

Lesson Plan & Self-Study Module

Fruits & Veggies: Why More Matters

Topic

Participants will learn benefits and ways to eat more fruits and vegetables.

Target Audience

Pregnant, Postpartum, or Breastfeeding Women; Parents/Caregivers of Toddlers & Children

Key Messages

- Fruits and vegetables have many health benefits.
- Discuss common barriers to not offering/eating fruits and/or vegetables.

Handouts

- Posters and/or pictures of fruits and vegetables, if available
- Handout: "Fruit & Veggie Eater Meter!"

References / Resources

- Fruits & Veggies—More Matters, T.A.S.T.E. Tips and Information for Moms; <http://www.fruitsandveggiesmorematters.org>. Accessed on March 12, 2007.
- Department of Health and Human Services and Center for Disease Control "How to use fruits and vegetables to help manage your weight"; <http://www.cdc.gov/nccdphp/dnpa>; Accessed on March 12, 2007.

Evaluation

- "What is one new thing you learned today about fruits and vegetables?"
- "What steps will you take to buy, make and serve more fruits and vegetables?"

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1) Group Education

Lesson Plan

Materials

- Blackboard/dry erase board/flip chart paper to write on, if available
- Writing instrument for board/paper, if available
- Posters and/or pictures of fruits and vegetables, if available
- Pencil/pens/crayons to complete handout
- Handout: "Fruit & Veggie Eater Meter!"

Methods

*Arrange seats in a circle or set up for group discussion, if possible.

"Hello, I'm _____. Welcome to "Fruits and Veggies: Why More Matters." The reason for this discussion today is that most people do not eat enough fruits and vegetables. Now we have found out that eating more fruits and vegetables does make a difference in your health; so, when it comes to fruits and vegetables: more matters."

"By the end of our discussion today, you should be able to:

- Know one reason why fruits and vegetables are good for you
- Tell me why you may not be eating as many fruits and vegetables as you should
- Share a new fruit and/or vegetable you will try before you next WIC visit."

"We will be together for about 15-20 minutes."

- Have participants introduce themselves and state their own (and their child's) favorite fruit or vegetable.
- **Where have you heard about eating more fruits and vegetables?**

Sample Responses:

- your mom or parents might have told you when you were little;
- you might have heard it here at WIC;
- on the news or at your doctor's office; or
- at the grocery store, you may have seen some promotions.

The most recent promotion you may be familiar with was '5 a day', meaning 5 servings of fruits and vegetables every day. If you have been working on eating 5 a day, that's great, and maybe you can help give us some ideas today on what works for you. Even if you have been trying to eat 1 more serving a day, then you have started and are on your way to getting more every day!

However, now we have found out that eating MORE fruits and vegetables is the key to helping you and your family's health. The reasons for eating MORE fruits and

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vegetables they have found is that it can reduce your risk of some cancers, help fight other diseases, like diabetes or heart disease. Also, fruits and vegetables help us keep a healthy weight because they are low in calories and fat, but high in fiber. Fiber from fruits and vegetables gives us bulk or roughage so it makes us feel full and we don't overeat, as well as it helps move foods through our digestive tract. So, let me ask you a question:

- **Tell me why you like to eat your favorite fruits and vegetables?**

Sample responses:

- Taste good
- Colorful
- Grew up eating that
- Good for you
- Cost
- Easy to prepare

We know we should be eating more fruits and vegetables, but sometimes we don't always follow through and actually eat them, well at least not as much as we should.

What are some reasons you can think of why you may not eat as many fruits and vegetables as you should?

Sample responses:

- 'I don't have time'; time to clean, peel, prepare or cook
- 'Cost too much'; certain varieties and fresh produce may be expensive
- 'My family won't eat them or like to try new things and it goes to waste'
- 'I don't know how to cook or prepare them'
- 'I buy fresh produce and it just spoils too fast'
- 'I don't like how it tastes'

Let's take a look at some of these reasons and see if we can give each other some ideas on how to handle some of these problems. (Identify reasons given by participants or use the following suggested reasons listed.)

What solutions can we think of to the reasons why we don't eat as many fruits and vegetables as we should?

Common Reasons for Not Eating F/V:	Possible Solutions:
No Time	Use canned or frozen; wash and cut up after shopping or one designated time. If possible, have children help.
Cost/Expensive	Shop for sale items (fresh, canned or frozen); buy when on sale and freeze (i.e. blueberries, peppers); add to other foods (fruit in cereal, pancakes,

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	vegetables in soups, casseroles, stir-fry, etc.)
Family won't eat them and/or they don't like to try new foods	Be a role model and eat them yourself. Try to offer in different ways— i.e. carrots: cooked with little brown sugar sprinkled on them after cooking, raw with dip, shredded in salad, add a can of carrots to chicken noodle soup. Let the child pick out a new fruit or vegetable to try and help in preparation, if possible (safety first!).
Don't know how to cook	Fresh produce is easy to wash, peel, and slice. Canned fruits and vegetables, just open the can and serve or heat up vegetables in microwave or stovetop.
Spoils/goes to waste	When buying fresh produce from the grocery store or farmer's market; plan to use as soon as possible. Clean and store and keep at eye level in refrigerator so you see it to use it. If you can't/won't be able to use consider freezing, if it is an item that can be frozen.
I don't like how it tastes	Find a fruit and vegetable that you enjoy. However, this doesn't mean to not try new ones. Plus, you may have had one bad experience; so try to make it different and try again. Ask family or friends for recipe ideas of how to prepare a new fruit or vegetable. When you have the opportunity to taste a new food, like a picnic or potluck for work, church or family get together, try to taste new foods there. Watch for recipe ideas at the grocery store or ask at WIC.

Evaluation

- **Hopefully, you found some ways to help you and your family eat more fruits and vegetables to help keep you healthy and make eating them part of your daily routine.**

Handout the "Fruit & Veggies Eater Meter!" handout and pencil/pen/crayon.

Let's take a minute to see how you are doing; mark the fruits and vegetables your family had last week. Count the number of times you offered fruits last week and then number of times you offered vegetables last week. Write the total number in the circle by 'Grand Total.'

- **How many times did you have them last week, what was your grand total?**

Now, decide your goal of how many more you could try to increase for each week.

Maybe it will only be 1 or maybe as many as 7 (for each day); what ever you think you

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could increase for each week. Then write this in the 'How many more would you like to try next week' circle. Remember, try to work on increasing this for next week and then keep working on that amount or more. We'll ask how you did at your next visit.

2) Self-Study Module (SSM)

Procedures

Agencies must have a procedure for using SSM, PPM NE 5.2

Methods

1. Give participant "Fruits & Veggies: Why More Matters" worksheet and "Fruits & Veggies Eater Meter!" Handout.
2. Instruct participant to review the "Fruits & Veggies Eater Meter!" handout and then complete the worksheet, as indicated on worksheet.
3. Review the participant's selections when she is done completing the worksheet and ask if she has any questions or issues she would like to discuss.

***** This SSM is not yet translated. Notification will be sent when the Spanish version is available.

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Fruit & Veggie Eater Meter!

Are you ready to become one of the **Fruit & Veggie Color Champions™** like Yaz O'Frazz, Raoul, Big Pauly, Greta and Winonna? By trying new **fruits & veggies**, and eating the recommended amounts, you can earn certificates and rewards.

First, let's find out how you did last week.

In the boxes below, write the number of times you ate each fruit or veggie last week. Then write your grand total in the circle below. Remember the pictures of the **fruits & veggies** are just representations and **all forms count:**

fresh, frozen, canned, dried and 100% juice!

fruits



grapefruit



strawberry



mango



kiwifruit



green grapes



apple



pineapple



orange



cranberries



peaches



bananas



watermelon



plums



avocado



blackberries



pear



blueberries

draw it here!



other fruit

veggies



tomato



corn



leafy greens & spinach



beets



broccoli



onions



peppers



peas



asparagus



potatoes



carrots



lettuce



artichoke



mushrooms



cabbage



cauliflower



zucchini



winter squash

draw it here!



other veggie

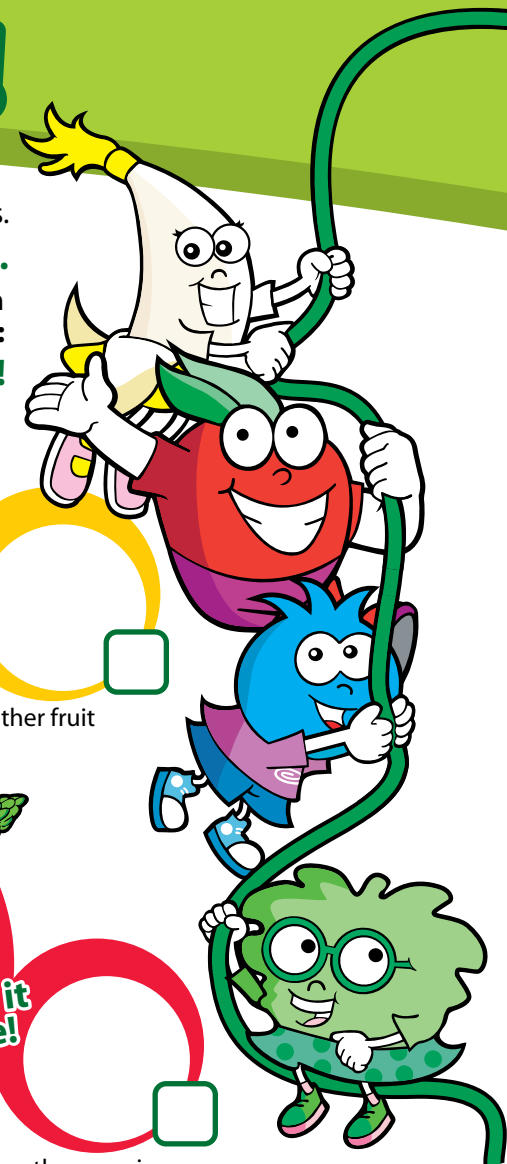
Grand Total!

Number of times I tried fruits & veggies last week.

How many more would I like to try next week?



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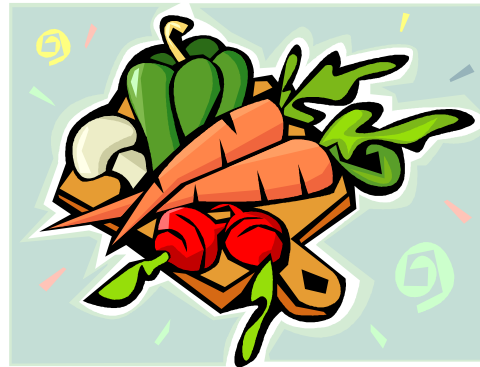
Participant Name: _____ Date: _____

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Complete the handout: **'Fruit & Veggie Eater Meter!'**

Instructions: Check the reasons why you and your family may not eat fruits and/or vegetables, as much as you should (check as many that apply):

- ___ I don't have time
- ___ I don't like how they taste
- ___ My Family won't eat them
- ___ Cost too much
- ___ I don't know how to cook them
- ___ Too hard to get ready
- ___ Spoil too fast, end up throwing away
- ___ My Family doesn't like to try new things
- ___ Other _____



What was your 'Grand Total' of fruits and vegetables for last week? _____

Setting your Goal for the next visit:

Write the name and/or draw a picture of the fruit and/or vegetable that you and your family will try before your next visit:

When do you plan on serving this new fruit or vegetable? (Circle your choice)

Breakfast

Lunch

Dinner

Snack time

Would you like to talk to the WIC Nutritionist or Nurse today? ___ Yes ___ No