

Lesson #5: Just Say Yes to... Fiber Rich Fruits and Vegetables!

Lesson Materials

- Giant flip pad & markers
- Cardboard food models and/or empty containers of a variety of foods
- Ingredients and supplies to prepare and serve JSY recipe

Duration of Lesson

Welcome:	2 minutes
Icebreaker:	5 minutes
Introduction:	10 minutes
Activity 1:	15 minutes
Activity 2:	15 minutes
Recipe:	20-40 minutes
Closing:	5 minutes

Take Home Items

- *Fiber* JSY handout
- JSY recipe
- JSY incentive

To Find Out More

- www.fruitsandveggiesmorematters.org
- www.otda.state.ny.us
- www.mypyramid.gov

Objectives

At the completion of the workshop, participants will be able to:

- List the benefits of including fiber in their diet.
- Identify good sources of dietary fiber.
- Plan meals to meet daily fiber recommendations.

Welcome

- Greet participants as they enter workshop area.
- Introduce yourself and JSY program.
- Explain what the workshop will be about and how long it will take.
- Define workshop ground rules:
 - This is a safe learning environment.
 - No one will be called on. Participants have a "voice by choice."
 - Please stay until the end, complete survey and receive incentive.

Icebreaker

- Ask participants to pair up and share with their partner what they've heard about fiber lately in advertisements, on TV, from friends, etc. What do they think the benefits are of eating fiber?
- Invite participants to share with the group what they've heard about fiber lately.

Introduction

Discuss the benefits of eating a high fiber diet. Refer back to participants' Icebreaker responses if possible. Be sure to include:

- Helps keep you regular.
- Improves heart health by lowering cholesterol.
- Makes you feel full, so you don't over eat.
- May help control blood sugar.

Summarize current daily fiber recommendations and good sources of fiber.

- Tell the group that adults need about 25 grams of fiber every day.
- Fruits, vegetables, beans, nuts and whole grains are all good sources of fiber.

Fiber Line-Up (Activity 1)

- Distribute one cardboard food model with fiber information on back (or use empty food containers) to a few participants. Include foods from all food groups. If it is a large group, ask for volunteers.
- Ask the group “Where can we find fiber?”
- Invite everyone to assist the participants in lining up from highest to lowest fiber content. (Alternative: If space is limited, have participants call out answers while nutritionist arranges paper food models on a felt board, blank wall, etc).
- Ask participants what surprises them about their fiber line-up? Highlight food sources rich in fiber. Note that meat, chicken, and dairy products contain no fiber. Juice and processed fruits and veggies have less fiber than whole fruits and vegetables.
- Repeat activity if time permits.
- Distribute *Fiber* handout and review.

Take Away Task

- Invite participants to share with the group or write down one high fiber food they are going to add to their diet this week.

Menu Makeover (Activity 2)

- Spread cardboard food models and/or empty food containers on a table for participants to view and use.
- Using food models or a giant flip chart, display a low fiber breakfast, lunch, and dinner. Display the fiber content of each item and the total fiber for the day.
- Invite participants to help you makeover this day’s menu so it contains at least 25 grams of fiber by calling out suggestions for additions or replacements.
- Keep a running tally of how much fiber the day’s meals contain. Continue revising the menu until it contains at least 25 grams of fiber.
- Ask participants if the final menu looks like something they could eat. If not, what changes would they make?

Take Away Task

- Invite participants to share one meal planning strategy they will use this week to increase fiber in their family’s diet.

Demonstrate a JSY Recipe

- Announce JSY allergy disclaimer.
- Discuss all steps in preparation.
- Explain how to select and store the fruit or vegetable used in the recipe.
- Offer samples to participants.

Suggested Recipe Talking Points

- Discuss the fiber content of the recipe and what ingredients contain the most fiber.
- Talk about how the recipe can be included in a meal plan (ex. part of a specific meal, eaten as a snack, dessert, etc).
- Discuss different forms (canned, frozen or fresh) of fruits and vegetables that could be used.
- Ask participants if or how they might change this recipe at home for their families.

Closing

- Summarize key points in lesson.
- Ask participants, “What are your questions?”
- Distribute JSY Surveys. Assist participants with completion, if needed.
- Give a JSY Nutrition Education Incentive to each participant as they hand in their survey.
- Thank participants.

Clean and pack up workshop space.