Good Grinding for Wise Dining
Choosing Foods
Lesson 8: Eating Out
“When eating out, choose fruits and veggies for our mouths”

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: Ask the following question:

Good morning everyone. How many of you eat food away from home?

Read the following:
Well, we should all raise our hands because eating here at the meal site is an example of eating away from home. Here, we are fortunate to have a balanced, complete meal provided for us, one with a protein, starch, milk, fruit, and vegetable. We have the opportunity to eat at least one serving of a fruit and vegetable just by eating lunch at this meal site.

Action: Ask the following question:

What are some other places (besides our meal site) where we eat, that are away from home?

Read the following:
Eating out also includes eating at restaurants or fast food places, at family members’ or friends’ homes, and at celebrations or special events. Even when we eat out, we should try to eat healthfully. This includes eating fruits and veggies.
Action:
Have participants repeat the following:

Everyone repeat the following with me, “when eating out, choose fruits and veggies for our mouths.”

Read the following:

It is our choice to control what we eat when we eat at restaurants and fast food places. It can be very easy to make healthful choices. We can make it easy by ordering meals that have fruits and veggies in them such as a stir-fry; curry with lots of veggies such as carrots, onions, celery and other veggies; or ordering side orders of fruits and veggies such as a tossed green salad, steamed veggies or a fruit cup. We can also ask for a larger portion of veggies such as asking for more carrots and celery when ordering stew, or more broccoli when ordering beef broccoli.

Action:
Ask the following question:

What are some other suggestions for choosing healthier foods when we eat out?

*Gently encourage people to participate. Thank participants for sharing. Examples to share if no one participates: order a side of steamed veggies or ask for tossed greens instead of macaroni salad.

Action:
Have participants repeat the following:

Everyone repeat with me, “when eating out, choose fruits and veggies for our mouths.”

Read the following:

But, what about the times when we cannot control what is available?

A variety of foods are usually offered when we eat at someone’s home, or at celebrations or special events. But, there may or may not be a large assortment of dishes with fruits and veggies. We can still choose to eat the fruits and
veggies that are offered, or provide more fruit and veggie options. We can bring a salad or other dish with veggies in them such as spaghetti sauce with tomatoes, onions, mushrooms and zucchini. We can also bring an assortment of fresh cut fruits and/or veggies.

A bean salad spread recipe is on the back of the handout. It tastes great with veggies such as cucumber, celery, and carrot sticks. We can bring this to our next get together.

It is our choice to eat foods that are available. It is our decision to take fruits and veggies on these occasions. We can be a polite guest by eating a variety of foods, but we can also eat healthfully by choosing to eat foods with fruits and veggies.

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

**Read the following:**

When we eat out, we often have leftover food. How do we keep leftovers safe to eat for another meal? We must remember that hot foods should be kept hot and cold foods should be kept cold. Even if food was eaten hot, we must quickly refrigerate our leftovers to make it cold. We can then reheat it when we want to eat it later. Food should NOT be left out at room temperature for more than two hours. *Bacteria* tend to grow well at room temperature which may then make us sick. We must remember to keep hot foods hot and cold foods cold, so the food is safe for us to eat.

When we eat out, we must also remember to drink water, even when we’re not thirsty. Did you know that when we actually feel thirsty, our body may already be dehydrated? We constantly lose water throughout the day, and our body needs water to function properly. It is important for us to drink water, even when we’re not thirsty.
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 foods with fruits and veggies when eating out.

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

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.

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 raise their hand and record on the tally sheet.

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