

Facilitator's Guide



FRESH
CONVERSATIONS



November 2019

Fresh News About Soyfoods

Background for Facilitators

Facilitators are not expected to print or distribute background information to participants unless recommended by their program coordinator.

Soy and Soyfoods

[The Soyfoods Council](#) (an affiliate of the Iowa Soybean Association)

[The Soy Nutrition Institute](#)

[The Soy Connection](#) (an affiliate of the United Soybean Board)

[Tofu Fact Sheet](#) (Soyfoods.org)

[Edamame Fact Sheet](#) (Soyfoods Council)

[Whole Soybeans](#) (Soyfoods.org)

Dietary Guidelines for Americans and MyPlate

[Protein Foods Gallery—Choose My Plate](#)

[Vary Your Protein Routine—Choose My Plate](#)

Behavior Goals

Participants will:

1. Become more familiar the variety of soyfoods available in grocery stores.
2. Gain confidence in their ability to use edamame or tofu in recipes.
3. Identify at least one way to stay active in the winter.

Meeting Preparation

1. Review newsletter content. Send questions or concerns to your coordinator.
2. Review background resources (websites with information about soyfoods).
3. Visit at least one local grocery store and locate a variety of soyfoods. How many did you find? Where did you find them? Note the costs. Need ideas? Check out [Retail Soy Products](#).
4. Determine how to transport and taste featured recipe.
5. Before the meeting starts, find three people to lead the group in a fun “dance move” to music (refer to physical activity section).

! The suggested wording for the presentation is in regular font and the *facilitator directions are in bold, dark red italic*. It's best not to read the presentation, but to use your own words, staying close to the meaning.

Props

- If practical and affordable, display samples and information about soyfoods.
- A set of dice
- Individual servings of roasted soybeans or “soy nuts” in small zipped plastic bags.
- Music for dancing—about 5 minutes

Conversation

Note: *This is the last Fresh Conversations newsletter for 2019. The Iowa Department of Public Health has planned a “winter break” and will resume Fresh Conversations meetings in March 2020. Your coordinator can provide advice and options if you want to continue to meet during December, January and February.*

Use this time to share and discuss your plan for “winter break.”

Introduction

Soybeans. We drive by beautiful soybean fields in the Iowa countryside year after year. When you drive by, do you think about the soyfoods that come from those fields—or do you just enjoy how pretty they look?

If you have lived on a farm that grows soybeans or lived near one—raise your hand. ***Depending on available time, share personal experiences or knowledge about growing and harvesting soybeans.***

Nutrition Discussion

Last month we tried to name at least 20 foods from the Protein Foods Group. This month, we are going to stay on the protein theme and learn more about foods made from protein-rich soybeans. I will refer to them as soyfoods.

Think, pair, share activity.

Think: Ask people to write down as many soyfoods as they can think of in 2 minutes. Which ones do they regularly eat?

Pair: Divide into pairs or small groups

Share: Ask groups to compare their lists and their favorite soyfoods. Which do they use most often and why? If they rarely use soyfoods, share why.

Count the number of pairs/groups. Roll the dice to choose one or two groups. Ask them to share what they learned from their partner.

I went on a soyfoods discovery tour at the _____ (name of local grocery store). I wanted to know how many soyfoods I could find. Here’s my list.

- **Share the list of retail products you found and where they were located in the store.**
- **Were most of them familiar to you? Which ones were unfamiliar and what did you learn about them?**
- **Did the packages contain messages about health benefits?**
- **How did the costs compare to similar foods not made with soy?**
- **Note key sections of the newsletter with relevant information related to the soyfoods you found.**

Tasting Activity

Edamame and Corn Salad from the newsletter

Frozen veggies can be a time saver. You don't have to cook frozen veggies before making this salad and other recipes. If you want softer edamame, you might want to warm it in a microwave. [Mistakes when cooking with frozen veggies](#) [Cooking Light](#)

Teaching tips for edamame:

1. Can they taste the sweetness in the fresh green soybeans?
2. Edamame is rich in protein and fiber. A half-cup of edamame has 9 grams of fiber. Wow!
3. Soy protein is a complete protein. It has all the essential amino acids so it is comparable to meat.
4. Edamame comes in two forms: in the pod or shelled. The frozen variety is most common.
5. Edamame pods are not edible. If you find fresh edamame in the pod, toss into boiling salted water to soften and drain into a bowl. When cool, "pull" the pod through your teeth to extract the beans. It's fun and tasty!
6. Consider serving the salad as a side vegetable dish for Thanksgiving.

If budget allows, purchase soft and firm tofu. Pass around samples to compare texture. Demonstrate how to remove excess water from water-packed tofu using a towel. Firm tofu is best for stir-frying.

Teaching tips for water-packed tofu:

1. Cover any unused portions with water, refrigerate and use within a day or two.
2. Packages are usually 14-ounces or 16-ounces, enough for 8 to 12 servings.
3. Freeze water-packed tofu by draining well and freezing in a zip top plastic bag. An advantage to freezing is that it drives liquid out of the tofu, so that frozen tofu, when thawed, is more dense and easy to handle for grilling or stir-frying.
4. Some recipes will direct you to press the tofu by placing it on paper towels, topping with a pan or plate and then a can or some other weight to push liquid out and make the tofu more dense. (This step isn't necessary for silken tofu.)
5. Marinate slices or cubes of water-packed tofu in soy or teriyaki sauce, salad dressings or other marinades. Then heat up the slices or cubes in a skillet and serve as you would marinated chicken or meat.

Physical Activity

We've practiced different types of exercises and activities all year. Now it's time to move "your way."

You may not be able to get outside as often as you want to this winter. So think about putting on your favorite music and dance around the house—no one will see you!

I brought some music along so we can practice our moves. Let's celebrate a fabulous year of Fresh Conversations!

Three brave volunteers will get us started. ***Each person leads the group in their dance move for one minute. Have fun with this!***

Take Action

Pass around a bowl with soy snacks: roasted soybeans in plastic zipped bags. They may need a protein snack after eating leftover Halloween candy. Ask each person to describe one way to stay active this winter.

Soy "nuts" make a great snack but they're not really nuts. They are soybeans soaked in water, drained, and then baked or roasted. Roasted soybeans are rich in protein and fiber.

Thank you to Linda Funk and The Soyfoods Council for wonderful resources and ideas!



Shelled edamame (left) and edamame in pod (right)





FRESH

CONVERSATIONS



What is the conversation about?

November Conversations

- Hot trends: Soyfoods
- Try a delicious edamame salad
- Exercise keeps your brain healthy, too!

When?

Where?

Contact:

Name: _____

Phone: _____

Iowa Nutrition Network
Iowa Department of Public Health
(515) 281-6047

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