

Says... Leader's Guide

Chef Charles Leader's Guide Under Construction

Over the next several months, you will begin to see changes in the leader's guide. The leader's guide will be shorter and it will include teaching activities for one or two topics as well as a snack for tasting.

Let's Take Action

Participants are introduced to new information in the newsletter, but do the participants adopt healthy habits because they hear this information? Research shows that providing information alone is not enough to change behavior. To promote healthy changes, participants must leave the session with a plan to practice the healthy change within the next one to two days and the action needs to be practical. How will your nutrition education session help someone solve a problem in their life?

As the leader, you will need to create the excitement to try new behaviors. Your promotion of change is vital.

Presentation

Tell Group:

In the margin of the newsletter, jot down foods that you eat that include tomatoes. The examples do not need to use fresh tomatoes. You can list foods using canned tomatoes like chili.

You have heard before that you need to strive to eat more fruits and vegetables, as much as five cups each day. Let's take a look at what 5 cups look like. I have measuring cups that equal 5 cups.



(Display any mix of measuring cups to equal 5 cups.)

This seems overwhelming to me, sometimes! Not thinking about the amount we need, let's think of simple and easy ways to include more fruits and vegetables each day. And let's make sure to include your tomatoes ideas. Every suggestion needs to have either a fruit or a vegetable and they can be fresh, frozen or canned. All are equal in nutrition.

I will record the ideas on this sheet. Following are some ideas to get the groups started.

- Breakfast: Spread peanut butter on toast and top with your favorite fruit. Choose what is in season for the best price.
- Lunch: Make a tuna salad sandwich using plain yogurt in place of dressing and add in some grapes, raisins and/or blueberries.
- Dinner: Keep on hand bags of frozen vegetables and add small amounts to canned soup or a frozen entrée.

Instructions

In preparation for teaching, read the first page of the newsletter. The presentation highlights the two articles on tomatoes and Pick A Better Snack.

Props Needed:

- Incentive jar opener for each participant (see page 3)
- Pencil for each participant
- A mix of measuring cups equal to 5 cups
- Newsprint or chalkboard

Directions

Action Desired: Participants will make plans to eat more fruits and vegetables .

Sample Action Plans for Participants:

1. At the grocery store, I will purchase a bag of mixed, frozen vegetables and add to soups and frozen entrees that I fix for dinner.
2. Using my list of favorite tomato dishes, I will choose two tomato-based foods to eat at a meal this next week.



- In the newsletter you will find directions for freezing left over rice. Add frozen mixed vegetables to the rice and heat in the microwave for an oriental dish.
- Make vegetable soup and plan to eat half the soup during the week while you freeze the rest in serving sizes to eat later. Explore various canned tomato products which have herbs, garlic or seasonings added. These products save time and energy as they have already added the seasoning.

Following brainstorming summarize ideas. Some vegetables are super stars and provide great benefits. One example is tomatoes. Tomatoes are used in so many ways that we could eat them every day of the week. According to the newsletter, if you are at risk for a stroke, including tomatoes in your diet could be beneficial.

Distribute jar opener with a picture of the My Plate. The picture shows the basic food groups that we need to eat and how much we should eat. How much space is for fruits and vegetables? (Half of the plate) If you strive to fill half your plate with fruit and veggies you will make a good effort toward having enough each day.

Our Chef Charles message is: Include more fruits and vegetables in the food you choose, especially tomatoes. Do you believe that fruits and vegetables are good for you? How are you going to eat more fruits and vegetables?

Use the suggested Sample Action Plans as examples. Make sure the action is going to be completed in the next day or two. Suggest they write down the change they are going to try.

Snack Demonstration

Brown Rice Peanut Butter Breakfast

- 3/4 cup brown rice
(cooked according to directions)
- 1 tablespoon peanut butter
- 1 banana sliced
- 1/2 teaspoon cinnamon

Mix the PB with the hot, cooked rice in a bowl. Add sliced bananas on top of the rice and sprinkle with cinnamon.

Optional Activity

Have participants evaluate the meal being served at the meal site. What fruits and vegetables are being served and does it make up half the plate or meal? (Consider juice as part of the fruit serving)



Teaching Points

- Brown rice has twice as much fiber as white rice.
- For best results as a tasting, use the microwave oven at the meal site to cook the rice. The PB melts best with hot rice.
- To keep the bananas from turning brown, pour orange juice over the slices before demonstrating.
- Use instant brown rice to shorten cooking time. Instant brown rice cooked in the microwave takes ten minutes.
- The banana and peanut butter are natural partners. It was a favorite snack of Elvis Presley. Have you ever had them as a sandwich?
- Would you consider this for breakfast or an afternoon snack?
- The banana will be part of filling half you 'plate' with fruit and vegetables. What else could you include? (examples: orange juice, rice).
- After discussion: I think you are going to LOVE this snack. After they have tasted, how many of you might try this at home?

Calories 419; Carbohydrates 79g; Protein 9g; Sodium 7mg; Potassium 660mg; Folate 42 mcg; Fat 9; Fiber 8g



Chef Charles Says... Leader's Guide

Newsletter Order Form

January 2013

Please read the newsletter and leader's guide to answer the following questions. Then submit your order.

1. Eating tomatoes or tomato-based foods may lower your risk of _____.

2. How much space on a dinner plate is recommended for fruits and vegetables?

_____.

3. Name three foods or a recipe you prepare that includes tomatoes

_____.

Order Your Materials (provided to Iowa Nutrition Network Partners Only)

Contact Name _____

Congregate Meal Site (Please list all the sites for which you are ordering the newsletter.)

Address _____

City _____ State _____ ZIP _____

Phone Number _____

Number of Congregate Meal Site Participants

The incentive for January-March is a jar opener with the MYPlate logo. Please indicate how many are needed.

Return to: Marilyn Jones,
IDPH, Lucas Building, 4th Floor
321 E. 12th Street,
Des Moines, IA 50319

or by FAX 515-281-4913.

For questions, call Marilyn at 800-532-1579 or 515-281-6047.

Answers

1. Stroke
2. Half of plate
3. Individual answers