

Good Grinding for Wise Dining
Celebration Foods

Lesson 19: Favorite Foods

***“Favorite foods can be good, add fruits and veggies...
yes, we should!”***

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 “Favorite Foods” handout. Begin lesson when everyone receives a handout.

Read the following: Today we are going to talk about ways we can make our favorite foods more healthy. We all have our favorite foods we like to eat or make on special occasions. Favorite foods can be eaten in moderation or adapted in order to make it healthier. To do this, we can increase fruits and veggies in our favorite dishes. We will talk about more ways that we can do this. Favorite foods can be good, add fruits and veggies...yes, we should!

Action:
Have participants repeat the following: Everyone repeat the following with me, “favorite foods can be good, add fruits and veggies...yes, we should!”

Action:
Ask the following question: How many people like to eat *shoyu chicken* or *adobo*?
What veggies or fruits can we add?

Read the following: We can add onions, bell peppers, or other veggies to *shoyu chicken* or *adobo*.

Action:
Ask the following question:

What about noodles such as pasta, fried *saimin*, *chow mein*, *chop chae*, *long rice*, or *pancit*? How many of us like these types of noodles?

Read the following:

We can add carrots, cabbage, onions, mushrooms, zucchini, watercress, *bean sprouts* or *chop suey mix* to our noodles. Adding veggies will make the noodle dish more colorful and tasty.

Cucumbers, lettuce, green onions, and other veggies can be served with *somen* or *soba* to make a wonderful salad. We can also make *poke* salad by quickly sautéing *poke* and putting it on top of lettuce. We can then garnish the *poke* salad with tomatoes, onions, mushrooms, bell peppers and other veggies. A small amount of *poke* can be used to make a huge salad.

Action:
Ask the following question:

How many of us like to eat curries, stews, or soups?

Read the following:

We can also make curries, stews, and soups healthier by reducing the amount of meat normally put in the dish. We can then increase the amount of veggies such as carrots, celery, onions, cabbage, mushrooms, green beans, or other veggies in curries, stews, and soups.

Action:
Have participants repeat the following:

Everyone repeat with me, “favorite foods can be good, add fruits and veggies...yes, we should!”

Action:
Ask the following question:

Who likes to eat and/or make desserts?

Read the following:

We can also make our desserts healthier by eating fruit as dessert. Fruit can be added to many of our favorite desserts. We can add fruit to gelatin or ice cream or prepare a gelatin and fruit salad such as *almond float*. We can also make rice or *tapioca pudding* with various fruits.

Action:
Ask the following question:

What are some of your favorite foods and how can you make it healthier?

*Gently encourage people to participate. Thank participants for sharing. Examples to share if no one participates: add veggies to noodles or stew.

Read the following:

Before, during, and after we prepare our favorite dishes, we must remember to always wash all our kitchen things with hot soapy water. What does this include? This includes all utensils such as knives, forks, spoons, tongs, and other utensils; all preparation surfaces such as cutting boards, kitchen counters, sinks, and tables. Kitchen things also include all cooking areas such as the stove, oven, microwave, and toaster oven. It is important to clean all our kitchen stuff so we don't get sick.

Read the following:

Now we will talk about drinking liquids. How many cups of liquids should we drink every day? We should drink at least 6-8 cups of liquids every day. Drinking enough liquids may prevent us from becoming dehydrated and may help to keep us healthy.

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 add a lot of fruits and veggies to my favorite foods.

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 always wash my kitchen stuff with hot soapy water.

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 6-8 cups of liquids every day. 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.