



GS7

GROCERY SHOPPING

"Appeeling" Desserts

Time: 70 Minutes

Do you have a special occasion coming up or feel like treating yourself to something sweet? Take the opportunity to serve a healthy and colorful fruit dessert. Fruit is nature's sweet treat. Learn healthy cooking techniques for fruit that allow its natural sweetness to shine. Bonus: fruit for dessert reinforces your healthy eating pattern.

OBJECTIVES:

Explain the difference between naturally occurring sugars and added sugars.

List three health benefits of eating fruit for dessert.

Describe two healthy cooking techniques for fruit desserts.

SETUP

- Review the resource list and print it out. Purchase all necessary supplies after reviewing the [HFL Cost Calculator](#).
- Set up the stations for participants with the necessary activity supplies.
- Provide computer, internet access and projector, if available.

INTRO (10 Minutes)

- Welcome participants and introduce yourself.
- Take care of any housekeeping items (closest bathroom, water fountain, silence cell phones, etc.).
- Give a brief description of the educational experience.
- Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the [Welcome Toolkit](#).

DEMO (10 Minutes)

- Demonstrate content (see demo script) or play video(s).

ACTIVITY (20 Minutes)

- Participants will prepare Warm Cinnamon-Raisin Apples.

RECAP (10 Minutes)

- Pass out the handout(s) and go through them together.

GOAL SETTING/CLOSING (20 Minutes)

- Engage in a goal setting activity from the bank of options provided in the [Welcome Toolkit](#). Pass out the Setting SMART Goals handout to participants.
- Thank participants and encourage them to join the next activity. (Provide date/time/location if known.)



NOTES: Read legal liability disclaimer before activity: [Food Liability Disclaimer](#). Refer to Resource List for all necessary supplies and handouts. This Healthy for Life® Educational Experience was created by Aramark and the American Heart Association as part of our Healthy for Life® Initiative. We are proud to be working together to help improve the health of all Americans.

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“Appeeling” Desserts Resource List

HANDOUTS/VIDEOS

Find these resources on AHA’s YouTube channel or heart.org/healthyforgood

- Video – [Warm Cinnamon-Raisin Apples](#)
- Video – [Frozen Yogurt Bark](#)
- Article – [Tips for Cutting Down on Sugar](#)

Find these resources in this lesson

- Recipe – [Warm Cinnamon-Raisin Apples](#)
- Recipe – [Frozen Yogurt Bark](#)
- Handout – [Added Sugar Is Not So Sweet Infographic](#)
- Handout – [Fruit Storage Guide](#)
- Handout – [Setting SMART Goals](#)

SPACE SETUP

- Chairs and tables for participants
- Computer, internet access, and projector, if available

ACTIVITY INGREDIENTS* AND SUPPLIES**

- 1 tablespoon light or dark brown sugar
- 2 teaspoons cornstarch
- 1 teaspoon ground cinnamon
- 1 teaspoon grated peeled gingerroot
- ¼ teaspoon ground nutmeg
- ⅓ cup 100% apple juice and ⅔ cup 100% apple juice, divided use
- 2 teaspoons canola or corn oil
- 2 medium Braeburn, Rome Beauty, or Golden Delicious apples, peeled if desired, thinly sliced, and patted dry
- 2 tablespoons golden raisins
- ¼ cup chopped walnuts, dry-roasted
- Measuring spoons
- Measuring cup
- Paring knife
- Chef’s knife
- Small bowl
- Spoon (for stirring the brown sugar mixture)
- Electric burner
- Wok or large skillet
- Large spoon (for stirring during cooking)
- Plates (for tasting the apples)
- Forks
- Spoons

*Recipe serves 4 people; please multiply ingredients as necessary for your participants.

**Purchase appropriate number of supplies for your participants. Participants can divide into teams and share supplies and ingredients.



SAY:

Many of us will readily confess to having a sweet tooth and agree we enjoy dessert at one time or another. Desserts are a perfect way to mark special occasions. They bring a festive meal to a happy and celebratory close. But if we want to maintain a healthy eating pattern, we must be careful not to let sugary treats become a habit. Sugar can be difficult to resist. Eating a lot of sugar gives us empty calories (calories that have no nutritional value). It can make us gain weight and can increase our risk of heart disease and diabetes. Today we’re going to talk about a naturally sweet dessert: fruit. Eating fruit regularly or fruit-based desserts in moderation won’t sabotage your healthy eating pattern.

NATURALLY OCCURRING SUGARS VERSUS ADDED SUGARS

It’s important to know the difference between naturally occurring sugars and added sugars. Naturally occurring sugars are found in foods such as fruit (fructose), which is what makes it a healthy option for a sweet treat. Naturally occurring sugar is also found in beverages such as milk (lactose).

Added sugars are sugars added to foods and beverages when they’re processed or prepared. Added sugars are present in cakes, cookies, pies and ice cream—all traditional forms of dessert. Sugary drinks of all sorts—energy drinks, soda, flavored coffees and sweetened tea—are the largest source of added sugar in the American diet followed closely by sweets, such as candy, and desserts.

Added sugars are found in various forms. They have sneaky names on labels. Some of these include: agave nectar, corn sweetener, corn syrup, dextrose, evaporated cane juice, fructose, fruit juice concentrates, glucose, honey and sucrose.



To make it easier for us to figure out if there are added sugars in our favorite foods and beverages, we need to read the Nutrition Facts label. An updated form of the label is appearing on more and more products. You can find **Added Sugars** listed under **Total Sugars**.



HOW MUCH SUGAR IS TOO MUCH?



It’s also important to know that the American Heart Association recommends a daily limit of 100 calories or 6 teaspoons/25 grams (or less) of added sugar for women and 150 calories or 9 teaspoons/36 grams (or less) of added sugar for men.



Eating and drinking a lot of sugar is one of the probable causes of the obesity epidemic in the U.S. and other countries. Choosing fruit for snacks and desserts can help you avoid a lot of added sugar and maintain an overall healthy eating pattern.



HEALTH BENEFITS OF FRUIT



Eating 2 to 2½ cups of fruit every day as part of an overall healthy eating pattern is recommended. Fresh, canned, frozen and dried all count toward your daily goal and may:

- reduce your risk for cardiovascular disease and stroke
- reduce the risk of some cancers, such as colon cancer
- reduce the risk of chronic health issues, such as diabetes
- help you to manage your blood pressure
- help you to manage your weight
- support healthy digestion

“Appeeling” Desserts Demo Script (Continued)

HEALTHY PREPARATIONS FOR FRUIT DESSERTS



SAY:

Now let's talk about some useful and healthy cooking techniques for fruit and fruit-based desserts.



Baking

Use an oven to cook fruit or fruit-based desserts. The dry heat keeps the fruit moist and flavorful, so you don't need to add unhealthy saturated fats. Try:

- Peaches stuffed with unsweetened dried fruit and sprinkled with chopped nuts
- Cobblers or crisps. They also contain whole grains like oats. You can vary the central fruit or use a combination of fruits—cherries, blueberries, blackberries or pears are all great choices.



Grilling

Cook fruit with intense, direct heat. Grilling brings out the natural sugars, which caramelize in the high heat, giving fruit extra sweetness and flavor. Try:

- Slices of fresh pineapple (sprinkle them with some minced mint leaves)
- Watermelon slices or use watermelon cubes with other cubed fruit, such as nectarines, strawberries and bananas, to make kebabs



Poaching

Bring water or a flavorful liquid to a boil and then gently simmer the fruit until done, which will help it retain its shape and moisture. Try:

- Pears poached in 100% fruit juice, such as pomegranate
- Plums poached in 100% orange juice—sprinkle with some cinnamon and finely grated orange zest



Stewing

Cook fruit in a tightly covered pot in a mixture of its own juice plus added liquid. The condensation formed inside the pot creates a self-basting process to keep the fruit moist while locking in its nutrients. Try:

- Chopped stone fruits, such as peaches, nectarines, apricots, plums and cherries, stewed in 100% apple juice—add a cinnamon stick and a sprinkle of ground nutmeg (be sure to discard the cinnamon stick before serving the stewed fruit)
- Using your slow cooker to stew fruit



Remember to eat the rainbow. A wider range of colors means a wider range of nutrients! Be creative. Even freezing fruits, such as red or green grapes or banana slices, gives the fruit an intriguing texture and creates a refreshing dessert for warmer times of the year.

“Appeeling” Desserts Activity Script

Divide participants into two teams to prepare the Warm Cinnamon-Raisin Apples.

Invite group members to pick up their resources (recipe, ingredients and cooking supplies) at the demo station. (Alternatively, if you have set everything up at their stations beforehand, participants can go straight to their cooking stations.)

Play the [video](#) for Warm Cinnamon-Raisin Apples. If you wish, you can also play the [video](#) for Frozen Yogurt Bark.



SAY:

We’re going to make Warm Cinnamon-Raisin Apples by stir-frying them. While this is an unusual way to cook apples, you’ll enjoy the spicy fragrance in the air.



You can take a copy of both the Warm Cinnamon-Raisin Apples and Frozen Yogurt Bark recipes home with you. Once everyone has finished making the apples, we’ll enjoy them together.

Warm Cinnamon-Raisin Apples

Makes 4 servings; ½ cup per serving
Per serving: 172 Calories; 0.5 g Saturated Fat; 4 mg Sodium



The wok isn't just for savory dishes. For this sweet stir-fried dessert, sizzling apples are combined with a sauce that's fragrant with cinnamon and nutmeg. If you don't have a wok, a large skillet will work just fine.

INGREDIENTS

- 1 tablespoon light or dark brown sugar
- 2 teaspoons cornstarch
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ⅓ cup 100% apple juice and ⅔ cup 100% apple juice, divided use
- 2 teaspoons canola or corn oil
- 2 medium Braeburn, Rome Beauty, or Golden Delicious apples, peeled if desired, thinly sliced, and patted dry
- 2 tablespoons golden raisins
- ¼ cup chopped walnuts, dry-roasted

DIRECTIONS

1. In a small bowl, stir together the brown sugar, cornstarch, cinnamon, and nutmeg. Stir in ⅓ cup apple juice. Set aside.
2. Heat a wok or large skillet over high heat. Pour in the oil, swirling to coat the bottom. Cook the apples for 2 to 3 minutes, or until tender and lightly browned, stirring constantly.
3. Stir in the raisins and the remaining ⅔ cup apple juice. Stir in the brown sugar mixture. Cook for 4 to 6 minutes, or until the sauce is thickened, stirring constantly. Just before serving, sprinkle with the walnuts.

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Makes 8 servings; 2 pieces per serving
Per serving: 70 Calories; 0.5 g Saturated Fat; 15 mg Sodium



This frozen yogurt bark is studded with fruit. It's a pretty dessert and a fun treat for kids and adults alike.

INGREDIENTS

- 1½ cups low-fat plain Greek yogurt
- 2 tablespoons honey or pure maple syrup
- 2 tablespoons chopped unsalted almonds
- ½ cup finely chopped mango
- ½ cup blueberries
- ¼ cup raspberries or blackberries, chopped if large

DIRECTIONS

1. In a medium bowl, whisk together the yogurt and honey until combined.
2. Line a 13 x 9 x 2-inch baking dish with parchment paper. Using a spatula or knife, spread the yogurt mixture over the paper as thinly as possible.
3. Sprinkle the almonds over the yogurt mixture. Using your fingertips, gently press the almonds into the mixture.
4. Sprinkle the mango, blueberries, and raspberries over all. Using your fingertips, gently press the fruit into the yogurt mixture.
5. Cover the dish with plastic wrap or aluminum foil. Freeze overnight.
6. At serving time, remove the baking dish from the freezer. Gently lift the parchment paper from the dish and transfer to a cutting board. Using your hands, break the bark into pieces (or you may need to hit it lightly on the surface of the cutting board). It's best to eat the bark immediately. It begins to melt 15 minutes after being removed from the freezer.

Cook's Tip: Any leftover bark can be wrapped in parchment paper, put in a resealable freezer bag and frozen for up to one month.

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American Heart Association,
Healthy for Good™

ADDED

NOT SO

Sugar IS Sweet



Natural sugars are found in fruits, vegetables, milk and grains.
Other sugars — the kind added to foods, drinks and condiments during processing — may increase heart disease risk.



A typical 12-ounce can of regular soda has 130 calories and 8 teaspoons of sugar.



Added sugars also sneak into seemingly “better for you” beverages, such as sports drinks, fruit drinks and flavored milks.

THE AMERICAN HEART ASSOCIATION RECOMMENDS

Limit added sugars to no more than 100 calories a day (6 teaspoons) for most women and no more than 150 calories a day (9 teaspoons) for most men.

ADDED SUGAR SOURCES

Sugar-sweetened beverages are the biggest source of added sugars in the American diet. Other sources are baked items (like cakes, muffins, cookies and pies), ice cream and candy.



FIND IT

Read food labels. Syrup, molasses, cane juice and fruit juice concentrate mean added sugars, and so do most ingredients ending with the letters “ose” (like fructose & dextrose).



Enjoy fruit for dessert most days and limit traditional desserts to special occasions.
Cut back on the amount of added sugars you eat and drink.
Buy 100% juice with no added sugars.



REPLACE IT

Enhance foods with spices. Try cinnamon, nutmeg, mint or ginger.
Add fresh or dried fruit to cereal and oatmeal.



Drink plain or sparkling water, unsweetened tea or sugar-free beverages.



Eating and drinking a lot of added sugar is one probable cause of the obesity epidemic in the U.S. and other countries. It's also linked to increased risks for high blood pressure, high cholesterol, diabetes and inflammation in the body.

FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES:
HEART.ORG/HEALTHYFORGOOD

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FRUIT STORAGE GUIDE

FRUIT	LOCATION	DURATION, REFRIGERATED	DURATION, FROZEN
Apples	Back of fridge	2–3 months	NR
Apricots	Countertop*	1–2 days after ripened	6 months
Avocados	Countertop*	1–2 days after ripened	NR
Bananas	Countertop*	1 week	6 months
Berries	Front of fridge	1–2 days	6 months
Cherries	Back of fridge	3–5 days	6 months
Cranberries	Crisper	4 weeks	8–12 months
Grapefruit	Front of fridge	2 weeks	4–6 months
Grapes	Back of fridge	2 weeks	6 months
Kiwifruit	Countertop*	3–5 days after ripening	NR
Lemons/Limes	Front of fridge	3–4 weeks	Juice and zest: 8–12 months
Mangoes	Front of fridge	5–7 days	6 months
Melons	Countertop*; front of fridge once cut	1–2 days once cut	8–12 months
Nectarines	Countertop*	3–5 days after ripened	6 months
Oranges	Front of fridge	3–4 weeks	4–6 months
Peaches, pears, plums	Countertop*	3–5 days after ripened	6 months
Pineapples	Countertop*; front of fridge once cut	3–5 days after ripened	8–12 months
Tomatoes	Countertop, away from sunlight and ventilated; in crisper once cut*	1–2 days	3–4 months (wedges; use for cooking only)

To maintain the quality and safety of fresh foods, proper handling and storage are important. Make sure everything is clean to prevent bacteria from entering and spoiling your food. Your refrigerator should register between 37°F and 40°F and your freezer at 0°F or below. The back of your fridge is the coldest part; the front and door areas are the warmest. The times given here are for fresh foods from date of purchase; once a food is frozen, the sell-by dates are no longer relevant. Unless otherwise noted, the recommended freezer times are for prepped raw vegetables or fruit stored in airtight containers. NR indicates not recommended.

*Once ripened, store in the refrigerator to slow spoilage. Some flavor loss, drying, and/or discoloration can occur.

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SPECIFIC

- What exactly do you want to accomplish?

MEASURABLE

- How will you track your progress towards your goal?

ACHIEVABLE

- Is reaching your goal possible with your full effort?

REALISTIC

- Do you have the resources and ability to achieve your goal? If not, how can you get them?

TIME-BOUND

- When will your goal be achieved?

EXAMPLE OF A SMART GOAL:

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:
