



GHH3

GROWING HEALTHY HABITS

Eating For A Stronger, Healthier You

Time: 70 Minutes

Do you sometimes feel confused by everything you hear about healthy eating? You're not alone! Many of us find it hard to sort through all the information that's out there. A good start is learning the basic food groups and servings for each one. This lesson will teach you about all the food groups, with a special focus on fruits and vegetables. Learn how smart food choices can fuel your body and mind!

OBJECTIVES:

Identify the five basic food groups (Fruits, Vegetables, Whole Grains, Protein Foods, and Dairy).

Give an example of a serving amount for one of the groups.

Try a new fruit or vegetable.

SETUP

- Review the resource list and print it out. Purchase all necessary supplies after reviewing the [HFL Cost Calculator](#).
- If using the optional demo supplies, set up the demo table.
- Set up cooking stations with the necessary equipment and ingredients.
- 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, etc.).
- Give a brief description of the educational experience.
- Ask participants to name their favorite fruit or vegetable and explain why they prefer it. **(Give everyone a chance to speak.)**

DEMO (10 Minutes)

- Demonstrate content (see demo script). Play video as indicated.

ACTIVITY (20 Minutes)

- Participants will cook and taste Creamy Tomato Soup.

RECAP (10 Minutes)

- Pass out handout(s) and invite participants to taste their healthy soup while going through the handout(s) 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 disclaimers before activity: [Food Liability Disclaimer](#). Please receive consent from each child's parent/legal guardian before the educational experience. 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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Eating For A Stronger, Healthier You Resource List

HANDOUTS/VIDEOS

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

- Video – Creamy Tomato Soup

Find these resources in this lesson

- Handout – Choose MyPlate Portion Sizes
- Handout – What's a Serving? Infographic
- Handout – Whole Grain versus Refined Grain
- Handout – Creamy Tomato Soup recipe
- Handout – Eat More Color Infographic
- Handout – Fun Facts Monthly Fruit and Vegetable Calendar
- Handout – Setting SMART Goals

SPACE SETUP

- Chairs and tables for participants
- Demo table
- Pens for participants
- Folders
- Computer, internet access, and projector, if available

OPTIONAL DEMO SUPPLIES

These items can enhance the educational experience and help you demonstrate serving sizes, but they are not required.

For the Food Groups:

- 1 medium apple
- ½ cup fruit in a bowl
- ¼ cup dried fruit (raisins, dried apricots, etc.) in a bowl
- ¼ cup orange juice in a glass
- 1 cup salad (darker greens) in a bowl
- ½ cup vegetables in a bowl
- ½ cup tomato juice in a glass
- 1 slice whole-grain toast on a plate
- ½ cup cooked whole-grain pasta, such as rotini, in a bowl
- 1 cup fat-free milk in a glass
- ½ ounce unsalted nuts in a bowl
- Measuring spoons
- Measuring cup
- Deck of cards
- Four dice

ACTIVITY INGREDIENTS* AND SUPPLIES**

- 2 14.5-ounce cans no-salt-added diced tomatoes, undrained
- 2 cups no-salt-added tomato juice
- 1 teaspoon dried basil, crumbled
- 1 teaspoon sugar
- 1 cup fat-free milk
- 4 ounces fat-free cream cheese
- 1 ½ ounces shredded fat-free Cheddar cheese
- Measuring cups and spoons
- Blender or Food processor
- Rubber scraper
- Medium saucepan
- Large whisk
- Soup bowls (for tasting)
- Soup spoons (for tasting)

**The Creamy Tomato Soup recipe serves 8 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.*

Eating For A Stronger, Healthier You Demo Script



SAY:

Eating healthy is about making smart choices. Have you all heard of the American Heart Association? It's an organization that teaches everyone how to stay healthier and take care of their hearts. We're going to talk about the serving amounts that the American Heart Association recommends for the five big food groups.

FRUITS GROUP



Try for 4 servings or 2 cups of fruit a day.



Fruit is nature's dessert! Let's look at some examples of a serving.

- 1 medium fruit, which is a serving, is the size of your fist. **(Make a fist.)** Or, think of a baseball. **(Show the apple.)**
- ½ cup of canned, dried, fresh, or frozen—again, these all are nutritious choices—fruit counts as a serving. **(Show the fruit in a bowl.)**
- ¼ cup of fruit juice counts as a serving. **(Show the orange juice in a glass.)** When you buy fruit juices, watch for added sugars, which are unhealthy. Choose 100% juice (or 100% juice and water) instead of sweetened fruit juices, fruit drinks, or fruit juice cocktails.
- ¼ cup of dried fruit counts as a serving (raisins, dried apricots, dried cherries, or your favorite). Be sure to choose unsweetened dried fruit.

VEGETABLES GROUP



Try for 5 servings or 2 ½ cups of vegetables a day.



Vary your vegetables. Eat lots of different colors to give your body lots of different nutrients. Let's look at some examples of a serving.

- 1 cup of a raw leafy vegetable, like a salad made with dark, leafy greens, counts as a serving. **(Show the bowl with salad.)**

- ½ cup of canned, dried, fresh, or frozen—all these are equally good for you—vegetables counts as a serving. **(Show the vegetables in a bowl.)**
- ½ cup of vegetable juice counts as a serving. **(Show the tomato juice in a glass.)** When you buy vegetable juices, look for a label that says 100% vegetable juice. Low-sodium juice is a healthy choice, too.



Try to fill half your plate with fruits and vegetables at every meal. This picture is from the U.S. Department of Agriculture. It's called MyPlate. **(Hold up the MyPlate image.)**



It shows us how our plates should look when we're eating a healthy, balanced meal. See the red and green areas? Fruits (red) and vegetables (green) are covering one-half of the plate.

WHOLE GRAINS GROUP



Try for at least 3 servings (or up to 6 servings) or 3 to 6 ounces a day.



Make half your grains whole grains! Grains give you energy. What is a whole grain? Whole grains have their bran or outer covering. Grains like rice or wheat can go through a process that takes off their bran. The grains lose a lot of their vitamins and minerals. After they've been changed by this process, grains are called refined. White rice is a refined grain. White bread is made from refined grains.

(Show the Whole Grain vs. the Refined [White] Grain Illustration.)



Be sure to buy whole-grain products, brown rice and whole-grain bread. Look for the words "whole" or "whole grain" first on the ingredients list. Now, I'll tell you about some choices that will help you get all your daily servings of whole grains.

- 1 slice of whole-grain bread; look for 100% whole-grain bread when you're in the store. **(Show the toast.)**
- 1 cup of ready-to-eat, whole-grain cereal; avoid those sugary cereals!

Eating For A Stronger, Healthier You Demo Script (continued)

- ½ cup of cooked whole-grain cereal, brown rice, or whole-grain pasta.
(Show the bowl of pasta.)
- 5 whole-grain crackers.
- 3 cups of unsalted, air-popped popcorn; popcorn is yummy all by itself—you don't need all that salt and butter!
- 1 6-inch whole-wheat tortilla.

DAIRY GROUP



SAY:

Try for 4 servings or 4 cups a day.

The dairy group helps you get the calcium you need to build strong bones and teeth. Be sure your dairy foods are fat-free and low-fat. Look at product labels for the words “fat-free” and look for “1%” for low-fat products. Here are some good ideas to help you get your daily servings from the dairy group.

- 1 cup of fat-free milk.
(Show the glass of milk.)
- Frozen or fruited fat-free or low-fat yogurt.
- 1 ½ ounces of fat-free or low-fat cheese—a 1 ½-ounce portion of cheese is about the size of four stacked dice.
(Show the dice.)
- ½ cup of fat-free or low-fat ice cream (no more than 3 grams of fat per ½-cup serving).

PROTEIN FOODS GROUP



Try for 1 to 2 servings or 5 ½ ounces a day.



Protein foods help you grow and develop strong muscles. This group includes eggs, fish, poultry, lean meat, legumes, nuts, and seeds. Here are some good choices for your servings.

- 3 ounces of cooked lean meat, poultry, or seafood. Your portion should be the size of a deck of cards.
(Show the deck of cards.)

- 1 egg or 2 egg whites.
- ½ cup of cooked beans or peas.
- 1 tablespoon of peanut butter.
(Show the tablespoon.)
- ½ ounce of unsalted nuts or seeds.

THINK OF THREE OF THE FOOD GROUPS IN TERMS OF A GARDEN



SAY:

What garden foods are in the Fruits group? **(The participants can give examples.)**

– Apples, oranges, strawberries



What garden foods are in the Vegetables group?

(The participants can give examples.)

– Green beans, potatoes, onions



What garden foods are in the Protein Foods group?

(The participants can give examples.)

– Beans, peas, nuts



Why is it important to eat garden foods as well as foods from all the different food groups?

(Let the participants respond.)

– Our bodies need nutrients from all the food groups to grow and be healthy. Eating foods from the garden and the Whole Grains and Dairy groups helps us get the nutrients we need.



What would happen if your diet only included one food group? What do you think?

(Let the participants respond.)

– You would not get all the nutrients that you need to grow and be healthy.



Food should give you energy—not weigh you down! Remember to limit sugary drinks, sweets, fatty meats, and highly processed foods. Enjoy a variety of nutritious foods from all the food groups, especially garden foods like fruit and veggies.

Eating For A Stronger, Healthier You Activity Script

Divide participants into teams to practice making delicious Creamy Tomato Soup.

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.)

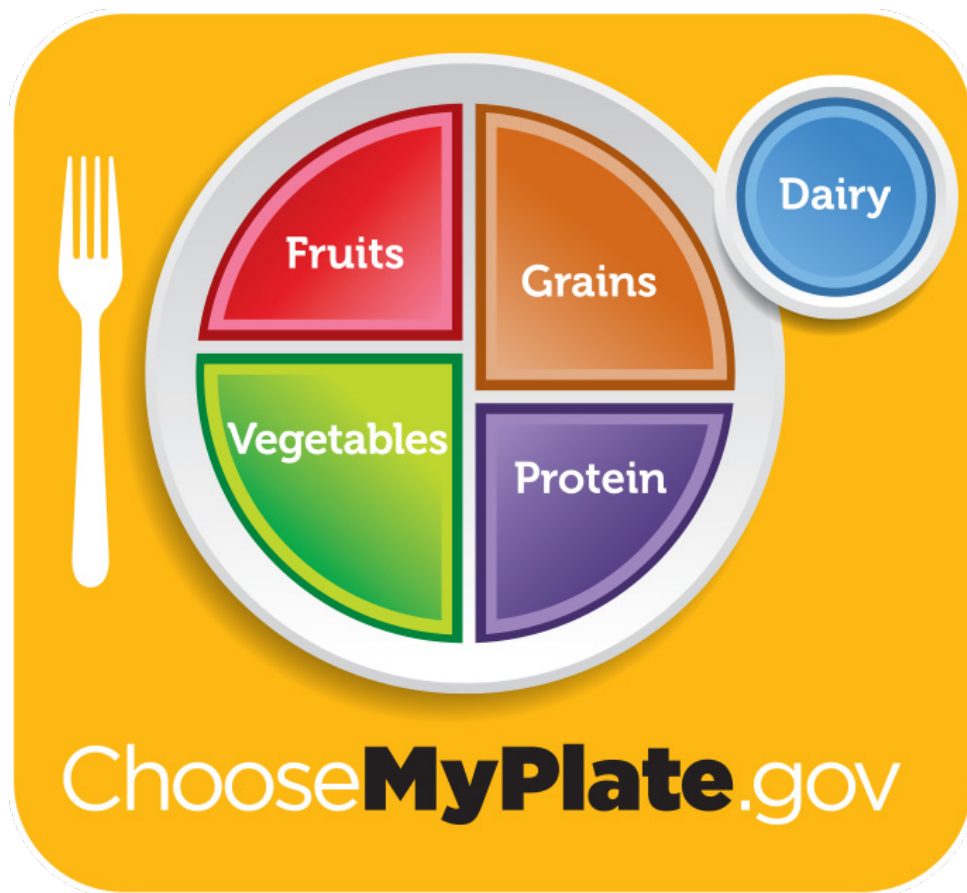


SAY:

Today, we are going to make Creamy Tomato Soup. The tomatoes and basil in this soup come from the garden. The recipe includes fat-free milk and cream cheese from the dairy group, and the soup is topped with a sprinkle of Cheddar cheese. Let's get started.



Once everyone is finished making the soup, we'll pour it into bowls and share it with your teammates.

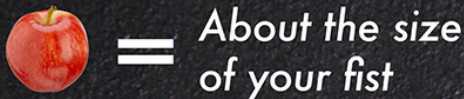


WHAT'S A SERVING?

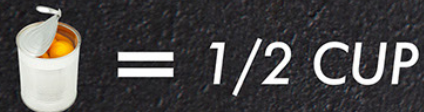
FRUITS

4 servings per day

ONE MEDIUM FRUIT



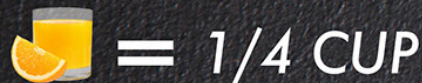
FRESH, FROZEN OR CANNED



DRIED



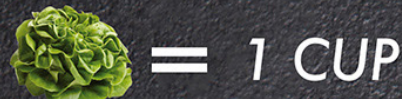
FRUIT JUICE



VEGETABLES

5 servings per day

RAW LEAFY VEGETABLE



FRESH, FROZEN OR CANNED



VEGETABLE JUICE



*based on a 2,000 calorie eating pattern

The good news is eating the right amount of fruits and vegetables doesn't have to be complicated. Here are some examples of about one serving:

FRUITS

- Apple, pear, orange, peach or nectarine: 1 medium
- Avocado: Half of a medium
- Banana: 1 small (about 6" long)
- Grapefruit: Half of a medium (4" across)
- Grape: 16
- Kiwifruit: 1 medium
- Mango: Half of a medium
- Melon: Half-inch thick wedge of sliced watermelon, honeydew, cantaloupe
- Pineapple: 1/4 of a medium
- Strawberry: 4 large

VEGETABLES

- Bell pepper: Half of a large
- Broccoli or cauliflower: 5 to 8 florets
- Carrot: 6 baby or 1 whole medium (6 to 7" long)
- Corn: 1 small ear (6" long) or half of a large ear (8 to 9" long)
- Leafy vegetable: 1 cup raw or 1/2 cup cooked (lettuce, kale, spinach, greens)
- Potato: Half of a medium (2 1/2 to 3" across)
- Squash, yellow: Half of a small
- Sweet potato: Half of a large (2 1/4" across)
- Zucchini: Half of a large (7 to 8" long)

EAT SMART **ADD COLOR** MOVE MORE BE WELL

#HEALTHYFORGOOD
LEARN MORE AT [HEART.ORG/HEALTHYFORGOOD](https://www.heart.org/healthyforgood)

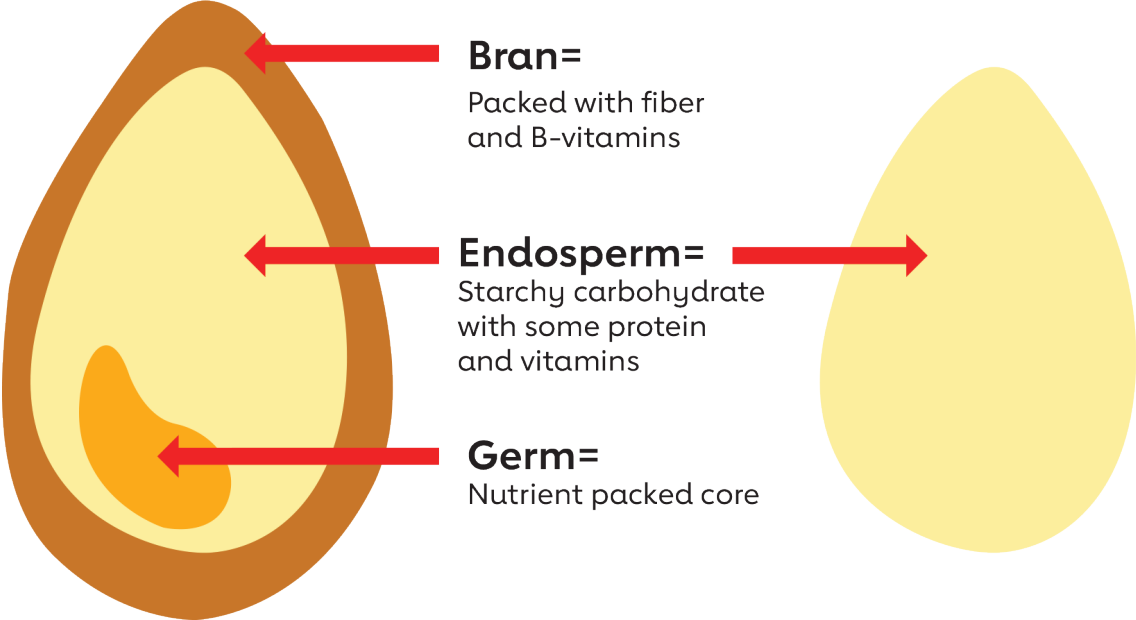
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Whole Grain vs. Refined (White) Grain

Whole Grain

vs.

Refined (White) Grain



Creamy Tomato Soup

Makes 8 servings; generous $\frac{3}{4}$ cup per serving
Per serving: 71 Calories; 0.0 g Saturated Fat; 185 mg Sodium



This kid-tested and kid-approved tomato soup is rich and filling.

INGREDIENTS

- 2 14.5-ounce cans no-salt-added diced tomatoes, undrained
- 2 cups no-salt-added tomato juice
- 1 teaspoon dried basil, crumbled
- 1 teaspoon sugar
- 1 cup fat-free milk
- 4 ounces fat-free cream cheese
- 1 $\frac{1}{2}$ ounces shredded fat-free Cheddar cheese

DIRECTIONS

1. In a food processor or blender, process the tomatoes with liquid, tomato juice, basil, and sugar for about 20 seconds, or until smooth, scraping the side once with a rubber scraper. Pour into a medium saucepan.
2. Bring to a boil over medium-high heat. Reduce the heat and simmer for 5 minutes. Whisk in the milk and cream cheese. Increase the heat to medium. Cook for 5 minutes, or until heated through, whisking to blend in the cream cheese.
3. To serve, ladle the soup into bowls. Top each serving with 1 generous teaspoon Cheddar.

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The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.



Healthy For Good™

RED & PINK

beets
cherries
cranberries
pink grapefruit
pomegranates
red radishes
raspberries
red apples
red grapes

red peppers
red potatoes
rhubarb
strawberries
tomatoes
watermelons

BLUE & PURPLE

blackberries
blueberries
eggplants

grapes
plums
prunes
purple figs
purple onions
radicchio



YELLOW & ORANGE

acorn squash
butternut squash
apricots
cantaloupes
carrots
corn
grapefruit
lemons
mangoes
nectarines
oranges
orange peppers

papayas
peaches
pineapples
pumpkins
summer squash
sweet potatoes
tangerines
yams
yellow apples
yellow peppers
yellow squash

WHITE & BROWN

bananas
brown pears
cauliflower
currants
dates
garlic
Jerusalem artichokes
mushrooms

onions
potatoes
parsnips
raisins
shallots
turnips

GREEN

artichokes
asparagus
avocados
bok choy
broccoli
Brussels sprouts
celery
collard greens
cucumbers
green beans
green cabbage
green grapes
green onions
green peppers

kale
kiwis
leeks
limes
mustard greens
okra
pears
peas
romaine lettuce
snow peas
spinach
sugar snap peas
watercress
zucchini

For more tips and tricks on adding color to your plate, visit
HEART.ORG/ADDCOLOR

EAT SMART ADD COLOR MOVE MORE BE WELL

Fun Facts Monthly Fruit and Vegetable Calendar

Got the broccoli blues? Bored with bananas? The good news is there are many different fruits and vegetables that can help you get the recommended daily amount. Use this calendar to try new fruits and vegetables every month. Talk with your family and come up with your own ideas to add!

FUN FACTS MONTHLY FRUIT AND VEGETABLE CALENDAR

| Month | Fruits | Vegetables | Fun fact and tip |
|-----------|---------------------------------|---------------------------------|---|
| January | Kiwifruit Pear | Celery Spinach | Kiwifruit was named by the people of New Zealand after their national bird the kiwi. Try adding kiwifruit to fruit salad. |
| February | Orange Tangerine | Carrot Turnip | Turnips were carved and used as lanterns before pumpkins became the Halloween tradition. Try adding turnips and carrots for a new take on mashed potatoes. |
| March | Apricot Avocado | Corn Swiss Chard | The avocado is actually a large berry and is sometimes called an alligator pear. Add avocado slices to your sandwich, or scoop it right out of the peel with a spoon! |
| April | Banana Mango | Asparagus Snow Pea | A less sweet type of banana often used in cooking is called a plantain. Make fruit kabobs with bananas, mangos, and your other favorite fruits. |
| May | Honeydew Melon Strawberry | Artichoke Green Bean | The average strawberry has more than 200 seeds. Add strawberries to a salad for a hint of sweetness. |
| June | Blackberry Watermelon | Cucumber Summer Squash | Squash is actually a fruit, not a vegetable, because it contains the seeds of the plant. Try growing summer squash in your garden. |
| July | Cantaloupe Plum | Sugar Snap Pea Tomato | Tomatoes are eaten more than any other fruit or vegetable in the United States. Tiny cherry or grape tomatoes are a fun and delicious snack. |
| August | Cherry Peach | Okra Zucchini | Peaches are botanically related to almonds. They both make a great addition to whole-grain cereal or oatmeal. |
| September | Pineapple Pomegranate | Bell Pepper Butternut Squash | The pineapple got its name because it looked like a pine cone. Make a healthy pineapple salsa to serve with fish or chicken. |
| October | Apple Grape | Brussel Sprouts Cauliflower | Brussels sprouts are named for the capital of Belgium. Try roasted Brussels sprouts chips for a healthy, crunchy snack. |
| November | Cranberry Pear | Broccoli Cabbage | Not all pears are pear-shaped; some types look more like apples. Add sliced pears to sandwiches and salads. |
| December | Clementine Grapefruit | Kale Sweet Potato | A sweet potato is not a potato at all; it's more closely related to a carrot. Try baked sweet potato fries for a healthy side dish. |

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:
