

Lesson Plan

Focus on Fruits and Vegetables

Concept

Encourage WIC participants to eat a variety of fruits and vegetables.

OBJECTIVES

Knowledge Objectives

After completing the lesson, participants will be able to list:

- A variety of fruits and vegetables that are available in Florida.
- Understand why fruits and vegetables are important for good health.
- Suggestions for ways to include more fruits and vegetables in family meals and snacks.

Behavioral Objectives

After completing the lesson, participants will be able to:

- Tell which fruits and vegetables he/she has tried in the past.
- Choose a new fruit and vegetable he/she will try in the future.

Key Points

Review the major points of the “Focus on Fruits and Vegetables” client handout (English/Spanish) by going over the following points with the client:

- We need to eat fruits and vegetables each day for good health.
- Why is it important to eat fruits and vegetables? Eating fruits and vegetables provides health benefits — people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits and vegetables provide nutrients vital for the health and maintenance of your body (for example, Vitamin A keeps eyes and skin healthy and helps to protect against infections; Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy). Eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce risk for stroke and perhaps other cardiovascular diseases; may protect against certain cancers, such as mouth, stomach, and colon-rectum cancer.
- Fruits and vegetables are good sources of fiber. Fiber helps our bodies function properly and fills us up. The water in fruits and vegetables add volume to our favorite dishes, so we can eat the same amount of food with fewer calories.
- We can use fruits and vegetables in our daily food choices instead of choosing higher calorie foods such as sweets and desserts.
- There are many different fruits and vegetables available in Florida.
- Include fruits and vegetables in your family meals and snacks that you haven't tried before to help your family appreciate the many tastes and textures of fruits and vegetables available in the food market.
- Try the recipes on the handout.

Learning Activity for Parent and Child

- Offer the WIC participant the “Fruit and Vegetable Children’s Activity Sheet.”
- Explain to the parent that he/she can work with his/her child to complete the activity sheet by putting a circle around the fruits or vegetables that the child has tried.
- Then have the parent ask the child what new fruits and vegetables he/she would like to try and write the name of the fruits and vegetables on the blank lines on the activity sheet. Or, this can be used in a group setting in the local agency with WIC children and their parents, with a WIC staff person leading the activity.

Goal Setting Question

After the WIC staff person has explained the “Focus on Fruits and Vegetables” handout to the client, the WIC staff should encourage the client to read the handout and then answer the following question that is included on the handout: *How will you add some new fruits and vegetables to your family’s meals and snacks?* Ask the client to write her/his answer on the handout.

If given as an individual nutrition education contact, the local agency will need to determine where, in the client flow, a WIC staff person will look at the client’s response to the goal question. If no response is written or it appears that the client did not address or understand the question, the WIC staff person should ask the question verbally and write down the answer for the client. As always, the client should be referred to the nutrition educator or licensed nutritionist if they have more in depth questions or need further information.

If the handout is used in a group nutrition education contact, clients should be asked to write down an answer to the goal question. The group leader should then ask the group for volunteers to give ideas on what ways they thought that they could add new fruits or vegetables to their meals or snacks. (Optional: To more easily evaluate the effectiveness of the training, the local agency may want to have a percentage of the clients write their goals on a piece of paper, which will be collected for evaluation purposes.)

Evaluation

Since the client will be taking home her copy of the completed handout, the evaluation method for this nutrition education contact will be to use a tally sheet to record the client’s responses to the goal question. Please see the suggested tally sheets below (for individual and group contacts) for this handout, which may be adapted for your local agency’s needs. Results of your evaluation should be used for making changes, as necessary, in future nutrition education contacts of this type. Local agencies’ evaluation results will be requested at a future date by the state WIC office. For more information about evaluating a nutrition education

handout, see the WIC Procedure manual, Chapter 6, Attachment 6, number 6 (Evaluation).

**Suggested Tally Sheet for “Focus on Fruits and Vegetables” Handout
For Individual Nutrition Education Contact**

Goal Setting Response	To record your data, enter a “slash mark” to represent each client’s response in the appropriate cell:
Client <u>wrote</u> a goal related to eating fruits and/or vegetables	
Client <u>verbally</u> gave a goal related to eating fruits and/or vegetables	
Client did not set a goal related to eating fruits and/or vegetables.	

**Suggested Tally Sheet for “Focus on Fruits and Vegetables” Handout
For GROUP Nutrition Education Contact**

Goal Setting Response	To record your data, enter a “slash mark” to represent each client’s response in the appropriate cell:
Client <u>wrote</u> a goal related to eating fruits and/or vegetables.	
Client <u>verbally</u> gave a goal related to eating fruits and/or vegetables.	
Client did not set a goal related to eating fruits and/or vegetables.	

For additional recipes, check out these websites:

- http://www.5aday.gov/benefits/nutrient_guide.html
- http://www.cancer.org/docroot/MBC_6_2X_Recipes
- <http://www.firstgov.gov/Citizen/Topics/Health/Recipes.shtml>
- <http://www.nhlbi.nih.gov/healthy/public>
- www.fruitsandveggiesmorematters.org

References

- http://www.5aday.gov/benefits/nutrient_guide.html
- <http://www.firstgov.gov/Citizen/Topics/Health/Recipes.shtml>
- http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone
- <http://www.cfsan.fda.gov/~dms/prodsafe.html>
- <http://www.mypyramid.gov>
- http://dohiws.doh.ad.state.fl.us/Divisions/Family_Health/WIC/index.htm
(WIC Intranet site), go to “Training,” and then “Florida Nutrition Training Guide,” and then click on “Preschool Nutrition Module.”