

Welcome to the Hard Hat Training Series!



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PRESENTATION HERE

Welcome to Safety Provisions, part of the Hard Hat Training Series. Do you know the nutrients your body needs to remain healthy? Do you know how to safely prepare a meal? If not, you are not alone. Today we will strive to answer these questions and help you understand how to safely and efficiently obtain the nutrients that you need each day.



Over the last 30 years, the quality of nutrition and overall health among individuals has greatly decreased. Many believe that this decrease has been triggered by the recent adoption of living a sedentary lifestyle.



Sedentary Lifestyle is a type of lifestyle with little to no physical activity. Someone living this way is usually reading, watching television, using an electronic device, or socializing for a majority of the day.

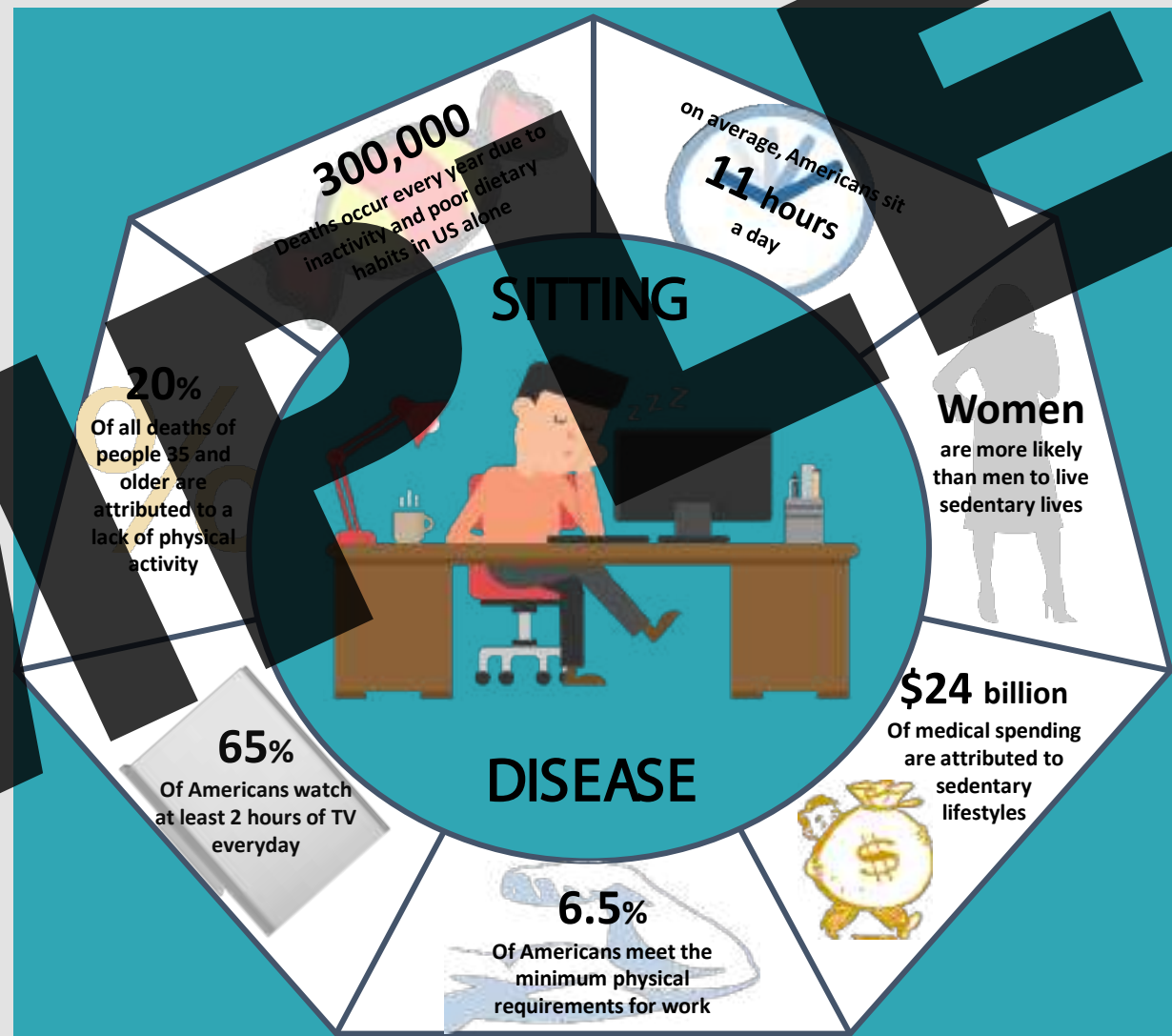
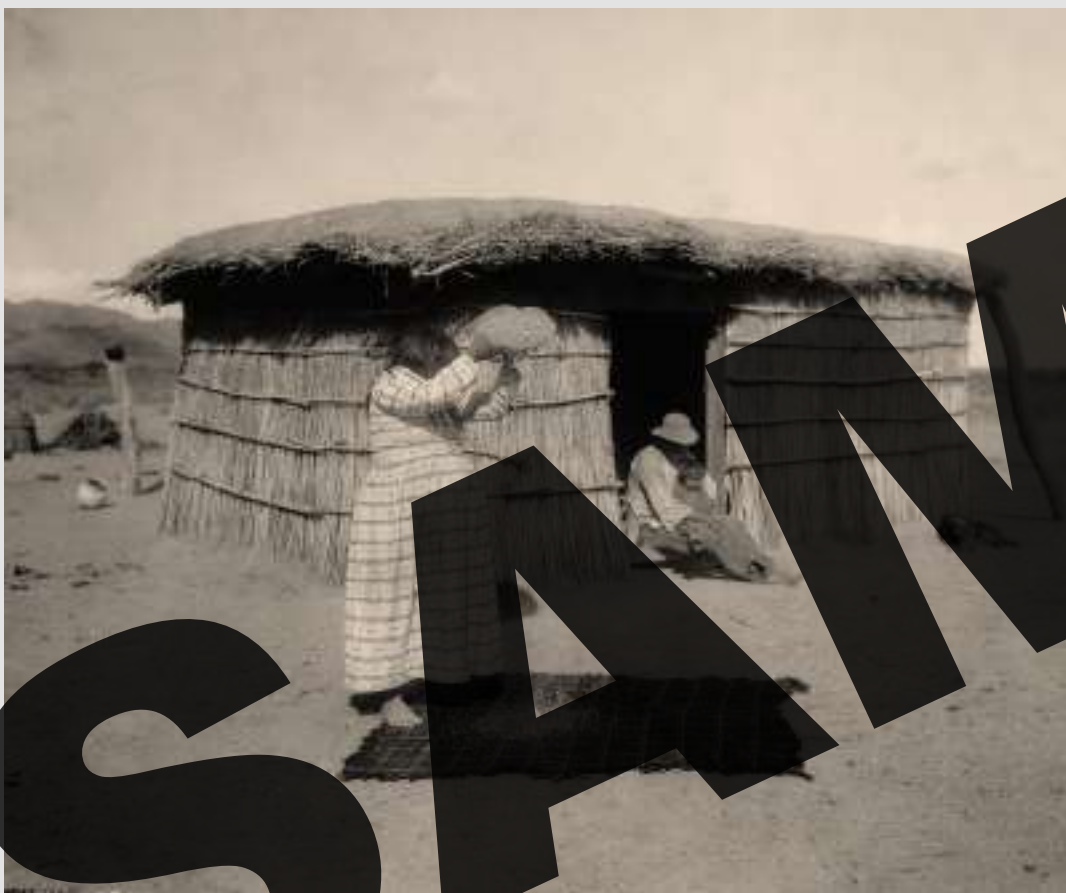




This lifestyle influences individuals to choose more convenient foods (i.e. fast food) rather than electing to prepare a homecooked meal because it is much quicker and easier. We have seen this shift in lifestyle and diet occur among all ages and populations.



By researching two communities within the Pima Indian Tribe in the U.S., we have seen the true affects this lifestyle can have on a once healthy community.



A majority of this tribe continues to live relatively close to each other but in drastically different environments. One portion of the tribe is located in a secluded mountain range in Mexico, while the other is located in various suburban and urban areas in Southern Arizona.





The Mexico Pima Indians continue to live off the land and farm just as their forefathers. By doing so, they have been able to continue eating healthy and living healthy lives.



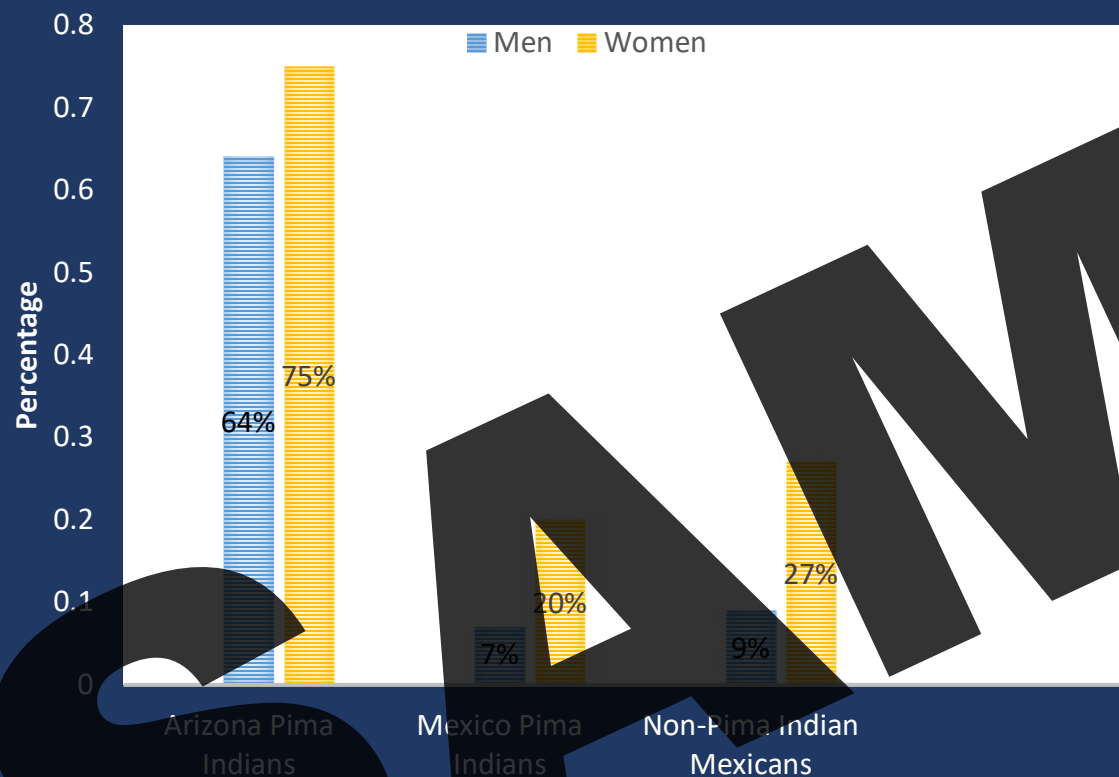


Meanwhile, Arizona Pima Indians have struggled with their health because of their adoption of the sedentary lifestyle and unhealthy diet. This has led to a dramatic rise in the prevalence of diabetes and obesity within this community.



Today, Arizona Pima Indians have one of the highest rates of diabetes within the United States at 38%. They are also roughly five times more likely to become obese than their relatives who are located in Mexico.

OBESITY AMONG PIMA INDIANS

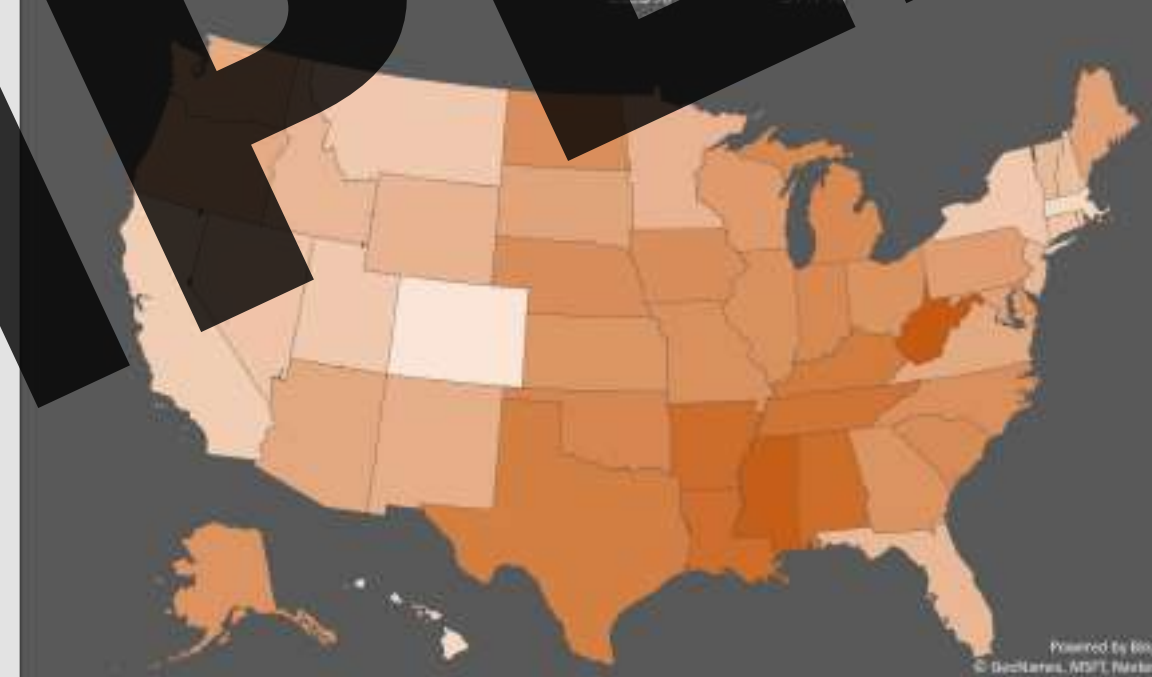


Obesity Rate in Adults in 2016 (Body Mass Index ≥ 30)

Percent of Obese Adults

21.3%

37.7%



This decrease in the quality of health among the Arizona Pima Indians community has been linked to their higher intake levels of convenient meals. These meals often cause fat, salt, and sugar intake levels to rise dramatically. Meanwhile, other important nutrients such as vitamins, minerals, iron, and calcium intake levels tend to drop.



Did you know?

95% of the cells within your body will die and be replaced every year. They are created from the food that you eat. This is why it is so important to have a healthy diet.





This is why cooking meals within your home is vital to living a healthy life. You are able to control what goes into your meal and how it is prepared. This way, the food that you consume has the potential of providing your body with all the nutrients it requires. The same cannot be said about the meals that are prepared at a restaurant.



Restaurant and frozen foods tend to have a lot more calories than your average home meal. This is not only caused by the nutritional value of the food used but also how the food is prepared.



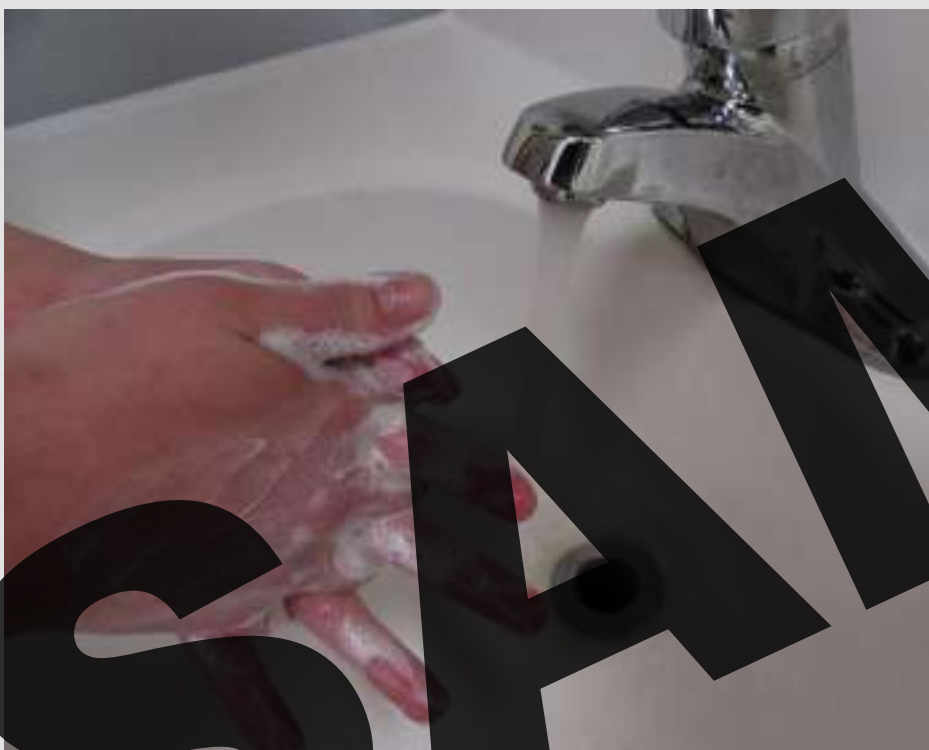
There are a lot of myths and speculation about calories. To address these, we will begin this training by discussing calories and how it is important to not just consume calories for energy but that you should also pay attention to where those calories come from.



Then, to help you gain a better understanding of what nutrients are, we will take some time to cover the details of the different types of nutrients, how much of each you need, and in what foods you can find them in.



As you begin to apply the things you learn from this training, it is important that you remain safe. In order to assist in this effort, we will be discussing various types of safety precautions to keep in mind while in the kitchen.

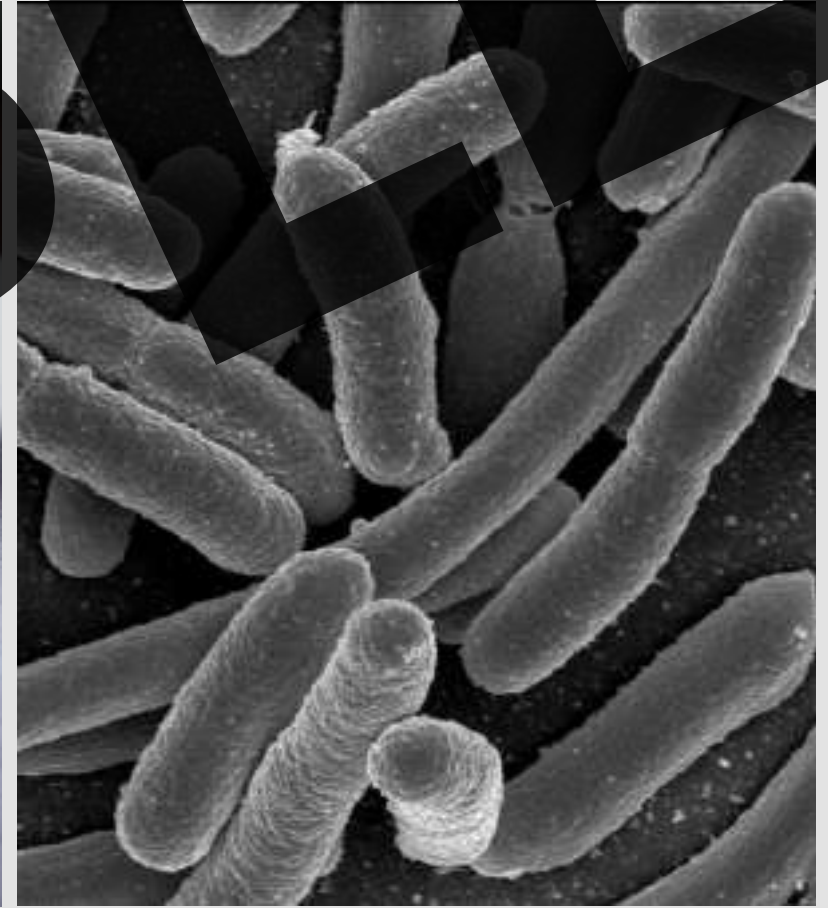




This will include how to properly handle and store different foods, how to use appliances safely, how to prevent a kitchen fire, and what to do if one does start. We will also discuss what to do if you happen to get injured.



We will then finish today's discussion by looking into common food borne illnesses and food allergies that people suffer from to help you do your part in preventing any outbreaks from occurring.



Upon the completion of this training, you will be more knowledgeable about the importance of nutrition and have a better understanding of how you can safely and effectively supply the nutrients to your body. It is important to note, the completion of this training does not qualify you as a food server or provider.



Nutrition

SAMPLE



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TRAINING SERIES

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FOOD & NUTRITION
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