



## ***SOUTH CAROLINA FAMILY AND COMMUNITY LEADERS***

Affiliated with National Volunteer Outreach Network, Country Women's Council, U.S.A., Associated Country Women of the World and in partnership with Clemson University Cooperative Extension Service  
SCFCL website: <http://www.scfcl.com>

### **Leader Training Guide**

#### **Title: Healthy Snacking/Eating with Fresh Fruits and Vegetables**

##### **Objectives:**

Understand the nutrition of fruits and vegetables and the impact on the body  
Emphasize the importance of getting more fruits and vegetables in your diet  
Learn how to make snacks and meals with fresh fruits and vegetables that are simple, fun, delicious, and healthy

##### **Lesson Overview/Introduction:**

This lesson provides information regarding the positive results when eating more fruits and vegetables, the importance of getting more fruits and vegetables in your diet and directions for making fruit and vegetable smoothies

##### **Lesson:**

The 2010 Dietary Guidelines for Americans emphasize three major goals:

- Balance calories with physical activity to manage weight
- Consume more of certain foods and nutrients such as fruits, vegetables, whole grains, fat-free and low-fat dairy products, and seafood
- Consume fewer foods with sodium (salt), saturated fats, trans fats, cholesterol, added sugars, and refined grains.

Eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce your risk for stroke and other cardiovascular diseases, coronary heart disease, type 2 diabetes, certain cancers (mouth, stomach, colon-rectum), kidney stones and bone loss. The fruits and vegetables group includes fresh, frozen, canned and dried and may be eaten cut-up, whole, pureed, or as 100% fruit or vegetable juice.

##### **Vegetables and Fruits Are Good Sources of Several Nutrients:**

- Vitamin A—keeps eyes and skin healthy, helps protect against infections.
- Vitamin C—helps heal cuts and wounds, keeps teeth and gums healthy, and aids in iron absorption.
- Vitamin E—helps protect vitamin A and essential fatty acids from cell oxidation.
- Potassium—may help maintain healthy blood pressure.
- Folate (folic acid)—helps form red blood cells.
- Dietary fiber—helps reduce blood cholesterol levels, may lower risk of heart disease, helps reduce constipation and diverticulosis, helps give a feeling of fullness with less calories.
- Phytochemicals—help protect against diseases, serve as antioxidants, detoxifiers, immune boosters and anti-inflammatories. Inflammation plays a major role in heart attacks, some cancers, allergies, Alzheimer's, and autoimmune diseases.

### Vegetable and Fruit Sources of Each Nutrient:

- Vitamin A—bright orange vegetables like carrots, sweet potatoes, and pumpkin; tomatoes and tomato products; red sweet pepper; leafy greens such as spinach, collards, turnip greens, kale, beet and mustard greens, green leaf lettuce, and romaine.
- Vitamin C—broccoli; peppers; tomatoes; cabbage (especially Chinese cabbage); Brussels sprouts; potatoes; leafy greens (kale, romaine, turnip greens, spinach); pomegranates, guava, kiwi, oranges, grapefruits, strawberries, raspberries, cantaloupe, papaya, pineapple and mangoes.
- Vitamin E—kale, turnip greens; spinach; tomato (sauce, puree); carrot juice.
- Potassium—baked white or sweet potatoes; cooked greens (kale or spinach); winter (orange) squash; cooked dry beans; soybeans (green and mature); tomato products (sauce, paste, puree); beet greens, bananas, prunes and prune juice, dried peaches and apricots, pomegranates, cantaloupe, honeydew melon, grapefruits, oranges, orange juice.
- Folate—cooked dry beans and peas; deep green leaves (kale, spinach, mustard greens), oranges, avocados.
- Dietary Fiber—all vegetables; whole or cut-up fruits, with skin.
- Phytochemicals—examples in vegetables are lycopene in tomatoes and sulforaphane in broccoli. Examples in fruits are anthocyanins in blueberries, cherries, blackberries and raspberries and quercetin in apples.

Deeply colored fruits and vegetables contain the most vitamins, minerals, and antioxidants. They include all purple, deep red, bright orange, bright yellow, and dark green plant foods. Enjoy some of every color daily. Here are some easy ways to get your fruits and veggies; see HGIC 4016 and HGIC 4017 for many others.

- Make vegetables and fruits the focus of every meal. For example, create a plate around broccoli and cauliflower rather than using them as a side dish to meat.
- For quick and easy cooking in the microwave, stock up on frozen vegetables.
- Buy vegetables that are easy to prepare. Quick salads can be made with a pre-washed bag of salad greens, baby carrots and grape tomatoes.
- Keep cut-up veggies visible in a see-through container in the refrigerator. Include broccoli flowerettes, cauliflower, cucumber slices, red or green pepper strips, as well as carrot and celery sticks.
- Grill vegetable kabobs as part of a barbecue meal. Try tomatoes, mushrooms, green peppers, and onions.
- Shred carrots or zucchini into meatloaf, casseroles, quick breads, and muffins.
- Add fresh chopped spinach, zucchini, or eggplant to canned tomatoes to enrich your favorite pasta dish.
- Include chopped vegetables in dishes like scrambled eggs and lasagna.
- Enjoy a main dish salad for lunch. Go light on the salad dressing!
- Include a green salad with your dinner every night. Add color with baby carrots, shredded red cabbage, or spinach leaves.
- Add tomatoes, greens, cucumbers, onion, and/or lettuce to your sandwich.
- Try a low-fat salad dressing with raw broccoli, red and green peppers, celery sticks or cauliflower.

- Include cooked dry beans or peas in flavorful mixed dishes, such as chili or minestrone soup.
- Keep a bowl of fresh, whole fruit on the counter, the table, or in the refrigerator.
- Breakfast cereal is delicious topped with bananas, peaches, or berries.
- Add chopped or mashed fruits to muffins, quick breads, and other baked goods.
- Serve fresh fruit salads often. As an alternative to a fruit salad, serve fruit kabobs.
- For a healthy snack in seconds, keep a supply of dried, frozen, and canned fruit, and pre-cut packages of fruit pieces (pineapple and melon chunks) on hand.
- Since dried fruit carries and stores well, it is an excellent snack choice to tuck in a purse or backpack. Remember that  $\frac{1}{4}$  cup dried fruit equals  $\frac{1}{2}$  cup fresh fruit.
- Enjoy 100% fruit juice as a snack drink.
- Experiment with new combinations for dinner. Toss mandarin oranges, grapes or dried cherries in your salad, or add crushed pineapple to coleslaw.
- Enjoy baked apples, pears, or a fruit salad for dessert instead of cake or pie.
- Make tasty juices and smoothies by mixing fruits and vegetables. Some unusual but extremely tasty combinations are included in the recipes below.

### **Lesson Summary**

To encourage the use of more fresh vegetables and fruits

To enhance the nutritional value of daily meals by including more fresh fruits and vegetables in all meals

To restore and maintain good health by enjoying more fresh fruits and vegetables each day

### **Suggested Activities:**

- Prepare a kale smoothie for the group to taste (see recipe suggestion below)
- Make a display of fresh fruits and vegetables
- Arrange fresh fruits and vegetables into different groups based on their characteristics (nutrients supplied, color, etc.)
- Cover  $\frac{1}{2}$  of a plate with fresh fruits and vegetables,  $\frac{1}{4}$  of the plate with grain foods and  $\frac{1}{4}$  protein foods. Use this plate to show that  $\frac{1}{2}$  the diet should be fruits and vegetables,  $\frac{1}{4}$  whole grains and  $\frac{1}{4}$  lean protein.
- Ask participants to write down and, if they are willing, to share how many fruits and vegetables they ate yesterday
- Get participant suggestions for making healthy meals/snacks using fruits and vegetables
- Materials permitting, give participants the opportunity to make a fruit or vegetable smoothie and share their creation with the group. Award the presenter of the most liked creation with a favor (such as a fruit, a veggie or a small fruit/vegetable basket)

### **Suggested Materials:**

- Selection of fruits and vegetables
- Plate with vegetables, fruit, cereals/whole grains, meat
- Blender and ingredients for smoothies
- Spoons or small cups for sharing
- Sheets of paper and pens/pencils

- Harvest Finders. Pamphlet from SC Department of Agriculture (Contact: Ansley Rast, 803-734-2210)
- Seasonal Recipes. Pamphlet from SC Department of Agriculture (Contact: Ansley Rast, 803-734-2210)
- Smoothie Recipes from Walter P. Rawl (see others at [www.rawl.net](http://www.rawl.net))
- USDA Choose My Plate website (<http://www.choosemyplate.gov/>)

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**Sources/References:**

- HGIC 4016. *Focus on Fruits*. Clemson Home and Garden Information Center <http://www.clemson.edu/extension/hgic/food/pdf/hgic4016.pdf>
- HGIC 4017. *Vary your Veggies*. Clemson Home and Garden Information Center <http://www.clemson.edu/extension/hgic/food/pdf/hgic4017.pdf>
- Lesson plan ideas are generated from the writer’s experience over her career with the SC Department of Agriculture and with Walter P. Rawl & Sons, Inc. in addition to her work with many teaching professionals in those organizations.

**KALE AND FRUITS JUICE  
(Kid's Day)**

Prep Time: 10 minutes

**Ingredients:**

- 2 cups Nature’s Greens Kale
- ½ cup sliced peaches
- 1 cup strawberries
- 1 cup blueberries
- ½ cup ice
- ½ cup juice
- 1 Tbsp Honey

**Directions:**

Add all ingredients to blender. Start on low, and increase speed to high. Process about one minute or until mixture is smooth. If more liquid is needed add either more juice or water. Pour into a glass and enjoy!

Recipe from [www.rawl.net](http://www.rawl.net)

**KALE STRAWBERRY KIWI  
SMOOTHIE**

Prep Time: 15 minutes

**Ingredients:**

- 1 kiwi-peeled and sliced
- 1 cup sliced strawberries
- ½ cup orange juice
- 3 cups Nature’s Greens Kale
- 1 tablespoon honey

**Directions:**

In a blender add kiwi, strawberries, orange juice and kale. Turn blender on high and process for 1 minute. You may have to stop blender once to press kale into blades. Continue blending until smooth. Add honey and blend to combine.

Makes two 8 oz. portions.

Recipe from [www.rawl.net](http://www.rawl.net)