

Lesson #1: Just Say Yes to... Fruits and Vegetables!

Lesson Materials

- Sticky notes
- Pencils
- Rainbow poster or giant flip pad (optional)
- *Half Your Plate* JSY poster
- 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

- *The Colors of Good Health* JSY handout
- *Easy Ways to Eat More Fruits and Vegetables* JSY handout
- JSY recipe
- JSY incentive

To Find Out More

- www.mypyramid.gov
- www.fruitsandveggiesmorematters.org

Objectives

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

- State the daily recommended cups of fruits and vegetables.
- Name at least 2 benefits of eating more fruits and vegetables.
- Describe new ways to increase daily fruit and vegetable intake.

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 work in pairs and share their favorite fruit or vegetable recipe with their partner.
- Invite participants to share their favorite recipe with the group.

Introduction

- Ask group to call out reasons to eat fruits and vegetables. Accept all answers and fill in any benefits not mentioned. Highlight:
 - They taste great!
 - Full of vitamins and minerals
 - Most are fat free or very low in fat
 - Help prevent certain diseases
- Tell participants to aim for eating 5 cups (2 cups of fruit and 3 of vegetables) and 5 different colors of fruits and vegetables every day.
- Emphasize that all forms count (fresh, frozen, canned) and discuss benefits of each form. Highlight:
 - Fresh is best for flavor and nutrition when in season.
 - Frozen is convenient and has good nutrition because produce is frozen shortly after it is picked.
 - Canned has good nutrition and long shelf life when unopened.
 - Look for low salt versions of canned vegetables or rinse vegetables to reduce salt.
 - Look for fruit canned in water or juice and avoid heavy syrup which adds empty calories.

Eat a Rainbow (Activity 1)

- Distribute sticky notes and pencils to participants.
- Ask participants to write down their favorite fruit or vegetable.
- Collect participant responses and group them by color (Can use a giant flip pad with labeled columns, colored paper, a poster of a rainbow, etc.).
- Ask the group if they notice more responses under certain colors. "Which colors don't have a lot of stickies?"
- Ask the group to brainstorm fruits and vegetables to fill in the colors that are under-represented. "It looks like we need more orange. What orange vegetables can you think of?"
- Distribute *The Colors of Good Health* handout and talk about the benefits of variety.

Take Away Task

- Invite participants to share with the group or write down what new colorful fruit or vegetable they are going to try this week.

Half Your Plate (Activity 2)

- Distribute blank pieces of paper or paper plates and pencils to participants.
- Ask participants to draw a healthy meal on their plate. As an option you can ask participants to draw what their typical dinner looks like.
- Show participants a *Half Your Plate* visual which illustrates a dinner plate that is 1/2 fruits and vegetables, 1/4 meat/poultry, and 1/4 grains. Explain that this is the look of a healthy meal.
- Have clients pick a partner and discuss 3 ways they can increase fruits and vegetables at meals and snack times.
- Invite the group to call out the ideas they talked about.
- Distribute *Easy Ways to Eat More Fruits and Vegetables* handout and discuss any new ideas.

Take Away Task

- Invite participants to share with the group or write down one new way they are going to eat more fruits or vegetables this week.

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 substituting different forms of fruit or vegetable in the recipe. If you use canned, talk about how participants might use frozen or fresh.
- Talk about the different colors of the fruits and vegetables in the recipe, how color adds to the recipe's appeal, the health benefits of the different colors, etc.
- 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.