

Good Grinding for Wise Dining
Celebration Foods

Lesson 23: Delicious Desserts
***“Let's have our dessert and eat it too,
especially when it's healthy for you”***

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience. Record the number of participants on the tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the number of people agreeing with the statement on the tally sheet.

Action: Pass out “Delicious Desserts” handout. Begin lesson when everyone receives a handout.

Read the following: Today, we are going to talk about delicious desserts that are healthful and satisfying. As we get older, we do not need to eat as much, but our *nutrient* requirements remain the same. So, how can we eat foods that give us more “bang for our nutritional buck”? Let's see how we can have our dessert and eat it too, especially when it's healthy for you.

Action: Everyone repeat with me, “Let's have our dessert and eat it too, especially when it's healthy for you.”

Have participants repeat the following:

Action: How often and what do we like to eat for dessert?
*Gently encourage people to participate. Thank participants for sharing.

Ask the following questions:

Read the following: Many popular desserts like pies, cakes, pastries, and ice cream, can be high in fat, sugar, and calories, but often provide few *vitamins* and minerals. They are rich in calories and maybe poor in nutrients. Those of us who eat desserts and sweets may tend to eat fewer *nutrient* rich foods such

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Read the following:

as fruits and veggies.

We should use the concept of moderation when we choose to eat desserts. Moderation means to be aware of how much and how often we eat of certain foods. It's not eating too much or too little of any type of food. We can eat desserts at special occasions, celebrations, and events such as birthday parties, weddings, graduation, *luaus*, etc. So, we can still eat our favorite desserts that we love, but in moderation because they may have high amounts of sugar, fats, and salts.

Action:
Ask the following questions:

How many of us make desserts at home? And what types?

*Gently encourage people to participate. Thank participants for sharing. Examples to share if no one participates: cakes, pies, cookies, gelatin dessert, pudding

Read the following:

At home, we have control over the ingredients that we are using in the foods or meals that we make. So we can modify the recipes slightly to make them healthier. For instance, instead of using cream or whole milk in our baked goods, cakes, and pudding, we can substitute low-fat milk for them. How about replacing some of our fat and sugar in our recipes with applesauce or fruit puree. We can also choose baked goods instead of deep-fried foods.

Ever heard of grilling fruit? Grilling fruit such as pineapple, peaches, and mango are terrific. They are sweet, warm and slightly crispy from the grill. Or we could make fruit *kabobs* as well.

How many of us have a craving for sweets after our meals? Let's try eating fruit as our dessert as well as something to satisfy our sweet tooth cravings. Fruits are nature's delicious dessert. They are simple, easy to prepare and provide many *nutrients*. In addition to the many *vitamins* and minerals that fruits and veggies provide, they have other components that may be beneficial to our health that we may not be able to find in other foods. So, we can try to

eat fruits and veggies at every occasion. Fruit as dessert, what a great way to eat our fruits. Let's have our dessert and eat it too, especially when it's healthy for you.

Action:
Have participants repeat the following:

Everyone repeat with me, "Let's have our dessert and eat it too, especially when it's healthy for you."

Action:
Ask the following questions:

What are some of the ways we can eat fruit as dessert?
*Gently encourage people to participate. Thank participants for sharing. Examples: yogurt *parfait*, fruit and ice cream, fruit *smoothie*

Read the following:

Ethnic traditions are also a good starting point for fruit as dessert. There are many variations of Scandinavian "fruit soups." Chinese "*almond floats*" can be made with a larger proportion of fruits. Pacific Islander "taro puddings" can be made with coconut extract flavoring instead of coconut milk and adding chunks of fruit. Asian "sticky rice" desserts can be adapted by using the rice as a base, adding a layer of sweet bean mash, and topping it with lots of fruits. Or start with a base of sticky rice, add a layer of a mixed fruit and sweet potatoes, and top with syrup made of fruit juice, coconut extract to taste, and lemon or lime *zest*.

Fruits as dessert can be used in so many different ways. We could make a milk and fruit *smoothie* with fresh, frozen or canned fruits, combined with some milk or *yogurt* with a splash of *100% juice*. If it is too much for us to eat right now, we can freeze some of it to make a refreshing frozen treat for later. A sorbet is another frozen treat we can make by simply adding fruit of your choice with 100% juice, blending it in a blender and freezing it.

Read the following:

How about cooking or baking with fruits and veggies? We can make *fruit breads*, fruit puddings, veggie muffins, fruit crumbles and fruit tarts. What about an easy and fast dessert? Serving a fruit salad with *yogurt*, *tapioca pudding*, ricotta or *cottage cheese*, or low-fat ice cream is a great idea.

Has anyone ever heard of eating fruit with a fruit sauce? Easy fruit sauces can add to the allure of fruits as dessert as well. Consider light, refreshing combinations such as lemon or lime juice, a bit of honey, grated lemon or lime zest with minced mint leaves or try a sauce made of vanilla *yogurt*, frozen juice concentrate and coconut extract.

Action:
Have participants repeat the following:

Everyone repeat after me, "Let's have our dessert and eat it too, especially when it's healthy for you."

"Let's have our dessert and eat it too, especially when it's healthy for you."

***Optional:**
Read the following:

After this lesson, I will demonstrate how to prepare Pina Colada Sauce. This sauce may be used as a dip for fruits or vegetables.

Action:
Ask the following question:

Before we prepare our delicious healthy desserts, we should use safe food handling techniques so we don't get sick. Before we prepare anything with food, we should wash our hands with soap and water. Then, we can rinse all of our fruits and veggies with water before eating or using them in our delicious desserts.

Read the following:

Have we ever noticed that dust or other things collect on the tops of canned goods? We don't want dirt and dust to get into our foods because it may cause us to get sick. So, before opening our cans and canned goods, we should rinse our lids.

Action:
Have participants repeat the following:

Everyone repeat with me, “let's rinse, to get rid of dirt on can lids.”

“Let's rinse, to get rid of dirt on can lids.”

Read the following:

Drinking water is important for us to keep healthy. But, sometimes we can get bored of drinking water. How can we continue to consume the water we need everyday besides just drinking water? Eating fruits and veggies can also help to increase our water intake. Watermelon, grapes, lettuce, cucumbers, and tomatoes all have high water content. They contain more water than other foods, so we can increase our water intake by eating a variety of such foods.

Read the following:

Now, I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to choose fruit as my delicious dessert more often.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

How many of you agree with this next statement: I plan to prepare my foods safely so I don't get sick.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

The last statement is: I plan to consume water through a variety of beverages and foods. How many people agree with this last statement?

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

That's the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

***Optional:** Pina Colada Sauce Demonstration (see Recipe Index Pg 213)

This may be used as a dip for fruits and vegetables.

Read the following:

Today, we will make Pina Colada Sauce using low-fat vanilla *yogurt*, frozen 100% pineapple juice concentrate, and coconut extract flavoring. Before preparing this recipe, I will wash my hands with soap and water.

Action:

Wash hands with soap and water before beginning. Follow recipe directions:

- In a small bowl, MIX ingredients well.
- COVER and REFRIGERATE.
- SERVE with sliced fruit OR vegetable sticks.

Read the following:

See how quick and easy that was? Come and taste this delicious Pina Colada Sauce. We can enjoy it with fruit slices for a delicious dessert, or with vegetable sticks.

Action:

Pass out food.