

Healthy Recipe Demonstration and Sampling

LEARNING OBJECTIVES

By the end of the lesson, participants will be able to:

- Describe at least three health benefits associated with eating a variety of colorful fruits and vegetables as part of a healthy diet.
- Identify at least three ways to incorporate healthy recipes that are quick and easy-to-prepare into daily meal plans.
- Prepare a healthy recipe that includes at least $\frac{1}{2}$ cup of fruits or vegetables per serving of the recipe.
- Recognize how different quantities and types of fruits and vegetables add up to the recommended daily amounts.

MATERIALS

- Recipe ingredients
- Kitchen appliances, such as a blender, electric wok, electric skillet, microwave oven, and a refrigerator
- Plastic storage containers and mixing bowls
- Cooking utensils, such as forks, knives, large spoons, and salad tongs
- Pots and pans
- Measuring cups and spoons
- Cups, bowls, napkins, plastic forks, plastic knives, and plastic spoons for recipe sampling
- A table
- A disposable tablecloth, if desired
- A dishtowel, sponge, and dish soap for cleanup
- The *Recommended Cups of Fruits and Vegetables for Adults* handout (p. H – 1)
- The *Health Benefits of Eating Fruits and Vegetables* handout (p. H – 3)
- The *Recipe* handouts (p. H – 9 – 17)
- The *What's in a Cup?* handout (p. H – 2)
- The *Energize Your Body with Fruits and Vegetables!* poster (English and Spanish)



PREPARATION

1. Select one or more healthy recipes from those shown in the handout section. For recipes that require baking, a toaster oven can also be used.
2. Buy the required ingredients, or ask your local grocery store or farmers' market to donate them. Get enough ingredients to conduct the food demonstration and have enough available for sampling.
3. Prepare and measure the ingredients according to the recipe(s).
4. Place the ingredients in plastic containers, cover with lids or plastic wrap, and store at the appropriate temperatures.
5. Gather the portable appliances, plastic storage containers, mixing bowls, cooking utensils, pots and pans, measuring cups and spoons, and serving items that you will need for the food demonstration.
6. Set up the table so that all participants can easily view the food demonstration.
7. Become familiar with the content of each handout prior to implementing the lesson. Photocopy the *Recommended Cups of Fruits and Vegetables for Adults* and *Health Benefits of Eating Fruits and Vegetables* handouts for each participant. Also photocopy enough *Recipe* handouts and *What's in a Cup?* handouts. If you are teaching this lesson in a series, you may want to reproduce only the handouts that are new to the group.
8. Display the English and Spanish *Energize Your Body with Fruits and Vegetables!* poster.



INSTRUCTIONS

1. Distribute the *Recommended Cups of Fruits and Vegetables for Adults* handout to each participant.
2. Review the handout with the class, and explain that adults should eat 3½ to 6½ cups of fruits and vegetables every day for good health. Also explain that the number of cups of fruits and vegetables that they need is based upon their age, gender, and physical activity level. Have participants use the handout to identify how many cups of fruits and vegetables they need every day.

3. Distribute the *Health Benefits of Eating Fruits and Vegetables* handout to each participant, and review the information with the class. Ask participants to share their impressions.
4. Distribute the *What's in a Cup?* handout to each participant.
5. Review the information in the *Energize Your Body with Fruits and Vegetables!* poster and *What's in a Cup?* handout with the class, and ask participants to share their impressions.
6. Explain that different quantities and types of fruits and vegetables eaten throughout the day can easily add up to their recommended daily amounts. Also show how $\frac{1}{2}$ cup of fruits or vegetables fits into one cupped hand and 1 cup of leafy greens fits into two cupped hands.
7. Next, demonstrate how to prepare the healthy recipe(s).
8. Use the recipe ingredients to show different quantities of fruits and/or vegetables.
9. Ask participants to share ways in which they would incorporate the recipes into their daily meal plans. Discuss breakfast, lunch, dinner, dessert, and snacks.
10. Divide the prepared recipes into sample-size portions, and serve the samples to participants. Provide each participant with a handout of the recipe(s), and encourage participants to share the recipe(s) with their families, friends, and neighbors.

Tips

- Laminate the recipes to make them water resistant.
- Let a participant help you demonstrate a recipe.
- Remember to handle food safely when conducting food demonstrations. To learn more about food safety, visit www.foodsafety.gov.

11. Review the nutrition information for the recipes as your participants enjoy their samples.
12. Encourage your participants to share what they enjoyed about the recipe(s).
13. Conclude the lesson by reinforcing the information in the *Health Benefits of Eating Fruits and Vegetables* and the *What's in a Cup?* handouts.

Expansion Ideas

Organize a nutritious and delicious potluck or picnic by asking each participant to prepare a healthy recipe for everyone to share.

Ask participants to bring a favorite family recipe, and show them how to include at least $\frac{1}{2}$ cup of fruits and/or vegetables in each serving of the recipe.