



## ***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**

#### **Goal Setting? One Bite at a Time!**

##### **Objectives:**

The participants will be able to:

1. Identify the benefits of daily fruit and vegetable consumption in health.
2. Identify current dietary patterns by completing a 24-hour recall.
3. Set at least one personal goal and subsequent action plan addressing fruit and vegetable consumption.

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

The benefits of fruit and vegetable consumption have been well-documented.

Many Americans suffer with life-style related diseases including heart disease, Type II diabetes, hypertension, obesity, and cancer. These are in the top ten list of leading causes of death for Americans.

What if these could largely be prevented, or at the least, the effects lessened? What if day-to-day behavior, *habits that we act on regularly and make up our lifestyle*, could make a difference in our general health and quality of life?

Lifestyle includes health-related behaviors that start at home, work, school, and, regarding those chronic diseases, include physical activity (the lack of), inadequate diet, and tobacco use. These are not done at the doctor's office or at the hospital. Those visits and tests are important. *But let's take a step back and start at home, in our neighborhoods, communities, daily activities, the organizations in which we spend our time.*

This lesson focuses on fruit and vegetable (referred to as F/V) consumption, the relationship of this to health, and most of all, a method to making daily adequate F/V consumption a part of your lifestyle.

Goal setting is an age-old method to obtaining desired outcomes. Similar to a New Year's Resolution, a desire is identified and written down. However, a goal requires a committed time-line and plan to make it happen.

Family and Community Leaders members will focus on goal setting – and action planning – as a method to improve F/V consumption and subsequently their diets.

**Lesson:**

The Centers for Disease Control (CDC) 2018 State Indicator Report on Fruits and Vegetables concludes F/V consumption by Americans continues to be insufficient. **Only 12.2% and 9.3% of adults are getting the recommended daily servings of F/V (respectively).** The 2015-2020 U.S. Dietary Guidelines for Americans recommends daily fruit intake for adults to equal 1 ½-2 cups and daily vegetable intake to equal 2-3 cups. Individual recommendations for adults are based on gender and activity level. Data shows only 1 in 10 adults are meeting these recommendations. These are national data; *10.1% of South Carolinian adults meet recommended fruit intake and 8.1% meet daily recommended vegetable intake.*

Meanwhile, the health education community continues to taut the health benefits of F/V intake. Diet plays an important role in chronic disease *prevention* including heart disease, some cancers, hypertension, Type II diabetes and obesity. Diet also plays an important role in chronic disease *management* for individuals who have developed one of these chronic diseases.

When we say “diet”, most people automatically assume low -fat, -sodium, -sugar, et cetera, i.e. “*less of*”. However, a healthy diet is equally important to include *more* fruit, vegetables and plant sources. Plant foods, including fruit and vegetables, are comprised of many different vitamins, minerals, soluble and insoluble fiber, and antioxidants, all of which contribute to the many different body functions for thriving and a healthy quality of life. These “components” in F/V actually effect cellular function causing cells to fight off foreign substances and/or cell structure changes that can eventually lead to health problems. So, why do we fall short on F/V consumption? If we know fruit and vegetables can help us achieve improved health, why we don't we consume more – at least the recommended amount? Habits, busy lifestyle, lack of understanding or knowledge, are possible reasons.

Making behavioral changes involves a personal commitment to the desired outcome. People have to want to make change and be ready for change. Otherwise, they do not really 'buy in' to the goal. It is the hope in this lesson, people will begin, a step at a time, to make even small changes in their diet – by increasing F/V consumption. With each success comes confidence and the renewed belief that more can be done.

### **Suggested Materials:**

- Blank paper (notebook or printer paper); pens/pencils for members.
- Easel; Easel pad; markers
- Measuring cup; variety of fruits, vegetables measured out for taste in 1 cup measures.
- Serving dishes and utensils for tasting.
- Handout – What's for Dinner (from [www.mealtime.org](http://www.mealtime.org)).
- Handout – Set Your Goals (from USDA's Eat Smart, Live Strong nutrition education curriculum).

### **Suggested Activities:**

\* **Activity 1.** Each member will take 5 minutes to complete a 24-hour dietary recall. Write down everything you ate and drank yesterday – from the time you got up to the time you went to bed. Consider the actual foods/beverages consumed, the serving size (do your best to guesstimate), the time and place, what you were doing (watching TV), who was with you.

When the recall is completed, circle every F/V, no matter the serving size. Then total up the number of F/V "encounters" – meaning every time you consumed a F/V, even a slice of tomato. Then total the actual *cups* of each F/V consumed.

\* **Activity 2.** Take about 5 minutes to discuss what the 24-hour recall revealed to members. Did it surprise anyone? Keep in mind, it is a tool used to get a snapshot of possible patterns. How did members fair on F/V consumption? Use the pad/easel to write out ideas for increasing F/V consumption.

\* **Activity 3.** Prior to the session, prepare samples of foods containing 1 cup of fruit and vegetables. Possibly have members bring something. The point of this exercise is to demonstrate what a 1 cup of a fruit or vegetable looks like. Have members taste.

\* **Activity 4.** Refer to the handout What's for Dinner. Have discussion about this and write ideas on the easel pad. Have members include ideas they have used to include F/V in recipes and meals in a pinch.

\* **Activity 5.** Refer to the handout Set Your Goals. Have members take 5 minutes to write one goal regarding daily fruit and vegetable consumption. Underneath the goal, or on the back of the handout, have members write out an action plan describing steps for how they plan to achieve this goal. The (initial) time-frame for this goal is for one month.

They are going to come back to the next meeting and report how effective this is/was for them and if they have achieved the goal they set.

\*\* Please note: the Set Your Goals handout includes a physical activity (p.a.) goal. Due to time limitations for this lesson and subsequent priority of F/V consumption, we will not focus on physical activity. However, members can use the p.a. goal if they desire.

### **Lesson Summary:**

The American diet continues to fall short on F/V consumption. Lifestyle-related diseases plague many people and/or their family members. With the many messages, suggestions, and influences from multiple sources regarding health and diet, people may get confused and find it difficult to know what is appropriate. Additionally, many people simply do not know how to make sustainable change in their health choices.

It is a primary objective in this lesson to help members find a way(s) to consume the recommended number of servings of F/V – within their home and that fits their preferences and lifestyle. Writing a goal and simple action plan that is personal to each member can be a very effective way to accomplish this.

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