Lesson 16: Fruit and Veggies – All Forms Matter

“All forms matter so put more on your platter”

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 “Fruit and Veggies – All Forms Matter” handout. Begin lesson when everyone receives a handout.

Read the following: Today, we’re going to talk about fruits and veggies. Did you know that there are different forms of fruits and veggies? Whether you buy fruits and veggies that are fresh, frozen, canned, dried, or 100% juice, eating all forms matter! Eating a variety of fruits and veggies can contribute to a healthful lifestyle. All forms matter so put more on your platter.

Action: Everyone repeat with me, “All forms matter so put more on your platter.”

Have participants repeat the following: "All forms matter so put more on your platter."

Read the following: We are fortunate to have fruits and veggies available to us in different forms. This makes it possible for us to enjoy them all year round and use them in different ways. There are five different forms of fruits and veggies: fresh, frozen, canned, dried, and 100% juice. Let’s use apples as an example. We can eat a fresh or dried apple, canned applesauce, or drink 100% apple juice.
Action: Who can tell me 5 different forms of pineapple? *Gently encourage people to participate. Thank participants for sharing.

Answer: Fresh, Frozen, Canned, Dried, 100% juice

Read the following:

When fresh fruits and veggies are in season, they are at their peak flavor, are of good quality, and are usually less expensive than non-seasonal fruits and veggies. But, when they are not in season, it may be more convenient, and less expensive, to use fruits and veggies in their frozen, canned, dried, or 100% juice form instead.

How many of us have eaten or used frozen fruits and veggies? Did you know that frozen fruits and veggies are harvested and packed at their peak of freshness and frozen within hours? They may have minimal nutrient losses because of this process. So nutritionally, frozen fruits and veggies may be comparable to fresh fruits and veggies. Some nutrients may be lost during the freezing process, but in small amounts. Frozen and fresh fruits and veggies are both great choices, but the more that you eat of fruits and veggies the more that it matters.

How many of us like to eat quick and easy foods? Canned fruits and veggies are quick and easy to eat or add to other foods. They have many nutrients that we need to help us to live a healthy lifestyle. Canned fruits and veggies are convenient, have a longer shelf life than fresh fruits and veggies, and are readily available to eat. Rinse the can lid, open it, drain the liquid, and enjoy.

Canned fruits may be packed in a heavy syrup, light syrup or in its own fruit juice. Choose canned fruits packed in its own juice or light syrup. Canned veggies often have added salt. For all fruit packed with syrup and canned veggies, drain the liquid and rinse with water to help eliminate much of the salt and sugar that may be added. All forms matter so put more on your platter.
**Action:**

Have participants repeat the following:

Everyone repeat with me, “all forms matter so put more on your platter.”

**Read the following:**

How many of us have had dried fruits or veggies before? Dried fruits and veggies are great snacks and are great foods to use in all kinds of recipes. How about we try dried fruits such as pineapple, mango, papaya, cranberries and blueberries with cereal, popcorn, and your choice of nuts to make a delicious, healthy *trail mix*. Dried fruits can be a great portable snack, used in salads, muffins, or with something for breakfast on the go like our *trail mix* suggestion. What about dried veggies? We can use dried mushrooms, or dehydrated peas, potatoes, and onions in our meals such as in our soups, stews, and casseroles. If we store our dried fruits and veggies in an airtight container, they may keep for a long period of time without the need of refrigeration.

**Read the following:**

How many of us drink juice? If we drink 100% *juice* it also counts as a form of a fruit or veggie. But it must be 100% *juice* to matter. Fruit drinks, *fruit cocktails*, or fruit beverages are not 100% juice. They usually are made of mostly water and sugar with added fruit flavoring. Have any of us tried drinking vegetable juice before? We can try a low sodium vegetable juice as another form of veggies.

Choose foods in their natural, unprocessed form when possible. For example, fresh apples are in the “whole” form nature gave us. Applesauce and apple juice are more processed, while apple flavored products may not contain any real apples. So when we can, choose foods in their whole form. But when whole fruits and vegetables are not convenient, not in season, or are expensive, choose any form of fruits and veggies. Choose fruits and veggies that are fresh, frozen, canned, dried or 100% *juice*. All forms matter so put more on your platter.
Action: Have participants repeat the following:

Everyone repeat with me, “all forms matter so put more on your platter.”

Read the following:

Fruits and veggies are great for us to eat, but what should we drink with them? How about some water? Our bodies need water to function. So let’s take advantage of our delicious water and drink it regularly throughout the day. Dehydration occurs when our bodies lose more water than we drink. Low fluid intake can cause difficulty in swallowing, dry mouth, headaches, lack of energy, weakness, loss of appetite, dry eyes, or muscle cramps. We may not realize we’re thirsty so we may need to plan a little to remind ourselves to drink water. For example, if we plan to drink a glass of water when we wake up in the morning, a half hour before and after each meal, and a glass with each meal, we should be well hydrated. We want to drink water often to keep us healthy.

Action: Have participants repeat the following:

Everyone repeat with me, “drink water often to keep us healthy.”

Action: Ask the following question:

Who can name some bright, colorful fruits and veggies?

*Gently encourage people to participate. Thank participants for sharing. Examples to share if no one participates:

Fruits—berries (blueberries, strawberries), melons (cantaloupe, honeydew, watermelon), mango, papaya, Pineapple, kiwi

Veggies—broccoli, carrots, dark leafy greens (like spinach, chard), bell peppers, tomato, squash, sweet potato, eggplant
Read the following: Fruits and veggies have many nutrients such as vitamins, minerals, and fiber, with flavor, and add lots of color to our meals. We can focus on choosing a wide variety fruits and veggies including dark green and deep yellow-orange colored ones.

*Optional: Read the following: After this lesson, I will demonstrate how to make Vegetable Namul.

Read the following: Now, we will talk about good hygiene and preparing food. We don’t want hair in our food so we should always clip, tie, or use a cap to secure any loose hair before we start preparing our food. It's also a great idea to clean or wipe our kitchen and cooking areas before we prepare our food. If we sneeze or cough, we should turn away from the food, and of course, no smoking while cooking. After we wash our hands with soap and water, we’re ready to prepare our food. Let's use good hygiene. Keep it clean, keep it safe!

Action: Have participants repeat the following: Everyone repeat with me, “keep it clean, keep it safe!”

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 different forms of 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 practice good hygiene skills when I prepare my food.

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 water often to help keep me healthy. 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: Vegetable Namul Demonstration (see Recipe Index Pg 239)
Encourage participants to at least try the salad. If they do not like it, tell them it is okay to dispose of it.

Read the following: Now, we will make Vegetable Namul recipe. It is a simple recipe of different vegetables mixed together with a sauce. All we need are garlic, carrot, watercress or chop suey mix or bean sprouts, boiling water, sesame oil, sugar, and soy sauce. Before I begin, I will wash my hands with soap and water.

Action: Wash hands with soap and water. Follow recipe directions:
- MINCE garlic.
- GRATE carrot.
- WASH watercress, REMOVE any undesirable leaves and tough stems, and CUT into 1 inch lengths (if you have chop suey mix or bean sprout just wash them thoroughly, do not cut them).
- PLACE watercress (or chop suey mix or bean sprouts) in 1 1/2 cups of boiling water for 3 minutes. DRAIN.
- In a large bowl, ADD garlic, sesame oil, sugar, and soy sauce. MIX well.
- ADD watercress and carrots.
- COVER and REFRIGERATE until ready to SERVE.
- Optional: ADD cayenne pepper or finely chopped red pepper, and sesame seeds.

Read the following: It is as simple as that! Eating healthfully can be simple and easy. Come and try some tasty vegetable namul.

Action: Pass out food.