Good Grinding for Wise Dining
Choosing Foods
Lesson 9: Eating for Wellness
“Create a plate with fruits and veggies”

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 the “Eating for Wellness” handout. Begin lesson when everyone receives a handout.

Read the following: Who thinks that nutrition information can be confusing? It can be when we hear, what is half a cup of this, one cup of that? How much is a correct serving size? Instead of memorizing or guessing how much to eat, there is a simple way to just eat. It’s called the plate method.

Action: Everyone repeat the following with me, “create a plate with fruits and veggies.”
Read the following: What’s the plate method? On the handout is a picture of a plate. Half of the plate is filled with fruits and veggies and they can be piled up as high as we want. We can try veggies and fruits that are fresh, frozen or canned – any form counts. Eat a variety of different colored veggies and fruits. There is a thousand island dressing recipe on the back of the handout that can be used as a dip or dressing when you eat your favorite veggies. We should create a plate with fruits and veggies.

Action: Everyone repeat with me, “create a plate with fruits and veggies.”

*Optional: Read the following: After this lesson, I will demonstrate how to prepare the thousand island dressing.

Read the following: A starch fills a fourth of the plate, ½ an inch high or less. Starches take a variety of forms, such as: rice, bread, pasta or other types of noodles. There are also starchy veggies such as potato or sweet potato, corn, peas, taro or poi. Lastly, a protein food will fill the remaining fourth of the plate. Protein foods are meats such as beef or pork, chicken, turkey, fish and other seafood. Non-animal protein foods such as beans, tofu, and nuts also belong in this section of the plate.

Action: What should we fill half of our plate with when we eat? *Gently encourage people to participate. Participants should say “fruits and veggies should fill half our plate.”

Action: Everyone repeat with me, “create a plate with fruits and veggies.”
Action: Ask the following question:
What should we fill one-forth of our plate with when we eat?

*Gently encourage people to participate. Participants should say “protein or meat foods should fill ¼ of the plate and starches should fill the other ¼ our plate.”

Read the following:

After we eat our meals, we may not be thirsty, because we may have filled our stomach with too much food. So, we may not be able to drink water. But, we should drink fluids before, during, and after our meals, because drinking water is important to keep us healthy. So, drink water often even when we are not thirsty.

Does anyone go grocery shopping for food? We should pick up frozen, refrigerated foods, hot bento’s, or other ready-to-eat items last, just before going to the checkout counter. We don’t want to leave cold or hot foods out at room temperature for too long. Buy cold and hot foods last, and get them home fast.

Action: Have participants repeat the following:
Repeat with me, “Buy cold and hot foods last, and get them home fast.”

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 create a plate and fill half of my plate filled with fruits and veggies.

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 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: Thousand Island Dressing Demo (see Recipe Index Pg 229)
Serve thousand island dressing with any type of veggie. Encourage participants to at least try the dressing. If they do not like it, tell them it is okay to dispose of it politely in a napkin.

Read the following: Now, we will be making the thousand island dressing that is listed on the back of your handout. All we need is yogurt, ketchup, relish, and pepper. I will wash my hands with soap and water before I begin.

Action: Wash hands with soap and water before beginning and follow recipe directions:
- In a small bowl, MIX yogurt, ketchup, pickles, and pepper.
- CHILL for 1-2 hours before serving.

Read the following: Come and taste this delicious dressing.

Action: Pass out dressing with veggies or allow participants to put dressing on their veggies in their congregate meal.