

Facilitator's Guide



October 2019

Fuel Your Independence with Protein

Background for Facilitators

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

Beef

[Beef, It's What's for Dinner: All About Ground Beef](#)
[How to Check Meat Temperature Video](#)
[Pasture to Plate Article](#)

Dietary Guidelines for Americans

[MyPlate: Protein Foods](#)

Oral Health

[Unexpected Dangers of Gum Disease: Medical News Today](#)

Behavior Goals

Participants will:

1. Be more confident in their ability to select and use different types of ground beef.
2. Understand the proper use of a meat thermometer.
3. Learn new information about the importance of brushing teeth and good oral health.

Meeting Preparation

1. Review newsletter content. Send questions or concerns to your coordinator.
2. Determine how to transport and taste featured recipe.
3. Spend time at a local grocery store to observe the variety of beef cuts. Compare prices for ground beef.
4. Research prices of meat thermometers in local stores.
5. Explore local resources for free tooth brushes. If you're not familiar with the science behind mouth care, be sure to read the oral health article provided as background information.

! 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

- Toothbrush and toothpaste.
- Instant-read meat thermometer
- Deck of cards and a glass measuring cup (hockey puck optional)
- Review instructions for thawing frozen ground beef (see last page of this guide). Determine if it's reasonable to demonstrate this process and gather the required items.
 - Freeze a small portion of ground beef for the demonstration—it doesn't need to be a full pound.
 - Don't have access to frozen ground beef? Cut thin strips of red paper to represent the ground beef and walk through the steps without using the microwave.

Conversation

Follow up to last month's meeting (September 2019)

Alcohol was last month's topic. I think it's the first time we talked about alcohol, so I'm really interested to know if any of the information "stuck with you."

Did you talk about what you learned with a friend or family member? Or did you pay closer attention to the size of your drink? ***Allow a few minutes for discussion at tables or in pairs.***

Introduction

Last April we talked about eggs. The dietitian from the Iowa Egg Council was a guest author. This month, our Fresh Conversations newsletter features information about beef from the Iowa Beef Council and their dietitian, Rochelle Gilman. The Gilman family raises cattle in Adair County.

We're going to share a lot of practical, useful information today but we always want to make sure you understand how it can impact your health. For example, the feature article on the first page highlights recent research about protein—a critical fuel for your muscles.

If the health experts are right, about 1/3 of you are not eating enough protein. So make sure you read this article.

Nutrition Discussion

How many protein foods can we name in one minute? More than 20?

Set timer on a cell phone. Ask people to call out foods that are part of the Protein Foods Group in MyPlate. Note: All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas are also part of the Vegetable Group. <https://www.choosemyplate.gov/protein-foods>

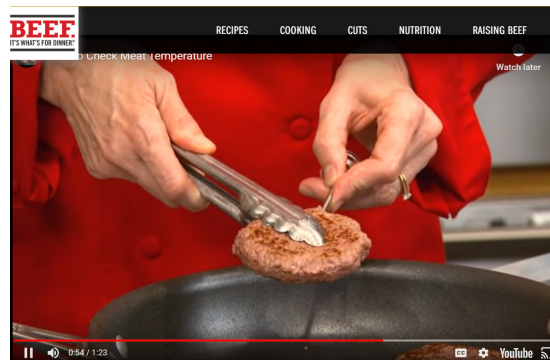
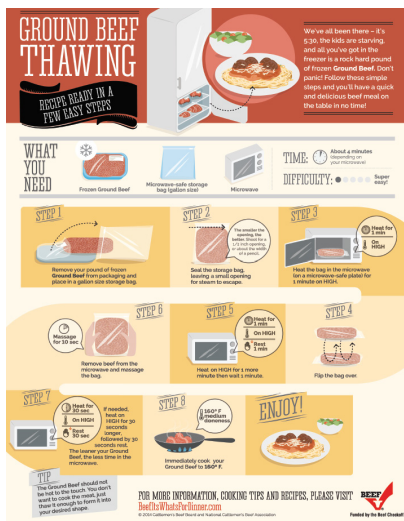
But let's get real. Some protein foods can be expensive—including some cuts of beef. So, when you find a good sale, you want to take advantage of it.

Let's assume you see a sale on ground beef. Would you buy a large amount and freeze it in small packages? If you're nodding your head "yes," there are lots of tips in this newsletter that you'll want to consider using.

Note: Choose just one of the following two options.

Option one: How to thaw ground beef in a microwave.

- **Demonstrate thawing technique for frozen ground beef using a microwave. Refer to the infographic provided at the end of this guide.**
- **Use frozen ground beef, if appropriate for your setting. Or, cut strips of red paper and place inside of a plastic freezer bag and walk through the same steps.**



Option two: How to use a meat thermometer.

- **Review ground beef safety tips on page 2 of the newsletter.**
- **Pass around an instant-read thermometer for meat. Check availability and cost.**
- **If you have plastic food models, use the hamburger to demonstrate use.**
- **Another option: fold a pair of brown sock into the thickness of hamburger.**
- **Tip: Prepare by watching video from Beef Council**

A meat thermometer is worth the investment; it can save hundreds of dollars in medical bills by ensuring that food is cooked enough to kill disease-causing salmonella, E. coli, and other bugs. If you cook a lot of beef dishes, put it on your wish list for your birthday!

Tasting Activity

The Italian-inspired recipe on page 4 is a one-pot, easy to make dish using lean ground beef. It's also certified by the American Heart Association because it uses very lean beef (96%).

Recipe: Ground Beef and Pasta Primavera from the newsletter.

Teaching points:

1. This dish uses very lean beef. ***Incorporate information from "Understanding the Grinds" on page 3.***
2. Add any favorite vegetable that cooks quickly—zucchini is just one option. Ask for their suggestions.
3. Suggest small plastic freezer bags to store leftovers, if they have limited freezer space.
4. Show broth and diced tomatoes containers. Point out wording on labels for reduced amounts of sodium. They do NOT need to be salt-free.
5. 2/3 of a cup of cooked beef crumbles is equivalent to 3 ounces, which provides 25 grams of protein.
6. A deck of cards is another way to visualize a 3-ounce portion of beef.

Physical Activity

Lead the group in your favorite stretching activity for 3 minutes.

Oral Health

"Divide" the group into three small groups/sections. If your group is small, they can call out numbers 1-2-3.

What you'll learn next is really important. ***Place toothbrush and toothpaste on the table.*** These are amazing health products. More amazing than you might realize. Let's find out why. Please go to page 4.

- People in group one read #1 in "A Toothbrush is Vital to Your Health."
- People in group two read #2 in "A Toothbrush is Vital to Your Health."
- People in group three read "Critical News for You."

After one to two minutes of silent reading, ask groups to share information that was new or interesting.

What about dentures? It's important to remove dentures each night and brush them. Plaque gathers on and around dentures which can harm your gums and tissues in your mouth.

What's Next?

In November, we'll talk about another food rich in protein: soybeans. That's right, get your palates ready to taste soyfoods. Linda Funk from The Soyfoods Council will be our guest author. You won't want to miss it!

GROUND BEEF THAWING

RECIPE READY IN A FEW EASY STEPS



We've all been there – it's 5:30, the kids are starving, and all you've got in the freezer is a rock hard pound of frozen **Ground Beef**. Don't panic! Follow these simple steps and you'll have a quick and delicious beef meal on the table in no time!

WHAT YOU NEED



Frozen Ground Beef



Microwave-safe storage bag (gallon size)



Microwave

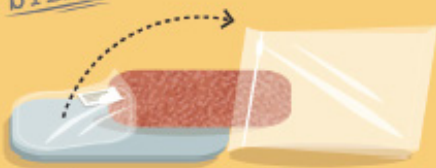
TIME: 

About 4 minutes (depending on your microwave)

DIFFICULTY: ● ● ● ● ●

Super easy!

STEP 1



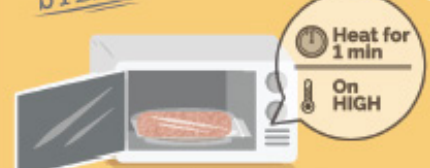
Remove your pound of frozen **Ground Beef** from packaging and place in a gallon size storage bag.

STEP 2



Seal the storage bag, leaving a small opening for steam to escape.

STEP 3



Heat the bag in the microwave (on a microwave-safe plate) for 1 minute on HIGH.

STEP 6



Remove beef from the microwave and massage the bag.

STEP 5



Heat on HIGH for 1 more minute then wait 1 minute.

STEP 4



Flip the bag over.

STEP 7



TIP

The Ground Beef should not be hot to the touch. You don't want to cook the meat, just thaw it enough to form it into your desired shape.

STEP 8



Immediately cook your Ground Beef to 160° F.

ENJOY!



FOR MORE INFORMATION, COOKING TIPS AND RECIPES, PLEASE VISIT BeefItsWhatsForDinner.com

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Funded by the Beef Checkoff.



FRESH CONVERSATIONS



Contact:

Name: _____

Phone: _____

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

What is the
conversation
about?

October Conversations

- Protein—how it keeps you moving
- Lean beef options and a tasty skillet recipe
- A clean mouth can impact your health

When?

Where?

Living Your Dreams • Be Active, Be Strong

**JOIN US FOR
FUN, FELLOWSHIP & FOOD**

Information & resources for seniors with home & family questions
ISU AnswerLine 1-800-262-3804