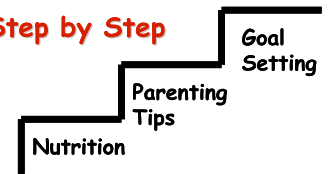


Class Outline and Suggested Activities

Fruits and Vegetables – Why are they important?

Building Healthy Families:

Step by Step



Handouts

1. The Fruit and Vegetable Groups
2. Sample menu: Getting Your Fruit and Vegetables Each Day
3. Tips for Getting Kids to Eat More Fruits and Vegetables
4. Goal sheets

Other Materials needed

1. Video and VCR player

Conduct Icebreaker/Distribute Materials for Class

Welcome

- I'm glad to see everyone back today! Could someone share what happened with last week's goals for serving breakfast, healthy snacks, and water? How did it work for your family?
- **Wait for response. Encourage additional comments. Allow about 2 minutes for some discussion.**
- What were some problems you had with this goal?
- **Wait for response. Encourage additional comments.**
- What were some solutions that worked for your family?
- **Wait for response. Encourage additional comments.**
- Congratulations on your successes last week! Change can take time.
- Here are the handouts for today's lesson. You can add these to your notebook. If you forgot your notebook, you can add these pages to it when you get home.

(Pass out handouts)

- How, let's start our lesson on fruits and vegetables. Your notebook has a great handout showing how to get vegetables and fruit at each meal and a handout with tips to get your children to eat vegetables and fruit.

Review Materials/Handouts – 10 minutes

- Encourage clients to refer to the handouts that give more information about the topic.

Here is a review of the information to be covered in class.

Make half your plate fruits and vegetables.

Vegetables:

- Vegetables provide vitamins, minerals, and fiber and most are low in calories and fat. We need to eat a variety of vegetables of different colors to get all the nutrients we need.
- We get most of our vitamin A from orange and dark green vegetables. We need at least 3 cups of dark green vegetables and 2 cups of orange vegetables per week.
- Some vegetables are also high in vitamin C. Overcooking can destroy the vitamin C in vegetables. Vitamin C is also lost when cooking in water. Avoid overcooking vegetables and cook them in small amounts of water.
- Eat at least 2 ½ cups of vegetables everyday. A half cup of vegetables is:
 - ½ cup cooked or canned vegetables
 - 1 cup of raw, leafy vegetables
 - ½ cup raw, chopped vegetables
 - ½ medium potato
 - ½ cup 100% vegetable juice
- Buying fresh vegetables in season can help you save money. We should eat the fresh vegetables we buy within one week.
- Canned and frozen vegetables are also healthy. Look for the lowest priced brands of canned and frozen vegetables. Choose vegetables without added sauce which can be high in fat and sodium.
- Avoid canned vegetables that are dented on the seam or rim, rusted, or bulging.
- Store most vegetables in the refrigerator. Canned vegetables, onions, and potatoes can be stored in a dark, cool, dry place.
- Wash fresh vegetables under running water. Do not use soap. Use a vegetable brush to scrub tough skinned vegetables. Remove wilted outer leaves from cabbage and other leafy greens.

Fruit:

- Fruits are low in fat, high in carbohydrates, naturally sweet, and make great snacks and desserts. Citrus fruits, cantaloupe, strawberries, kiwi, and papaya are high in vitamin C. Unpeeled fruit, dried fruits, and berries are high in fiber. Orange fruits such as peaches, mangos, cantaloupe, and apricots are high in vitamin A.
 - We need two cups of fruit each day. A half-cup of fruit is:
 - ½ cup fresh, frozen, or canned fruit
 - ½ cup 100% fruit juice
 - ¼ cup dried fruit
- Go easy on fruit juice! Drinking lots of juice can add too many calories to your eating plan. Juice does not have as much fiber as whole fruit. Choose 100% fruit juices.
- Purchase fresh fruit in season for the best buy. Canned, frozen, and dried fruits are also healthy. Look for the lowest priced canned fruit. Dried and frozen fruits usually cost more.

- Choose fruits canned in water, their own juice, or light syrup. These have less added sugar and fewer calories.
- Store ripe fruit in the refrigerator. Store canned and dried fruit in a cool, dry place.
- Rinse fresh fruit with running water before eating. Do not use soap. Scrub tough skinned fruits such as melons with a vegetable brush.
- Dip fruits such as apples, peaches, pears, and bananas in lemon or orange juice to keep them from turning brown.

Sources for Help:

- Fruit and Vegetables
- Sample menu-Getting Your Fruit and Vegetables Each Day.
- Tips for Getting Your Kids to eat Fruit and Vegetables.

Let's watch the video and see how our video moms help their families eat vegetables and fruits.

Watch Video Presentation 5 Minutes

- Turn on video.
- Check to be certain all can see and hear the video.

Intermission Discussion 3-4 Minutes

1. Who wants to share ways they have successfully gotten their children to eat vegetables?
 - **Wait for response. Encourage additional comments.**
2. How long did change take?
 - **Wait for response. Encourage additional comments.**
3. How many of you eat vegetables in front of your kids?
 - **Wait for response. Encourage additional comments.**

Finish Video

Final Discussion – 10 Minutes

I bet all of you would agree with our video moms that getting families to change long time habits can be slow. More importantly, families need to be involved with the change. Family discussion and having kids help with fruit and vegetables preparation can all help make change happen. Plus making sure that everyone knows what actual fruits and vegetables are is the first step. I know some people think macaroni and cheese is a vegetable!

1. What do you think of the solutions for Lisa's problems of getting her kids to eat vegetables and fruits? Has anyone tried any of these?
 - **Wait for response. Encourage additional comments.**
2. Would these work for your families?
 - **Wait for response. Encourage additional comments.**

3. What are other reasons people do not eat fruits and vegetables? (Besides time, costs, and preference?)

Wait for response. Encourage additional comments.

Remember, TALK is a problem solving technique that you can use with your family to work through problems.

Goal Setting:

- Now let's get to our goals for this week. Turn to your goal sheet for Class 3.
- We basically need about 2 cups of fruits and 2 ½ cups of vegetables each day. Take a minute and think about some solutions that might work to get your family to eat more fruits and vegetables. Write them on the bottom of your goal sheet. Would anyone like to share their ideas?
 - **Wait for response. Encourage additional comments.**
- Use your goal sheet to record if you have served 2 fruits or 3 vegetables to your family each day. Write down which fruit and vegetables you served. You have the handouts to help you.

FOOD PREPARATION ACTIVITY – 20 MINUTES

- Now, let's begin our recipe preparation activity. This week we are preparing Cabbage Fruit Salad or Stir Fried Cabbage and Zucchini.
 - Cover food safety tips appropriate for the chosen recipe.
 - Ask what food groups are included in these recipes.
 - Reinforce correct portion size.
 - Read food labels of foods used.
 - Mention how including children in food preparation from an early age is very important.
 - Remind clients that forcing children to eat vegetables does not work, nor DOES bribing them. Parents offer foods, children choose to eat. Offer 2 vegetables at a meal. Keep offering, even if children keep refusing.
 - Mention how recipe NOT prepared is also really good. (Food groups, nutritional value)

Closing Reminder

Remember to bring your goal sheet and notebook back with you next week. State the day and time of the next class. Have a great week!

Adapted from the USDA MyPlate, Fruit and Vegetable lesson.