

Good Grinding for Wise Dining  
Choosing Foods  
Lesson 7: Fruits and Veggies  
*“Fruits and veggies: more matters”*

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 and record on tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the amount of people agreeing with the statement on the tally sheet.

Action: Pass out “Fruits and Veggies” handout. Begin lesson when everyone receives a handout.

**Read the following:** Today we’re going to talk about fruits and veggies. Eating more matters.

Action: Everyone repeat the following with me, “fruits and veggies: more matters.”  
**Have participants repeat the following:**

**Read the following:** Fruits and veggies are important for us to be healthy. It contains many vitamins and minerals, fiber and other nutrients to keep our bodies healthy.

Action: “How many fruits and veggies do you eat everyday”?  
**Ask the following question:**

**Read the following:** We should eat at least 5 fruits and veggies everyday. If you already eat more, that’s GREAT! If not, we’ll talk about ways we can increase our fruit and veggie intake.

Action: Fruits and veggies: more matters. Everyone repeat with me  
**Have** “fruits and veggies: more matters.”

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**participants  
repeat the  
following:**

**Read the  
following:**

For breakfast we can eat hot or cold cereal with fruit such as sliced banana, mango, raisins, berries, or other fruit that is in season. We can also eat toast with fruit such as papaya, melons, oranges, or other fruit that is in season. Or, we can mix fresh, frozen or canned fruit with *yogurt*, *cottage cheese*, or pudding. This could also be eaten as a great snack, side dish, or dessert.

**Read the  
following:**

We can also increase the amount of veggies we eat. We can put veggies such as lettuce, spinach, cabbage, tomato, or cucumbers in a sandwich. We can also heat up frozen or canned veggies and eat them with meals, or add it to a main dish. For example, we can combine frozen mixed veggies with spaghetti and meat sauce.

**\* Optional:  
Read the  
following:**

After this lesson, I will demonstrate how to prepare leafy tofu with (say the type of green leafy vegetable that will be used) and tofu.

**Action:  
Have  
participants  
repeat the  
following:**

Everyone repeat with me, “fruits and veggies: more matters.”

**Action:  
Ask the  
following  
question:**

“What are other ways we can increase our fruit and veggie intake”?

\*Gently encourage people to participate. Thank participants for sharing.

**Read the  
following:**

Now that we talked about ways to eat at least 5 fruits and veggies everyday, how do we eat these healthy foods safely? We must keep hot foods hot, and cold foods cold. What does this mean?

Hot foods are foods that are cooked and served hot such as stews, soups, casseroles, or other dishes. Cold foods such as salads, foods containing milky products like *yogurt* and *cottage cheese*, or leftover food should be refrigerated until ready to be consumed or reheated. We should always remember to keep hot foods hot and cold foods cold.

Action:  
**Have participants repeat the following:**

Repeat with me, “Keep hot foods hot and cold foods cold.”

Read the following:

In Hawaii, we are fortunate to have beautiful sunny skies and cool trade wind breezes. But, we must remember that we may become dehydrated very easily, especially in the summer months. Though it may not seem to be hot enough to perspire, our bodies still need water. Even if we’re not thirsty, we should drink water anyway.

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 eat 5 or more fruits and veggies per day.

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 keep hot foods hot and cold foods cold.

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 drink fluids even when I’m not thirsty. How many people agree with this last statement?

Action:

Ask your assistant to count the number of participants who

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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: Leafy Tofu Demonstration (see Recipe Index Pg 209)**

Any type of green leafy veggie can be used, but the recipe calls for spinach. Participants may even bring veggies grown in their yard.

**Read the following:**

Today we will use (say what kind of green leafy veggie that is being used), but any type of green leafy veggie or frozen spinach can be used when making this recipe at home. Before I prepare this recipe, I am going to wash my hands with soap and water.

**Action:**

Wash hands with soap and water before beginning and follow recipe directions:

- DRAIN tofu.
- DICE tofu into 1-inch cubes.
- TEAR spinach into bite-sized pieces.
- In a large pan, HEAT oil and SAUTÉ tofu cubes for a few minutes. MOVE tofu to the center of the pan.
- ADD spinach, and soy sauce. MIX.
- COVER pan and COOK until spinach is wilted.
- SPRINKLE toasted sesame seeds.

**Read the following:**

See how easy that was! Come and taste this delicious treat.

**Action:**

Pass out food.