schools are based upon a predetermined number of qualified instructors, when the ratio of students to instructors changes, the risk assessment must be relooked to ensure that the level of risk for the training remains within acceptable limits. Use TP 385-10, Appendix B, Table B-6 as a guideline for self-assessment in these areas.

SAFETY BRIEFING EXAMPLE:
a. Electrical Storms (when appropriate): Take precautions against anyone being hit by lightning.
b. Snake Bites (when appropriate): The most common poisonous snakes to be found on this range are _____. In training areas, they may be found in fighting positions and bunkers. Always observe an area very closely before training.
c. Heat Casualties (when appropriate): When you are active in a hot climate with high humidity, the body becomes overheated. You may become a possible casualty from the heatas the body temperature rises above normal temperature.
d. Cold Weather Injuries (when appropriate): Adequate dry clothing is the key to prevention of cold weather injuries . Supervisors at every level will ensure that their subordinates areadequately protected during cold weather.
e. Weapons Handling: Weapon muzzles must be pointed in the air and downrange at all times. During live-firing, all weapons must be presumed loaded and must, therefore, never be pointed at anyone or anything. Weapons must be loaded on command only. Before firing any exercise, the safety limits of the range must be pointed out and their purpose explained.

Risk Assessment Level

None

Environmental Considerations

NOTE: Instructor should conduct a risk assessment to include environmental considerations IAW the current environmental considerations publication, and ensure students are briefed on hazards and control measures.
NOTE: Instructor should conduct a risk assessment to include environmental considerations IAW the current environmental considerations publication, and ensure students are briefed on hazards and control measures.
a. Based on its commitment to environmental protection, the Army will conduct its operations in ways that minimize environmental impacts. The Army will—
(1) Comply with all environmental laws and regulations. This includes federal, state, local, and Host Nation laws, some of which are outlined in TC 3-34.489, The Soldier and the Environment, 26 Oct 2001, Appendix B.
(2) Prevent pollution at the source by reducing, reusing, and recycling material that causes pollution.
(3) Conserve and preserve natural and cultural resources so that they will be available for present and future generations.
b. Units and installations will prepare an environmental risk assessment using ATP 5-19 and GTA 05-08-002.

Instructional Lead-in

The demands imposed by Army training, combat, and contingency operations are unique and challenging. Nutritional readiness is the attainment of an individual nutritional strategy that supports optimal physical and cognitive function as well as lifelong disease and injury prevention.

Nutritional readiness is a critical component of holistic health, and contributes greatly to mission success.

The development of a comprehensive performance nutrition program, tailored to organizational requirements, can improve individual Soldier performance, overall unit readiness, and mission success.

SECTION III. PRESENTATION

TLO - LSA 1. Learning Step / Activity TLO - LSA 1. Identify the Nutritional Readiness System.

Method of Instruction:	Discussion (Small or Large Group)
Mode of Delivery:	Resident Instruction
Instr Type (I:S Ratio):	Military - NON-ICH (1:25) (Drill Sergeant)
Time of Instruction:	5 mins
Media Type:	PowerPoint Presentation
Other Media:	Unassigned
Security Classification:	This course/lesson will present information that has a Security Classification of: U - Unclassified.

Nutritional Readiness
The demands imposed by Army training, combat, and contingency operations are unique and challenging.

Nutritional readiness is the attainment of an individual nutritional strategy that supports optimal physical and cognitive function as well as lifelong disease and injury prevention. Nutritional readiness is a critical component of holistic health, and contributes greatly to mission success.

The development of a comprehensive performance nutrition program, tailored to organizational requirements, can improve individual Soldier performance, overall unit readiness, and mission success. For Soldiers to perform optimally throughout their careers in assignments with varying levels of mental and physical requirements, they must be proactive and place as much emphasis on foundational health as they do on task-specific performance.

This entails chronic disease prevention and immune system enhancement.
HEALTH PROMOTION AND CHRONIC DISEASE PREVENTION
The nutritional foundation established by a Soldier 's usual dietary intake, or “everyday diet,” can greatly reduce preventable future disease. More than 60 years of peer-reviewed research has demonstrated the importance of the everyday diet to the health and longevity of an individual. Soldiers can capitalize on these findings by consuming more whole-grain products, fruits and vegetables, legumes, nuts, seeds, dairy products, and fish, and less processed grains, added sugars, and processed meats

DIETARY GUIDELINES

The United States Department of Health and Human Services (known as HHS) and the United States Department of Agriculture (known as USDA) jointly publish the *Dietary Guidelines for Americans* every 5 years. The *Dietary Guidelines for Americans* provides evidence-based food and beverage recommendations for Americans ages 2 and older.

These recommendations aim to promote health, prevent chronic disease, and help people reach and maintain a healthy weight, and should be used to develop the Soldier 's baseline healthy eating pattern.

An eating pattern represents all foods and beverages consumed.

All foods consumed as part of a healthful eating pattern unite to meet nutritional needs that promote a healthy weight, enhance performance, and prevent chronic disease.

Soldiers aim to meet their nutrient needs through healthful eating patterns.
comprised of primarily nutrient-dense (such as essential vitamins and minerals, complex carbohydrates, lean protein, and healthy fats) whole foods. A healthy eating pattern includes the following:
-A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), and starchy (potatoes, corn, and winter squash).
-Fruits, especially whole fruits.
-GrainsGrains, at least half of which are whole grains.
-Fat-free or low-fat (1 percent) diary, including milk, yogurt, cheese, fortified soy beverages, or combination of these.
-A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products.
-Oils high in polyunsaturated and monounsaturated fats.

Check on Learning:	Q. According to the 2020 Health of the Force Report, What percentage of Soldiers are classified as obese and thus are more susceptible to illness or injury? A. ~12%
Review Summary:	We have just discussed how Nutritional readiness is the attainment of an individual Nutritional strategy that supports optimnal physical and cognitive function as well as lifelong disease and injury prevention. For optimal health and fitness Soldiers can best serve themselves by making smart and healthy nutrition choices that will lead to lifelong healthy habits. Only individual Soldiers decide what and when they eat and drink. Optimize your health and fitness by making smart and informed decisions when it comes to YOUR nutrition.

TLO - LSA 2. Learning Step / Activity TLO - LSA 2. Identify the purpose of H2F Nutritional Readiness.

Method of Instruction:	Discussion (Small or Large Group)
Mode of Delivery:	Resident Instruction
Instr Type (I:S Ratio):	Military - NON-ICH (1:25) (Drill Sergeant)
Time of Instruction:	10 mins
Media Type:	PowerPoint Presentation
Other Media:	Unassigned
Security Classification:	This course/lesson will present information that has a Security Classification of: U - Unclassified.

LSA 2: Purpose of Nutritional Readiness

1. Nutritional readiness has evolved over the past four decades from a series of disjointed ideas and onesize-fits-all guidelines into an evidence-based science
promoting integrated and personalized practices. Whereas earlier efforts were based on static recommendations focused on the fuel needs for endurance sports,
contemporary performance dietary guidelines are mission- and individual-driven and periodized to enhance readiness.

2. The goal of nutritional readiness is to promote optimal performance readiness. For Soldiers to perform optimally throughout their careers in assignments with varying
levels of mental and physical difficulty, they must place as much emphasis on nutrition programming to support that performance as they do on physical and mental health.
Nutritional readiness intertwines with the other readiness domains since it promotes and is supported by optimal physical readiness, mental readiness, spiritual readiness,
and sleep readiness.

Check on Learning:	Q. What is the goal of nutritional readiness? A. To promote optimal performance readiness.
Review Summary:	You have just received a block of instruction regrading the Purpoe of Nutritional Readiness. What are your questions pertaining to the Purpose of Nutritional Readiness?

TLO - LSA 3. Learning Step / Activity TLO - LSA 3. Identify the Army Performance Nutritional Program.

Method of Instruction:	Discussion (Small or Large Group)
Mode of Delivery:	Resident Instruction
Instr Type (I:S Ratio):	Military - NON-ICH (1:25) (Drill Sergeant)
Time of Instruction:	10 mins
Media Type:	PowerPoint Presentation
Other Media:	Unassigned
Security Classification:	This course/lesson will present information that has a Security Classification of: U - Unclassified.

LSA 4: Army Performance Nutritional Program

The Army comprehensive performance nutrition program concept and framework encompasses three components-proactive, active, and reactive.
1. Proactive-Foundational nutrition and entails chronic disease prevention and immune system enhancement.
2. Active-Operational nutrition focuses on event fueling and post event recovery and arduous environment preparedness.
3. Reactive-Therapeutic nutrition centers on specific nutritional interventions to treat an illness, injury, or condition.

Promote optimal performance readiness through mission- and individually-driven nutrition guidance

Check on Learning:	Q. What are 3 performance nutrition programs? A. Operational, Foundational and Therapeutic
Review Summary:	You have just received a block of instruction regrading the Army Performance Nutrition Program. What are your questions pertaining to the Army Performance Nutrition Program?

TLO - LSA 4. Learning Step / Activity TLO - LSA 4. Identify a Healthy Eating Pattern.

Method of Instruction:	Discussion (Small or Large Group)
Mode of Delivery:	Resident Instruction
Instr Type (I:S Ratio):	Military - NON-ICH (1:25) (Drill Sergeant)
Time of Instruction:	10 mins
Media Type:	PowerPoint Presentation
Other Media:	Unassigned
Security Classification:	This course/lesson will present information that has a Security Classification of: U - Unclassified.

LSA 5: Identify Healthy Eating Patterns

KEY COMPONENTS OF HEALTHY EATING PATTERNS :

-All foods and many beverages contain calories, and the total number of calories varies depending on their macronutrients.
-On average, carbohydrates and protein contain 4 calories per gram, fats contain 9 calories per gram, and alcohol has 7 calories per gram.
-The total number of calories a person needs each day varies on factors including the person's age, sex, height, weight, and level of physical activity.
-A need to lose, maintain, or gain weight and other factors such as recent injury or illness affect how many calories to consume each day.
- Soldiers need to limit alcohol consumption. Alcohol is not a performance nutrient and, in fact, is a physical and mental depressant.
-If Soldiers consume alcohol, it should be in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age.

To optimize their health and performance, Soldiers need to understand and apply the basics of a healthy eating pattern thatincludes the following:

-A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), and starchy (potatoes, corn, and winter squash).
-Fruits, especially whole fruits.

-Grains, at least half of which are whole grains.

-Fat-free or low-fat (1 percent) diary, including milk, yogurt, cheese, fortified soy beverages, or combination of these.

-A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products.

-Oils high in polyunsaturated and monounsaturated fats.

A healthy eating pattern limits:
Added sugar—consume less than 10 percent calories per day from added sugar.
Saturated and trans fats—less than 10 percent calories per day from saturated fats.
Sodium—consume less than 2300 milligrams per day from sodium.

Check on Learning:	Q. What are three healthy eating patterns to optimize your health and performance? A. -A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), and starchy (potatoes, corn, and winter squash). -Fruits, especially whole fruits. -Grains, at least half of which are whole grains. -Fat-free or low-fat (1 percent) diary, including milk, yogurt, cheese, fortified soy beverages, or combination of these. -A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products. -Oils high in polyunsaturated and monounsaturated fats.
Review Summary:	You have just received a block of instruction on the Healthy Eating Patterns. What are your questions pertaining to Healthy Eating Patterns.

TLO - LSA 5. Learning Step / Activity TLO - LSA 5. Identify Operational Nutrition.

Method of Instruction:	Discussion (Small or Large Group)
Mode of Delivery:	Resident Instruction
Instr Type (I:S Ratio):	Military - NON-ICH (1:25) (Drill Sergeant)
Time of Instruction:	10 mins
Media Type:	PowerPoint Presentation
Other Media:	Unassigned
Security Classification:	This course/lesson will present information that has a Security Classification of: U - Unclassified.

LSA 6: Identify Operational Nutrition

With a focus on foundational health through a deliberate everyday diet, Soldiers are better positioned to optimize task-specific performance nutrition through event fueling and post-event recovery, and arduous environment preparedness. Operational Nutrition consists of many factors, including understanding the F.I. T.T. Principle, Nutrient timing, and understanding Before/During/After nutritional and hydration guidelines.
F.I.T.T Principle: Energy or calorie needs increase with increases in exercise frequency, intensity, time, and type. Soldiers should adjust needs based on the type of exercise completed. These four variables are often referred to as the F.I.T.T. principle. Energy needs will fluctuate as changes in frequency, intensity, time, and type occur, therefore Soldiers should consult with a registered dietitian to determine their energy needs and how to adjust for alterations in physical activity, physical demands of duty, or both.

Nutrient timing involves proper fueling strategies before, during, and after physical training sessions and other strenuous activity. If done correctly, solid strategies can help to prevent energy deficits and aid in adequate recovery. When Soldiers consume nutrients is just as important as what nutrients they consume. Each and every body functions differently in response to fueling for training, so it is recommended that each Soldier practice with nutrient timing while training.

Before Exercise

Before strenuous activities, consuming carbohydrate-rich foods and fluids in the 2-4 hours before exercise helps to restore liver glycogen, increase muscle glycogen stores, and prevent hunger.
Research suggests a pre-exercise meal containing 1 to 4 grams of carbohydrate per kilogram of body weight, consumed 1 to 4 hours prior to exercise provides improved performance. If unable to consume a meal prior to early morning exercise, consuming approximately 30 grams of easily digested carbohydrate-rich food or fluid (for example, banana, applesauce, or toast with peanut butter) one hour prior to exercise is beneficial.

During Exercise

Consuming carbohydrates during exercise lasting greater than 60 minutes can delay the onset of fatigue and improve endurance capacity by maintaining blood glucose levels.

After Exercise

Using an effective refueling strategy after exercise can help to optimize recovery and promote the desired adaptations to training. Replenishment of glycogen occurs faster after exercise due to the increased blood flow to the muscles, the increased ability of the muscle cell to take in glucose, and the muscle cells sensitivity to the effects of insulin during this period. As such, exercise promotes glycogen synthesis (restoring glycogen in the liver and muscle).

It is critical to provide the body with 50–100 grams of carbohydrate (2 grams of carbohydrates per kilogram of body weight) and 15–25 grams of high-quality protein (5–9 grams protein per 100 grams of carbohydrates) within 30–60 minutes after exercise. This protein helps replenish muscle glycogen stores, stimulate muscle protein synthesis, and repair damage caused by intense exercise. If unable to eat a meal within 60 minutes of completing exercise, Soldiers might snack on 8 ounces (1 cup) low-fat chocolate milk, 8 ounces (1 cup) 100-percent fruit juice and a handful of nuts (about ¼ cup), 2 slices whole grain bread with peanut butter and a banana, or 8 ounces (1 cup) low-fat yogurt and a piece of fresh fruit (for example, 1 medium apple, 1 medium orange, 1 banana). When refueling, Soldier should eat a combination of foods and fluids with carbohydrates and protein to refuel targets.

HYDRATION

It does not take much water loss for performance to suffer. A mild dehydration (as measured by a change in body weight) of less than 1 percent involves slowed working memory, increased tension or anxiety and fatigue, and increased error-related to visual vigilance. Drink water first thing when you wake up every day and hydrate throughout the day as needed.

Fluid requirements can widely vary depending on workload, level of heat stress, and sweat rate. Sweat loss varies depending on age, training, and acclimation status, exercise intensity and duration, air temperature, humidity, wind velocity, cloud cover, clothing, and individual sweat rates.

Drinking more than a cup of coffee in the morning is enough caffeine to negatively affect a Soldiers hydration status. Electrolytes control the fluid balance of the body and are important in muscle contraction, among many other essential functions. Electrolytes (such as sodium, potassium, calcium, magnesium, and chloride) come from food and fluids. The loss of sodium and potassium in sweat can be quite high during prolonged physical activity, especially in warm weather. Replacing these elements is an important part of the recovery process.

Check on Learning:	Q. What is a Registered Dietitian (RD)? A. Subject matter expert in all things food and nutrition.
Review Summary:	You have just received a block of instruction on Identifying Operational Nutrition. What are your questions pertaining to Identifying Operational Nurition?

SECTION IV. SUMMARY

Method of Instruction:	Discussion (Small or Large Group)
Mode of Delivery:	Resident Instruction
Instr Type (I:S Ratio):	Military - NON-ICH (1:25) (Drill Sergeant)
Time of Instruction:	5 mins

Check on Learning

The reference for the questions below is Chapter 8, Nutritional Readiness, FM 7-22 holistic health and Fitness, oct 2020

Q. According to the 2020 Health of the Force Report, what percentage of Soldiers are classified as obese and are more susceptible to illness or injury?
A. ~12%

Q. What is the goal of nutritional readiness?
A. To promote optimal performance readiness.

Q. What are 3 performance nutrition programs?
A. Operational, Foundational and Therapeutic.

Q. What are three healthy eating patterns to optimize your health and performance?
A.
-A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), and starchy (potatoes, corn, and winter squash).
-Fruits, especially whole fruits.
-Grains, at least half of which are whole grains.
-Fat-free or low-fat (1 percent) diary, including milk, yogurt, cheese, fortified soy beverages, or combination of these.
-A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products.
-Oils high in polyunsaturated and monounsaturated fats.

Q. What is a Registered Dietitian (RD)?
A. Subject matter expert in all things food and nutrition.

Review/Summary

In this lesson we have covered the definition of Nutritional readiness, the purpose, the Army Nutritional program, what comprises a healthy eating pattern, and operational nutrition. Soldiers can optimize their own health, fitness, and performance by making smart and informed decisions about their own nutrition. Are there any questions?

Q. What percentage of Soldiers are classified as obese, thu more susceptible to illness or injury?
A. ~12%
Q. What is the goal of nutritional readiness?
A. To promote optimal performance readiness.

Q. What are 3 performance nutrition programs?
A. Operational, Foundational and Therapeutic

Q. What are three healthy eating patterns to optimize your health and performance?

A.
-A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), and starchy (potatoes, corn, and winter squash).
-Fruits, especially whole fruits.
-Grains, at least half of which are whole grains.
-Fat-free or low-fat (1 percent) diary, including milk, yogurt, cheese, fortified soy beverages, or combination of these.
-A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products.
-Oils high in polyunsaturated and monounsaturated fats.

Q. What is a Registered Dietitian (RD)?
A. Subject matter expert in all things food and nutrition.

SECTION V. STUDENT EVALUATION

Testing Requirements	NOTE: Describe how the student must demonstrate the accomplishment of the TLO. Refer student to the Individual Student Assessment Plan.
Feedback Requirements	NOTE: Feedback is essential to effective learning. Schedule and provide feedback on the evaluation and any information to help answer students& questions about the test. Provide remedial training as needed.

Appendix A - Viewgraph Masters

Introduction to the Holistic Health and Fitness System (H2F) Nutritional Readiness 805P-BT805002 / Version 1.2 ©

Sequence	Media Name	Media Type
None		

Appendix B - Assessment Statement and Assessment Plan

Assessment Statement: None.

Assessment Plan: None.

PRACTICE EXERCISE(S)/SOLUTIONS(S) FOR LESSON 805P-BT805002 Version 1.2 ©

Appendix D - Student Handouts

Introduction to the Holistic Health and Fitness System (H2F) Nutritional Readiness 805P-BT805002 / Version 1.2 ©

Sequence	Media Name	Media Type
None		