

PHASE 2

STAFF RESOURCE – WORKSHOP FLOWS AND SCRIPTS

WORKSHOP (WEEK) 11 – Female Focused Foods

Key:

[Blue bold] = Notes to facilitator

Italics bold = Questions for facilitator to ask the room/group

Italics = Script to guide sessions

The room set up/environment

- A comfortable space for chatting and sharing
- Herbal teas

Resources:

- Week 11 workshop handouts
- Pens
- Spot prizes for the quiz – healthy snack giveaways, mini Kombucha bottles for example.
- Copy of the journal – Hard cover or printed PDF (new version phase 1 & 2 combined)
- Female Focused Foods PDF
- The Why and How of Box Breathing PDF
- Week 11 Nutrition Tasks
- Week 11 Meal Plan (print from MyFernwood)

Overview: Session duration - 1 hour

1. Welcome and review of last week's activities and questions – 5 minutes
2. Female Focused Foods (topic overview) – 2 minutes
3. Nutrients for optimal female health (discussion/activity) – 10 minutes
4. Extras for the XX - Quiz (activity) – 10 minutes
5. Extra Self-Care (overview) 5 minutes
6. Extra Self-Care (activity) 10 minutes
7. Box breathing (activity) – 10 minutes
8. Session close – 1 minute

Session flow

NB the scripts are merely guides and do not need to be verbatim. Run the discussions and activities to suit your personality and style.

Welcome and review of week 10 [DISCUSSION] – 5 - 10 minutes

*Welcome everyone to week 11. Today we will explore the topic, 'Female Focused Foods'. Before we dive into this topic, **[ASK THE GROUP] does anyone want to share how they got on in week 10 or have any questions?** [Encourage discussion and support contributions from the group - ask about*

success with the recipe plan, any favourite recipes? How did they get on with their journal activities? And is everyone up to date?]

[OVERVIEW] Female Focused Foods – 5 minutes

This week we turn our attention to foods and nutrients that support the dynamic hormonal and physiological aspects of being female and those that are especially important for female health and wellbeing. Having two X chromosomes makes us unique and at certain times in need of some extra nutrients to support the female specific functions of our biology; monthly menstruations, pregnancy and menopause all pose changes in nutrient demands and hormonal fluctuations throughout our life. Some of these key nutrients for optimal female health include:

Iron, zinc, calcium, Vitamin D, magnesium, B-vitamins, Omega fatty acids and protein.

[ACTIVITY/DISCUSSION] Nutrients for optimal female health – 10 minutes

One of your journal activities for this week was to list some of the best food sources for these nutrients.

Iron - is essential for life and especially important for women during menstruating years, pregnancy and breastfeeding. Iron helps in the production of hemoglobin, a protein found in red blood cells that carries oxygen in our blood to every cell in the body. Compared to men, women require more iron in their daily diet due to the loss of blood during menstruation, and increased demand during pregnancy. A woman's iron requirements lower considerably post menopause. **[ASK THE GROUP] what are some good dietary sources of iron [wait for responses – and then sum up with, red meat, poultry, fish, kale, spinach, beans, lentils, nuts and foods fortified with iron]**

Zinc - is a powerful mineral with antioxidant properties. It helps with keeping the immune system strong, aids in fighting inflammation and promotes faster healing. For women, zinc helps in the regulation of the menstrual cycle and the production of the female hormones. As Mother Nature would have it, many of the food sources that are rich in iron are also considered rich in zinc – she's intuitive. **[ASK THE GROUP] what are some good dietary sources of zinc [wait for responses – and then sum up with, meats, poultry, fish, shellfish, eggs, dairy, legumes, dark green leafy veggies, mushrooms and wholegrains]**

Calcium & Vitamin D - are usually talked about together in relation to bone health. As women age, estrogen levels begin to decrease and go through perimenopause, and by the time of menopause (one full year after the last egg has been released) estrogen is at its lowest. Estrogen has protective factors influencing heart health and bone health, so post menopause risk for cardiovascular issues and osteoporosis (loss of bone density) increase. Both calcium and vitamin D are important in cardiovascular, bone and hormonal health, so it's important to ensure adequate levels are consumed throughout every stage of life. **[ASK THE GROUP] what are some good dietary sources of Calcium [wait for responses – and then sum up with, milk, yoghurt, cheese, sardines, tofu or tempeh, dark green leafy vegetables, soy beans and fortified plant-based milks] What is our best source of Vitamin D? [Answer is sunshine and some foods such as Oily fishes like salmon and mackerel, red meat, egg yolks]**

Magnesium - Just like other minerals, magnesium aids in many bodily processes like energy production, protein formation, healthy inflammatory responses, optimal sleep health and support of healthy blood pressure. For women, magnesium can help with migraines, improve mood and alleviate pre-menstrual syndrome symptoms. **[ASK THE GROUP] what are some good dietary sources of magnesium [wait for responses – and then sum up with, dark green leafy vegetables**

FOOD & MOOD

COACHING

like silver beet and spinach, quinoa, almonds, avocado, salmon, black beans, pepitas and dark chocolate.]

B Vitamins - are responsible for energy and nutrient metabolism, good cellular health, and support both the immune and nervous systems. Women also need this group of vitamins for improved mood, stress management, memory and reducing symptoms of PMS. During pregnancy, increased intake of Folic acid or Folate (Vitamin B9) is recommended to prevent birth defects. **[ASK THE GROUP] what are some good dietary sources of B-vitamins [wait for responses – and then sum up with, meats, poultry, eggs, fish, dairy products, dark green leafy vegetables, seaweeds, legumes, whole grains, fruits and seeds.]**

Omega's 3, 6 & 9 – Omega fatty acids include omega 3, 6 and 9 and are required for several healthy processes within the body. Omega 3s from oily fish and seeds like flax, chia and hemp seed, support healthy brain function, and in particular the development of brain tissue if developing babies. A healthy balance of all omegas in optimal ratios support hormonal health and healthy inflammatory responses. Gamma Linoleic acid found in evening primrose oil is especially important for female hormonal health and is often used as a natural support for breast tenderness and other Premenstrual symptoms. **[ASK THE GROUP] what are some good dietary sources of Omega fatty acids [wait for responses – and then sum up with, oily fish, salmon, mackerel, sardines, tuna, flaxseeds, hempseeds, chia seeds for omega 3's, seeds, nuts and wholegrains and olives and avocados including oils for Omega 6's.**

[ACTIVITY] Extra's for the XX Quiz – 10 minutes

It's quiz time again! **[Instruct the group] In pairs or a small group, have a brief discussion on the following statements and then answer the quiz on your workshop handout. You have 5 minutes to complete the quiz and then we will go through the answers – there may be a small prize up for grabs [You may wish to have a small spot prize (a bottle of Kombucha each is a great gut health gift) for the winning pair/group. Once the 5 minutes is up – go through the answers and read out the statement along with the correct answer as per notes below]**

[Going through the answers. Read out the question and then the correct answer (highlighted) with the explanation below]

1. **True** or false, the recommended daily iron requirement for menstruating females is higher than that for postmenopausal women?

True – Nutrition Australia states that women aged 19-50 years require 18mg due to blood loss in monthly menstruation. Post -menopausal women require only 8mg per day.

2. Iron is essential in the production of hemoglobin, a protein found in red blood cells that carries which gases around the body?

- a) Nitrogen & carbon dioxide
- b) Methane & oxygen
- c) Oxygen & carbon dioxide**
- d) Oxygen only

C – Oxygen and carbon dioxide. Hemoglobin transports oxygen to cells to be used in metabolism and takes carbon dioxide away from cells, back to the lungs to be excreted through the breath.

3. **True or false**, iron requirements stay the same for women during pregnancy and breast feeding?

False – iron requirements increase in pregnancy and breast feeding. Nutrition Australia recommend an intake of 27mg per day for pregnant and breast-feeding females.

4. True or **false**, the only viable source of iron in the diet is from red meat?

False – Iron rich foods also include green leafy vegetables and seafoods

5. **True** or false, the female hormone estrogen plays a role in protecting against heart disease and osteoporosis?

True – Estrogen helps to support healthy blood cholesterol levels and healthy arteries thus protecting against cardiovascular disease. It is also a key player in slowing the loss of bone mass in adults, reducing risk of osteoporosis.

6. **True** or false, symptoms associated with Pre-menstrual syndrome (PMS) and Perimenopause may be improved through diet and exercise?

True – research shows that exercise and healthy eating have been associated in a reduction / improvement in a range of premenstrual and peri-menopausal symptoms. One explanation for this is the role of diet and exercise in improved liver function. The liver is integral to hormonal health (recall week 9)

7. Experts agree the best source of vitamin D is:

- a) Coffee
- b) Asparagus
- c) Sunshine**
- d) Bacon

c) Sunshine – sunshine converts cholesterol in the skin into Vitamin D.

8. All B-vitamins are important for female health, especially their roles in which of the below options:

- a) Metabolism
- b) Energy balance
- c) Nervous system support
- d) Immune support
- e) Stress management
- f) All of the above**

F – All of the above. B vitamins play a role in a wide variety of physiological systems and processes, which is why they are so important for overall health.

9. Folic acid is important during pregnancy for the healthy development of the fetus. It is also known as:

- a) Folate (B2)
- b) Folate (B5)
- c) Folate (B9)**
- d) Folate (B12)

c) Folate is also known as Vitamin B9

[ACTIVITY] Extra Self-Care – 10 minutes

*As females we have fluctuating hormones throughout any given day, week, month and lifetime. It's not just our diet that can help but listening to our energy levels and emotional and mental needs during these times that is equally important. **[INSTRUCT THE GROUP]** We are now going to spend a few minutes in pairs discuss the following points around self-care (you can also refer to your workshop handout)*

- *Times when you know or feel you need to give yourself some extra care*
- *What you do already, or intend to do in the future, in order to support you in these times when you need extra self-care?*

You may wish to refer to the list of self-care practice examples on your workshop handout, or come up with some of your own. You will each have around 4-5 minutes each to discuss.

[Once everyone looks like they have completed the activity, spend 2-3 minutes asking the whole group if anyone wanted to share some of the self-care practices they came up with for themselves and why they felt these were the best practices for them at this time]

[ACTIVITY] Box Breathing - group exercise – 10 minutes

And finally, we're on to our last exercise for today's workshop – Box breathing. Box breathing is a simple technique that has been widely adopted as a mainstream practice to calm the mind and body and to help balance mental and emotional states. Navy seals are renowned for using this technique to stay calm and focused during tense situations. You can read a little more in the resource 'The Why & How of Box Breathing, but for now, let's have a go.

[Instruct the group to find a quiet comfortable space in the room for the final activity of the workshop]

1. *Sitting or lying down, find a comfortable position*
2. *Gently close your eyes and then close your mouth to inhale and exhale easily through the nose*
3. *For your first few rounds of breath, breathe at a pace that is natural and usual for you.*
4. *Then, inhale for 4 seconds (1-one-thousand, 2-one-thousand, etc.) pause at the top of the breath for 4 seconds, exhale for 4 seconds, pause at the bottom of the breath for 4 seconds.*
5. *Continue breathing in this way for 1 minute*

[Allow the group time to continue the exercise for a couple of minutes, if you are short on time, one minute is enough. When you are ready to close the exercise instruct the group as follows:]

When you are ready, in your own time, there is no rush, allow your breath to return to what is natural and usual for you. If your eyes are closed, slowly blink them open.

[If time permits, you may wish to ask the room how they found that exercise and remind them to complete a few minutes of this week's breathing exercise each day this week].

Session close – 1 minute

Any questions?

That concludes the workshop for this week, thank you everyone for attending. Have a great week, see you next in the workshop, if not before!