

Ohio SNAP-Ed Adult & Teen Programs

Eat a Rainbow of Snacks

Task Topic: Vegetables & Fruits

Task Title: Eat a Rainbow of Snacks

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. Compare the nutrient content and cost of vegetables and fruits as snacks to “conventional” snack foods.
2. Name two fruits or vegetables that can be substituted for “conventional” snack foods.

Materials needed for the Task (including Handouts):

- National Dairy Council Food Models
- Fact Sheet – Smart Snacking by the Numbers
- Fact Sheet – 10 Tips Nutrition Education Series: Kid-Friendly Veggies & Fruits

Food and Equipment for Demonstration and Sampling:

- Baby carrots
- Hummus spread
- Cut-up strawberries (or apple slices)
- Low fat vanilla yogurt (for dipping)

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:

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



THE OHIO STATE UNIVERSITY

OHIO SNAP-Ed PROGRAM

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Preparation:

- Using the Dairy Council food model cards, create snack pairings: 1 fruit or vegetable with 1 traditional snack food. Create enough that each group of 2 participants gets 1 pairing.
- Set up food samples of fruit and vegetables for tasting during the Apply activity.
- On flip chart paper, draw the Nutrient Content and Cost of Snacks table from the Add.

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 including vegetables and fruits of different colors in our diets, and how we can choose tasty vegetable and fruit snacks. Let's start off by talking about some benefits of walking. According to the American Heart Association, walking is the simplest positive change you can make to improve your heart health. Research has shown that the benefits of walking and other moderate physical activity for at least 30 minutes a day can help:

- Reduce the risk of heart disease
- Improve blood pressure, blood sugar levels, and blood lipid profile
- Maintain body weight and lower the risk of obesity
- Enhance mental well being
- Reduce the risk of diseases like osteoporosis, certain cancers, and type 2 diabetes

Why not get a walking regimen started today? Your body will thank you!

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/being-active/physical-activity-guidelines-for-Americans/

Anchor

Let's play a quick word association game. I'll say a word, and you call out the first thought that pops into your mind? The word is SNACK.



Say the word “SNACK.” As each person calls out their word, repeat it, and then move on to another person.

Based on what we’ve heard from your responses, the word “snack” can conjure up many different types of foods. How many of them were foods that were a fruit or a vegetable? Why do you think this is the case?

Add

Quick poll: how much of a typical person’s daily calories come from snacking? *Invite a few students to guess.*

The correct answer is 25%, or one-fourth of their daily energy intake. It’s simple to see why choosing healthy snacks is important. Smart snacking can help curb hunger between meals and keep you from over-eating during meals. Unfortunately, many people have come to think of “snack time” as “junk food time” and they eat too many foods that are “energy dense,” meaning they provide a lot of calories, but not necessarily important nutrients. If your snacks consist of foods that would be considered “energy dense,” and when you consider that a quarter of one’s daily food intake comes from snacks, that’s a lot of extra calories without a lot of nutrition.

Choosing healthy snacks involves a little bit of planning and smart shopping. Preparing healthy snacks in advance can save time and money while allowing you to eat healthy. Let’s compare the nutrient content and cost of vegetable or fruit snacks vs. conventional snacks. A comparison of 20 fruits and vegetables with 20 conventional snack food showed that the average price for a snack-size portion of fruits or vegetables was about 31 cents per portion, compared to 33 cents per portion for the conventional snack food. Calorie-wise, though, the difference was much larger: fruits and vegetables provide an average of 56 calories per snack-size portion, compared to 180 calories for a conventional snack food portion. That’s over three times as many calories!

Refer to the flip chart paper where you drew the Nutrient Content and Cost of Snacks table. Emphasize the nutrient content of the different snack foods in general terms. Highlight the cost for the different snack foods.

Nutrient Content and Cost of Snacks table.

Food	Amount	Calories	Fat	Sodium	Vit A	Fiber	Cost
<i>Fruits and Vegetables</i>							
Carrots	½ cup	20	0%	3%	428 %	8%	19¢
Apple	1 small	75	0%	0%	18%	14%	36¢
<i>Conventional Snacks</i>							
Potato Chips	1 oz. (15 chips)	150	15%	6%	0%	3%	27¢
Granola Bar	1 oz. (1 bar)	125	8%	3%	0%	4%	30¢

Nutrient content based on a 2,000 calorie diet; Data based on USDA-ERS report, 2014.

As you can see in this table, vegetables and fruits are higher in vitamin A and fiber and lower



in calories, fat, and sodium. The exact opposite is true for the conventional snacks: potato chips and granola bars. Vegetables and fruits are described as nutrient-dense foods, meaning that the proportion of nutrients with respect to the calories is greater than in non-nutrient dense foods.

On average, vegetables and fruits are not necessarily more expensive; for about the same price, you get more nutrients and less calories, fat, and sodium when you choose vegetables and fruits as snacks. This is especially true if you can take advantage of vegetables and fruits when they are “in season.”

Pass out a copy of the Fact Sheet – Smart Snacking by the Numbers to each participant.

Apply

Divide the participants into small groups. Pass out the National Dairy Council Food card pairs. Give one pairing of fruit/vegetable and traditional snack food to each group.

Compare the traditional snack to the vegetable or fruit snack in your snack pairings. Each card has all the nutrient information on the back. Which nutrients are higher in the fruit and vegetable snacks (vitamins and minerals)? Which nutrients are higher in the traditional snacks (calories, fat, and sodium)?

As you work on your food pairings, feel free to sample some fruit and vegetable snack pairings I have put together.

What can you conclude about choosing vegetables and fruits as your snacks?

Away

Pass out a copy of the Fact Sheet – 10 Tips Nutrition Education Series: Kid-Friendly Veggies & Fruits to each participant.

Though this fact sheet is aimed at children, there are many delicious snack ideas that incorporate fruits and vegetables. Find a partner and discuss one way you will try to introduce vegetables or fruits as snacks for you and your family. Who would like to share?

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?

