

Eat a Rainbow: Colorful, Seasonal Fruits and Veggies

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How to use these slides – “read the notes in quotation marks”, **the notes in bold are actions facilitators should take**, and *italicized notes are suggestions to make your session as accessible and inclusive as possible!*

- “Make life more colorful with fruits and vegetables. Eat healthier one plate at a time by adding a little color to every meal and snack. Learn tips on how to eat with the seasons and how to incorporate more produce into your diet.”

**These slides were created by the
Kentucky Inclusive Health Collaborative at the
University of Kentucky Human Development
Institute in collaboration with Aramark and the
American Heart Association as part of the
Healthy for Life® Initiative.**



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Agenda

- Introduction
- Reasons to Add Color
- Ways to Add Color
- Taste the Rainbow Recipe
- Goal Setting



- **Welcome participants and allow all facilitators to introduce themselves. You should also take care of any housekeeping items (closest bathroom, water fountain, etc.) at this time. Give a brief description of today's educational experience (objectives on next slide)**
- *To go above and beyond, you can create a schedule breakdown with time stamps and pictures. It is helpful to hang copies of the schedule in the learning space. This helps you keep on track and helps participants know what to expect. For example:*
 - *1:00-1:10 Introduction*
 - *1:10-1:20 Demonstrate Content (i.e. Reasons to Add Color, etc.)*
 - *1:20-1:40 Activity (i.e., Recipe)*
 - *1:40-1:50 Recap/ Handout Review*
 - *If needed, 1:40-1:45 Break*
 - *1:50-2:10 Goal Setting*

Learning Objectives

- Explain why eating a rainbow of produce is important.
- Learn tips on how to eat seasonally.
- Try new colorful produce.



- **Explain the expected outcomes**

Ice Breaker

- **Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the Welcome Toolkit or choose your own!**
 - <https://www.heart.org/-/media/files/healthy-living/company-collaboration/welcome-toolkit.pdf>
- *When choosing an ice breaker, the activity should allow multiple ways to participate and be included.*
- *Allow individuals to write/draw/verbally communicate their responses.*
- *For example, an activity that requires lots of physical movement might not be inclusive for people with physical disabilities.*

Why are colorful, nutritious, and delicious foods so important?



- “We need to eat a variety of fruits and veggies, but why are these colorful, nutritious, and delicious foods so important?” **(invite responses)**

Five Reasons To Add Color

1. Full of the good
 - **Beneficial** nutrients
 - **Power boost**
2. Free of the bad
 - **No trans-fat**
 - **Low in sodium**
 - Contains **natural** sugars
 - Eat **whole** fruits and vegetables
 - **Not juice**



- “Here are five reasons to add color:
- 1. Full of the good. Fruits and vegetables provide many beneficial nutrients, including vitamins, minerals, healthy fats, protein, calcium, fiber and antioxidants. Add fruits and veggies to meals and snacks for a nutritional power boost.
- 2. Free of the bad. Fruits and vegetables typically contain no trans fat, low saturated fat, and very little or no sodium. The natural sugars they contain don’t affect your health the same way added sugars do, especially if you eat the whole fruit or vegetable and not just drink the juice.”

Five Reasons To Add Color

3. Will not weigh you down
 - High in **fiber** and keeps you **full**
 - Helps manage weight
4. Super flexible **superfoods**
 - Fresh, frozen, or canned
 - Raw, cooked, whole, or chopped
 - Alone or mixed in
5. **Whole-body** health boost
 - **Lower risk of disease**



- “3. Won’t weigh you down. Fruits and vegetables tend to be low in calories, so they can help you manage your weight while still filling you up, thanks to the fiber and water they contain. Replacing higher-calorie foods with fruits and vegetables is an easy first step to a healthier eating plan.
- 4. Super flexible superfoods. All forms of fruits and vegetables—fresh, frozen, canned, dried, and 100% juice—can be part of a healthy diet. They can be eaten raw or cooked, whole or chopped, organic or not, and alone or in combination with other foods. They are among the most versatile, convenient, and affordable foods you can eat.
- 5. A whole-body health boost. A healthy eating plan rich in fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, stroke, obesity, high blood pressure, high blood cholesterol, diabetes, kidney disease, osteoporosis, and some types of cancer. They’re also essential to many daily functions of a healthy body.”

Which fruits and vegetables are best?



Canned



Frozen



Fresh

- “Which fruits and vegetables are best?” (invite responses – note they are all good choices)

All Fruits and Veggies are Good!

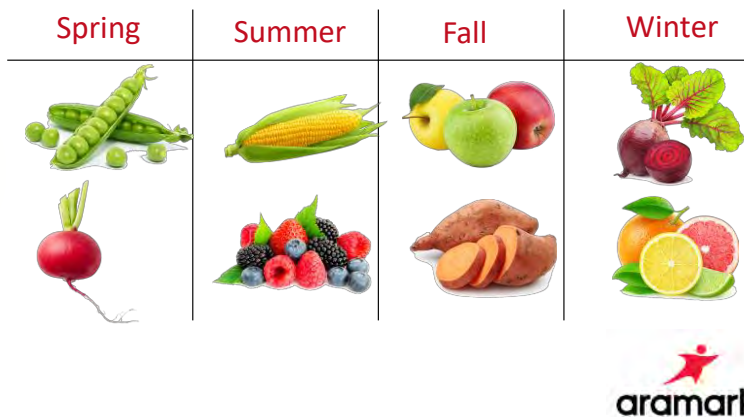
- Half of the plate should be fruits and vegetables
- Canned, fresh, and frozen are all good



- “That’s easy: They’re all good! If you eat many different types of fruits and veggies, you’re sure to get all the different types of nutrients you need. The American Heart Association recommends filling at least half your plate with fruits and veggies in order to consume the recommended 4½ cups of each per day. The good news is that all produce counts, which means canned, fresh, and frozen varieties can all help you reach your goal.
- When buying canned, dried, or frozen vegetables and fruit, be sure to compare food labels and choose the products with the lowest amount of sodium and added sugars.

All Fruits and Veggies are Good!

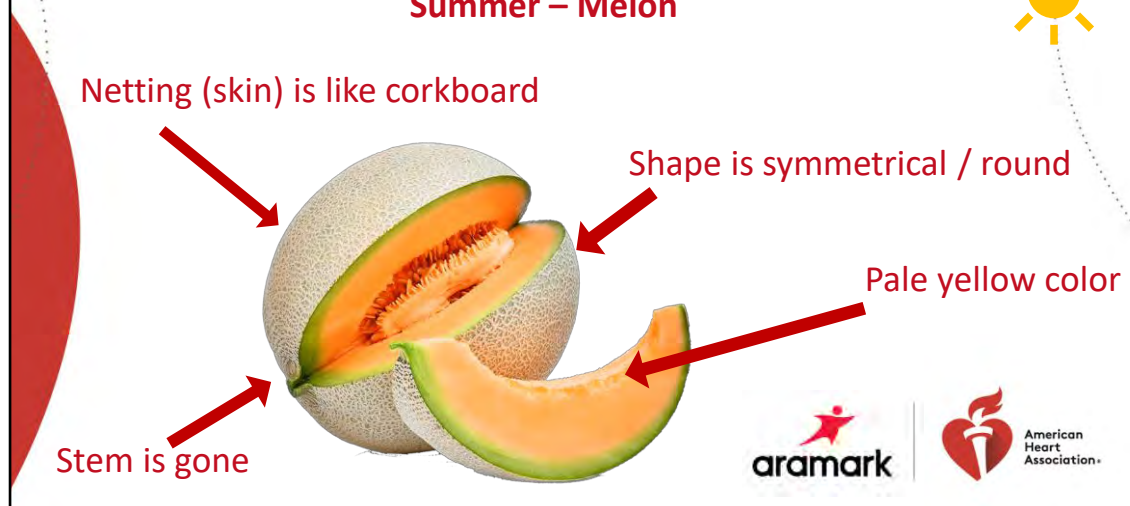
- Seasonal vegetables cost less and are more fresh



- “While grocery stores will carry an assortment of fruits and vegetables throughout the year, buying fresh seasonal produce can ease some of the strain on your wallet. When foods are in season locally, they are usually more abundant and affordable.
- Buying seasonal produce may also add zest and flavor to your meals. Fruits and vegetables that are in season are typically fresher and more flavorful. You can also freeze them to add to smoothies, soups, and breads. Gardening is a great way to get fresh seasonal produce from your own backyard while getting a little exercise, too!
- During the spring months, look for produce like peas, radishes, and green onions. For summer, opt for berries, corn, tomatoes, or melons. While in fall, choose apples, pears, or sweet potatoes. And in the winter, try celery, citrus fruits, or root veggies (like beets or turnips!).”

Tips On Choosing Seasonal Produce

Summer – Melon



- “Here are some tips on choosing fresh seasonal produce while shopping:”
- **Demonstrate with a melon for the next part (if in season).**
 - “If you’re looking at buying cantaloupes during the summer, make sure the stem is gone, and the shape is symmetrical, or evenly round. Second, the netting (or skin of the melon) should be thick and feel fairly coarse, almost like corkboard. The last thing to look for is the color. The color of the cantaloupe between the netting should be pale yellow. If the melon looks green, it isn’t quite ripe yet.”

Tips On Choosing Seasonal Produce



Summer – Corn

- Brown corn silk is lush and fresh



- **Demonstrate with corn on the cob for the next part (if in season).**
- “Another item that’s at the peak of its freshness in summer is corn on the cob. To find the ears of corn that were picked most recently, do not peel back the husk since that damages the ear for the next shopper. Instead look at the brown corn silk on the end of the ear. If it still looks lush and fresh. then the corn has probably just been picked and will be sweet and juicy.”

Tips On Choosing Seasonal Produce

Winter – Root Vegetables

- Beets and Carrots
 - Choose green fresh leaves
 - Remove leaves at home right away



TIP: “Heavy for Size”

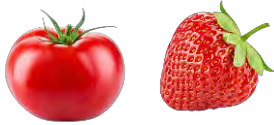
- Tomatoes, pineapples, pomegranates, grapes
- The bigger the size = more water and more juicy



- **Hold up either beets or carrots (or both) with leafy tops during the next section.**
- “Now let’s take a look at some of the root vegetables. Beets, which are freshest in the winter months, are usually found with their leaves on at the farmer’s market and sometimes in the supermarket. The same goes for carrots. If the green tops aren’t wilted, then they are probably fresh. After you purchase the veggies, make sure to remove the tops right away. But don’t toss the tops as you can cook beet greens by simmering them in low-sodium chicken broth until they’re tender. Chopped carrot tops are delicious when they’re sprinkled in salads or blended into a pesto with basil. One last tip, the “heavy for its size” freshness rule applies to fruit you find in the supermarket throughout the year. When judging which tomatoes, pineapples, pomegranates, or even grapes are the best, pick the ones that are heavy for their size. The theory is that they have the most water in them and are the juiciest fruits available.”

5 Main Color Groups

Red and **Pink**



Blue and **Purple**



Yellow and **Orange**



White



Green



- **Hold up (or point to) the fruit or vegetable that corresponds to each color group when talking through the next part.**
- “Add color to your plate each day with the five main color groups:
 - Red and pink
 - Blue and purple
 - Yellow and orange
 - White
 - Green”






- **Play video for Simple Persian Salad (0:57)**
 - <https://www.youtube.com/watch?v=ehTgsWhtNNA>
 - *Ensure that closed captioning is on for the video as it plays.*

Simple Persian Salad











- **Divide participants into teams to practice making an easy and nutritious salad using the vibrant colors purple, green, and red!**
- **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.)**
- “Today, we are going to make a Simple Persian Salad. Persia is the former name for the country Iran. In Iran and throughout the Middle East, ingredients like cucumbers, onions, herbs, citrus fruit, and vegetable oils are all food staples. We’ll be using all those heart-healthy ingredients in our salad today. Let’s get started.”
- *If applicable*, “Once everyone has finished making the dish, divide it onto plates and share with your team.”









Simple Persian Salad

Makes 4 servings: 1 cup per serving
Per serving: 88 Calories, 0.5 g Saturated Fat, 86 mg Sodium








Ingredients

 2 medium cucumbers	 4 medium tomatoes	 1 medium red onion	 1/4 cup fresh parsley or mint, OR 1 tablespoon dried parsley or mint
 Fat-free feta cheese	 Juice from 2 fresh limes	 1 tablespoon extra-virgin olive oil	 1/2 teaspoon black pepper

Tools Needed

 Measuring cups & spoons	 Spoon	 Whisk	 Knife
 Plastic Wrap	 2 Bowls	 Cutting board	 Refrigerator

Directions

- 1 Using the cutting board and a knife, seed and dice the cucumbers, and dice the tomatoes and onion.
 
- 2 Chop 1/4 cup of fresh mint OR parsley.
  1/4 cup
- 3 In a large bowl, stir together cucumbers, tomatoes, onion, mint, and 2 tablespoons of crumbled feta cheese.
 
- 4 Cover mixture in the large bowl with plastic wrap and refrigerate for 20 minutes.
 
- 5 Cut both limes in half and squeeze all the juice into a glass, careful to keep the seeds out.
 
- 6 In a small bowl, whisk together the lime juice, 1 tablespoon olive oil and 1/2 teaspoon pepper until well blended.
 
- 7 Pour the dressing over the cucumber mixture, tossing to coat. Serve immediately.
 

Created by the Kentucky Inclusive Health Collaborative at the University of Kentucky Human Development Institute in collaboration with Armark and the American Heart Association as part of the Healthy for Life Initiative.
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- This slide is meant to provide a visual cue. To review the handout with participants, open the PDF or link in a separate window and share your screen. If participants have a printed copy, have them follow along.
 - Simple Persian Salad: <https://www.heart.org/-/media/healthy-living-files/healthy-for-life/kentucky-inclusive-health-collaborative-pdfs/simple-persian-salad.pdf?la=en>
 - *Recipes might need to be adapted based on ingredient availability and dietary restrictions.*


 Healthy For Good™
 It's a life.

SEASONS OF EATING

Your heart-healthy recipes will taste even better with seasonal produce.

SPRING	SUMMER	FALL	WINTER
artichokes, asparagus, carrots, chives, fennel, leeks, green onions, lentils, fava beans, peas, radishes, fava beans and Swiss chard	basil, corn, cucumbers, eggplant, feta, garlic, grapes, green beans, melons, peppers (sweet and hot), stone fruit (apples, cherries, nectarines, peaches, plums), summer squash, tomatoes and zucchini	apples, Brussels sprouts, chives, hard squash (acorn, butternut, spaghetti), pears, pumpkins and sweet potatoes	bok choy, brocoli, cauliflower, celery, citrus fruit (kumquats, grapefruit, lemons, limes, oranges, tangerines), kohlrabi, greens, radishes, kale, mustard greens, squash and root vegetables (see: kump)
			

KEEP THESE TIPS IN MIND WHEN USING AND SHOPPING FOR SEASONAL PRODUCE:

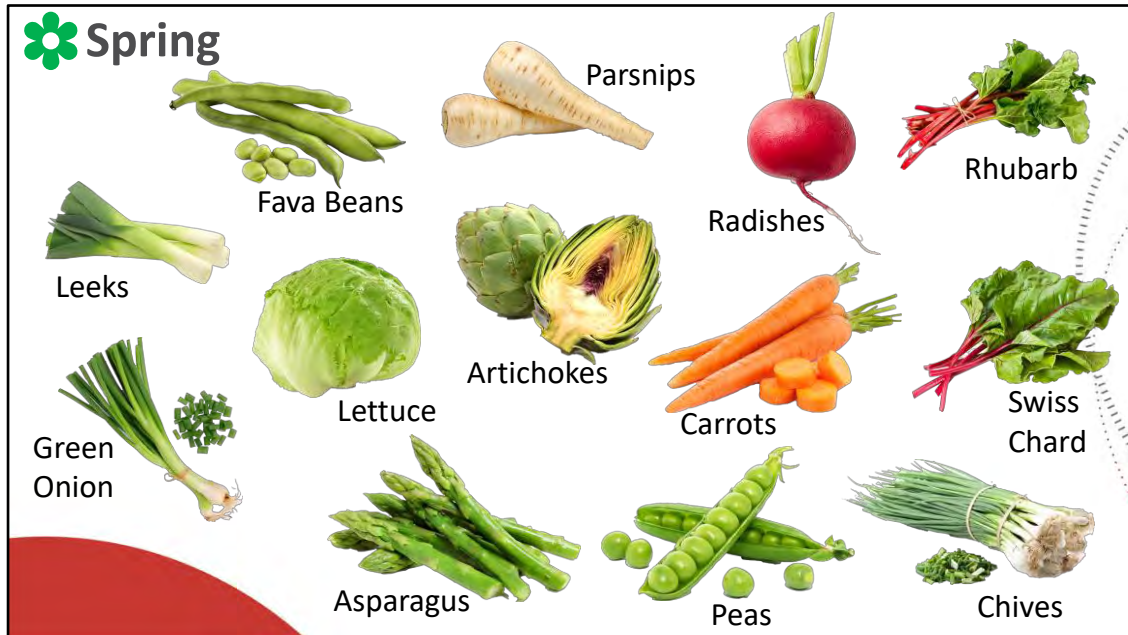
- 1 Fresh foods are often less expensive during their harvest season. You may even save money by buying in bulk.
- 2 Shop the farmers' market to learn more about produce and get ideas on how to prepare foods in season.
- 3 Gardening gives you fresh seasonal produce and a little exercise, too. The sense of accomplishment you'll feel will make that produce taste even better!
- 4 Frozen, canned and dried fruits and vegetables often can be healthy choices. Compare label labels and choose items with the lowest amounts of sodium and added sugars.
- 5 Choose canned fruit packed in water, its own juice or light syrup (avoid heavy syrups).
- 6 Choose canned and frozen vegetables without sauces that can be high in sodium and saturated fat.
- 7 Freeze fresh produce at the peak of its season, so you can add it to smoothies, soups and breads and enjoy it throughout the year.

EAT GREAT! ADD COLOR. MOVE MORE. BE WELL. #HEALTHYFORGOOD
 LEARN MORE AT HEARTORG/HEALTHYFORGOOD

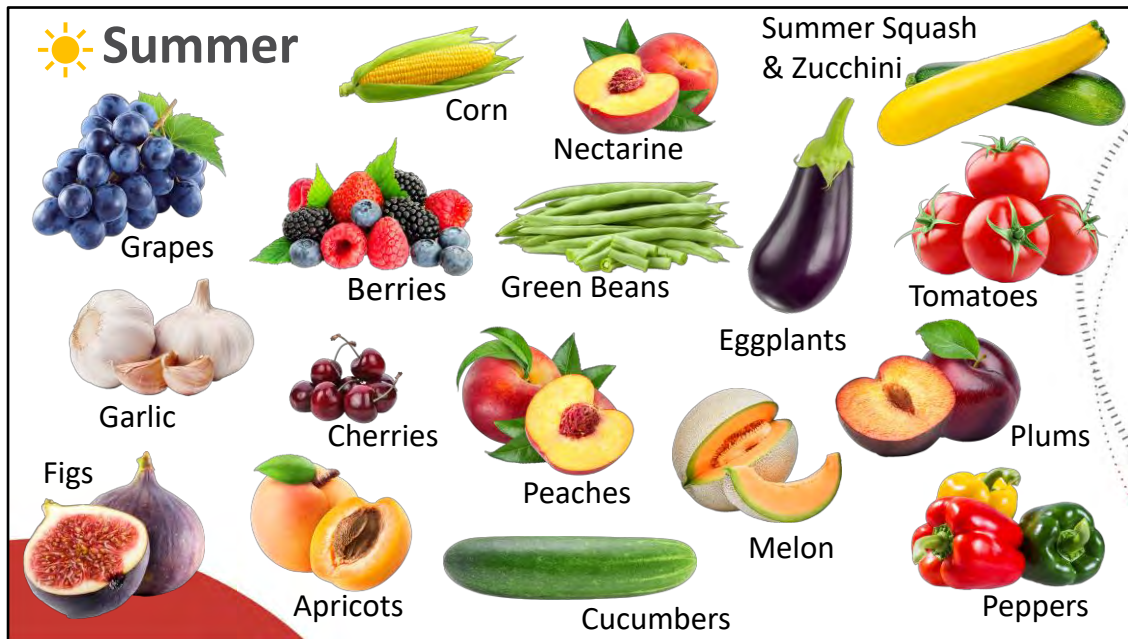
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- This slide is meant to provide a visual cue. To review the handout with participants, go through the next five slides. If participants have a printed copy, have them follow along.
- *Supplemental handout: “Seasons of Eating” on page 7 of the Eat A Rainbow lesson plan.*
 - <https://www.heart.org/en/healthy-living/healthy-eating/add-color/seasons-of-eating-infographic>



- *Supplemental slide for Seasons of Eating handout*



- *Supplemental slide for Seasons of Eating handout*

 Fall



Butternut Squash



Brussel Sprouts



Acorn Squash



Pumpkins



Pears



Sweet Potatoes

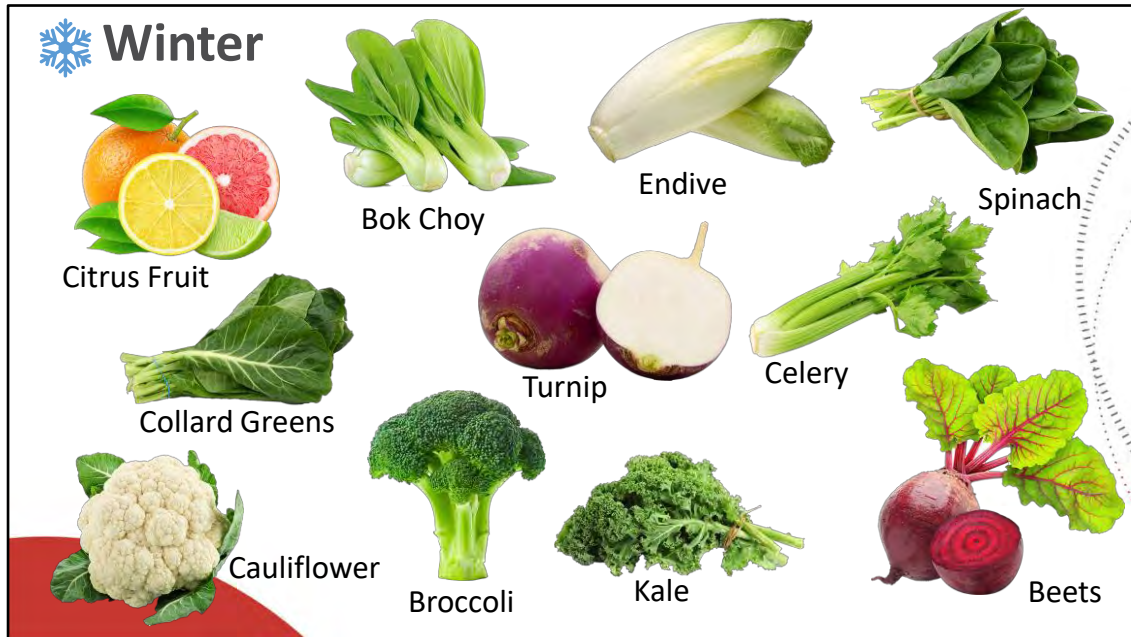


Spaghetti Squash



Apples

- *Supplemental slide for Seasons of Eating handout*



- *Supplemental slide for Seasons of Eating handout*

Tips For Buying Seasonal Produce



1. Less expensive during harvest season
2. Visit the farmers' market
3. Gardening gives you fresh produce and encourages physical activity
4. Frozen, canned, and dried fruits and vegetables are healthy options
5. Choose canned fruit packed in water or juice
6. Choose low-sodium and low-fat canned and frozen vegetables
7. Freeze fresh produce when it is in season

- *Supplemental slide for Seasons of Eating handout*



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- *Supplemental handout: “5 Reasons to Add Color” on page 8 of the Eat A Rainbow lesson plan.*
 - <https://www.heart.org/en/healthy-living/healthy-eating/add-color/5-reasons-to-eat-more-color>



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- *Supplemental handout: “Eat More Color” on page 9 of the Chopped Salad Competition lesson plan.*
 - <https://www.heart.org/en/healthy-living/healthy-eating/add-color/eat-more-color>



- **Discuss what a “SMART” goal is.**
 - Specific -- clearly defined
 - Measurable -- able to be measured (numbers!)
 - Attainable -- achievable or within reach
 - Relevant -- appropriate or applicable
 - Time-Based -- given a due date
- *Supplemental video:*
 - *Achieve More by Setting SMART Goals (1:15)-*
<https://youtu.be/yA53yhiOe04>

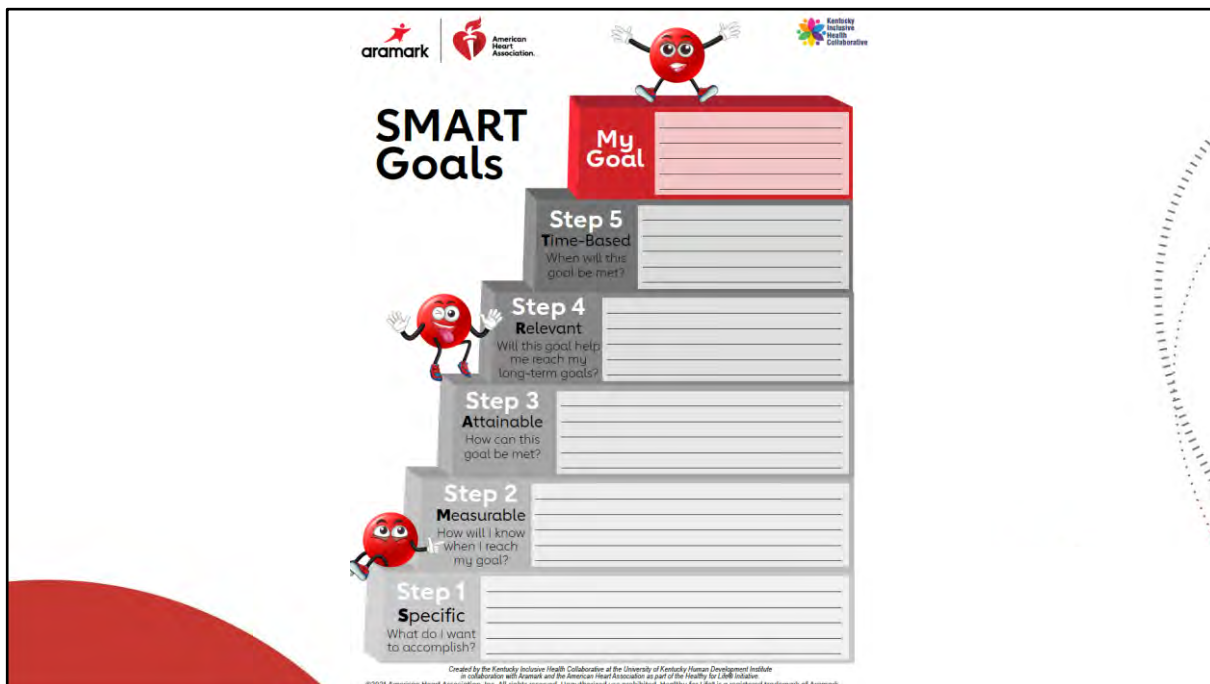
SMART Goal Example

Goal: I will eat more fruits and vegetables.

SMART Goal: I will eat at least 1 fruit and 1 vegetable at every meal 5 days a week, Mondays - Fridays.



- Engage in a goal setting activity.
- Provide an example of a non-SMART goal.
- Invite the group to discuss how to make it SMART.



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- **Pass out “SMART Goal” handout to participants. If time allows, have participants fill out the handout and come up with their own SMART goal.**
 - <https://www.heart.org/-/media/healthy-living-files/healthy-for-life/kentucky-inclusive-health-collaborative-pdfs/smartgoals.pdf?la=en>



Questions?

- **Invite participants to ask questions.**

Thank You!



- **Thank participants**
- **If applicable, encourage them to join the next activity**
 - **Provide date/time/location if known**