

Ohio SNAP-Ed Adult & Teen Programs Orange, Yellow, & White – They're ALL Right!

Task Topic: Vegetables & Fruits

Task Title: Orange, Yellow, & White – They're ALL Right!

Teaching Message(s):

- ☒ Eat at least one kind of fruit daily.
- ☒ Eat at least one kind of vegetable daily.
- ☒ Eat fruits and vegetables of different colors.
- ☒ Use MyPlate to make healthy choices with a limited budget.

Resources: Adapted from *ChooseMyPlate.gov*, *Dietary Guidelines*, and Centers For Disease Control & Prevention's *More Matters* campaign

Objectives for the Task:

1. Identify one type of orange, yellow, and white vegetable or fruit.
2. Name at least two health benefits of eating orange, yellow, and white vegetables and fruits.

Materials needed for the Task (including Handouts):

- Fact Sheet – Yellow/Orange and White/Tan Fruits and Vegetables
- University of Nebraska Extension's Fruit & Vegetables cards, printed in color on white card stock
 - Choose 8-10 cards from the following: Apricots, Banana, Cantaloupe, Carrots, Cauliflower, Orange, Papaya, Peach, Pear, Pineapple, Potato, Squash, Sweet Potato
 - Selected cards should represent orange, yellow, and white vegetables and fruits approximately equally
- Recipe Card – Fruit Salad with Jicama

Food and Equipment for Demonstration and Sampling:

- Cutting board
- Medium knife, paring knife
- Medium mixing bowl, small mixing bowl
- Large stirring spoon
- Large plate or platter
- Measuring spoons
- Plastic forks, paper plates, napkins
- Recipe ingredients:
 - 1 each of the following fruits: jicama, mango, papaya, lime
 - Yellow watermelon (2 cups' worth)
 - 2 kiwi fruits



- Seasonings: lime juice, salt, chili powder

Some ingredients may not be available in your area. Feel free to make ingredient substitutions as necessary. If you decide to make a recipe substitution, please use a SNAP-Ed approved recipe from the What's Cooking? USDA Mixing Bowl website:

<http://www.whatscooking.fns.usda.gov/>

General Materials List:

- Flip chart paper
- Thought box
- Highlighters
- VOICE principles
- Post-it notes
- Markers
- Masking tape
- Participant evaluation forms
- Index cards
- Pens
- Name tags

Preparation:

- Wash all produce with a vegetable brush prior to the program.
- Set up 8-10 stations around the room. At each station, post one University of Nebraska Extension Fruit and Vegetable card, a set of Post-it Notes, and some pens.

Key Points to Review:

- Introduce yourself. Give brief description of the program (program name, length of sessions, duration of program).
- Include your purpose as the facilitator (i.e. to introduce ideas that are supported by research, to give them the tools to make informed decisions about areas that affect their health & nutritional needs, and to identify topics that might be covered based on the curricula used in the program).
- Review the V.O.I.C.E. Principles.
- Ask participants to sign in on the SNAP-Ed sign-in sheet.
- Remember to pass out the appropriate participant evaluation form at the end of the session, making sure to read the questions out loud to the participants.

Transition:

Last time we met, we discussed.... We also Who would like to share an example of ...?

Today, we will talk about yellow/orange and white/tan fruits and vegetables. These foods provide important nutrients that protect your health. We'll make a recipe featuring several kinds of yellow, orange, and white/tan fruits and veggies that's nutritious, easy, and perfect for any meal!

Let's spend a moment or two to talk about physical activity. Getting regular physical activity is critical for long-term health. Many of us don't move as much as we should, for a variety of reasons. You don't have to do all of your activity at once to reap the benefits; in fact, getting up and moving around at regular, frequent intervals is a great for improving blood flow, giving you a boost of energy, and helping you be more productive. Who can think of things they can do to move around throughout the day?



Physical activity guidelines can be found at the following websites:

- Office of Disease Prevention and Health Promotion: www.health.gov/paguidelines/
- CDC: <http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>
- President's Council on Fitness, Sports, and Nutrition: www.fitness.gov/be-active/physical-activity-guidelines-for-Americans/

Anchor

Recall a time you had a dish or meal that included a yellow or orange fruit or vegetable. What was your experience like? Share with a neighbor close to you.

Add

Vegetables and fruits come in a “rainbow of colors” – reds, purples, blues, greens, oranges, yellows, even whites and browns! All vegetables and fruits are considered to be nutrient-dense foods, meaning they provide a lot of important nutrients with relatively few calories. While the *Dietary Guidelines* recommend eating more fruits and vegetables, including a variety of all different colors will help to ensure you are getting the most benefits.

Yellow and orange vegetables and fruits are the color they are due to the presence of certain plant-based nutrients. The nutrients in yellow and orange vegetables and fruits perform a host of functions in the body, including protecting your cells against cancer, promoting eye and joint health, helping with collagen formation, and boosting your immunity. What are some of your favorite yellow and orange vegetables and fruits?

White and brown vegetables and fruits provide such nutrients as potassium, vitamin C, dietary fiber, and anti-oxidant nutrients. White potatoes are the most common white vegetable in most people's diets, but there are many options that all offer health benefits. Besides potatoes, what are some other white fruits or vegetables you've tried?

Jicama (*pronounced hih-ka-muh*) is a white vegetable that hails from central America. While quite popular in Mexico, it's relatively new to the US. Jicama has a mild taste and crunchy texture. It lends itself to salads quite easily. Today we're going to make a simple fruit salad with jicama. It includes four different kinds of yellow/orange and white/brown vegetables and fruits.

Invite participants to assist with chopping the vegetables and fruits to prepare the recipe. Note that the jicama's outer (brown) peel should be completely removed during preparation before chopping it.

One serving of this recipe provides 20% of your daily fiber and only has 80 calories. It also has your daily quota of vitamin C, as well as providing vitamin K and potassium. How might you serve this recipe at home? What things might you do to customize it?

Apply

I have set up some stations around the room. Each station has some information about an orange, yellow, or white fruit or vegetable. Form small groups. With your groups, spend



about 1 minute at each station, reading about the fruit or vegetable and discussing how you might prepare it, or what meal you might serve it at. Write down your ideas, one idea per Post-it Note, and hang the notes up on the wall. After your group has written down your ideas at one station, move on to the next one, until you have visited all of the stations.

Allow about 10 minutes for this activity. When the groups have visited all the stations, ask them to return to their seats.

Who would like to share a meal or recipe idea for one of the fruits and vegetables?

Away

Pass out a copy of the Fact Sheet – Yellow/Orange and White/Tan Vegetables & Fruits to each participant.

Circle 1 or 2 foods from the yellow/orange and 1 or 2 foods from the white/tan categories that you would be willing to try over the next week.

Facilitator's Notes:

Facilitator's Checklist:

- ☐ Have I gathered all of the pertinent materials needed for the lesson?
- ☐ Did I spend the requisite amount of time covering each targeted message?
- ☐ Did I apply the principles of adult learning to my program?
- ☐ Did I create a comfortable and functional learning atmosphere?
- ☐ Did I fill out a Program Log with the necessary program information?
- ☐ Did I ensure that all participants signed the sign-in sheet?
- ☐ Did I read the survey instrument out loud to the participants?
- ☐ Did I collect all requisite survey instruments needed for today's lesson?

