



Lesson 3:

MyPlate and Eat More Fruits and Vegetables Throughout the Day

Combo Lesson

Lesson Highlights

Objectives

Consumer will:

- Accept distributed produce.
- Learn how to increase daily fruit and vegetable intake.
- Understand health benefits of eating more fruits and vegetables.
- Taste a healthy fruit recipe.

Educator Resources

- CDC How Many Fruits and Vegetables Do You Need? Eng/Span
- CDC How to Use Fruits and Vegetables to Manage Your Weight

Consumer Handout:

- Stone Fruit Tip Card (Eng/Span)
- MyPlate Mini-Poster (Eng/Span)

Materials

- My Plate Tri-Fold Display including cut-out meal options and food items.
- Fruit Salad taste test (optional)

Activity: Interactive Learning Dialogue

Educator -Read the Center for Disease Control (CDC) How Many Fruits and Vegetables Do You Need? And CDC How to Use Fruits and Vegetables to Manage Your Weight to familiarize yourself about healthy fruit and vegetable consumption.

Set up the MyPlate tri-fold display board for interactive tool. Display has MyPlate with Labeled Food Groups (Eng/Span), pictures of meal and food items, and MyPlate messages (Eng/Span)

Sample Interactive Learning Dialogue:

Today you will be getting fresh fruit and vegetables to take home with you.

How many of you have seen the healthy MyPlate?

(Refer to MyPlate tri-fold display)

Answer:

It is recommended that a healthy MyPlate has half Fruits and Vegetables plus a quarter Grains, plus a quarter Lean Protein.

We are going to share some easy ways to add more fruits and vegetables to fill up half of your plate for a healthy meal.

For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips. •California Department of Public Health

Let's start with breakfast.

If you like to eat breakfast raise your hand.

Answer:

That's great. Breakfast is an important meal that helps you get a good start to the day.

How would you add more fruits and vegetables to your breakfast? **(Educator demonstrates selecting a picture of fruit from the display board and sticking on the cereal picture.)**

What do you usually eat for breakfast? **(Encourage participants to answer and add pictures of fruit to their favorite breakfast foods.)**

Answer:

You can cut back on the amount of cereal in your bowl to make room for sliced bananas, peaches, oranges or strawberries. Add some spinach, onions, or broccoli for one of the eggs or half of the cheese in your omelet.

What about lunch?

Answer:

Add vegetables such as lettuce, tomatoes, cucumbers, or onions to your sandwich, wrap, or burrito. Add a cup of chopped vegetables, such as broccoli, carrots, beans, or red peppers in your favorite soup. The vegetables will help fill you up and give you vitamins to help you stay healthy.

And dinner?

Answer:

Add to your favorite dish an extra handful of chopped vegetables for each person at dinner such as broccoli, tomatoes, squash, onions, or peppers.

What other foods do you eat during the day? **(Refer to display board.)** Can you think of other ways to add more fruits and vegetables to your favorite foods?

Answer:

Add bell peppers, lettuce or tomato to a taco. Cook broccoli as a side dish for chicken or fish. Or add vegetables as toppings to a pizza. Try sliced tomato, spinach, green peppers or cooked onions. Eat a bowl of sliced fresh peaches or apples for dessert.

Educator: Distribute the Stone Fruit Tip Card and MyPlate Mini-Poster handout.

Group Activity: Taste Test optional

Educator: Follow local Food Safety Guidelines for taste test preparation. Check with your local Public Health Department for guidelines. Prepare in advance samples of Fruit Salad Recipe.

FRUIT SALAD

Makes (8) ½ cup servings

Ingredients:

4 cups of your favorite stone fruit, pitted and chopped into bite-sized chunks

2 tablespoons orange juice

Optional:

Low-fat flavored yogurt

Chopped Nuts

Crunchy cereal (like granola or

Grape Nuts)

Instructions

1. Toss fruit chunks together with orange juice.
2. Layer with optional toppings if desired.



SOURCE: Adapted from Harvest of the Month/*Network for a Healthy California*