

Put Some Color In It!

Lesson In a Box

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Cornell University
Cooperative Extension
New York City

Advancing New York City Through Research

Nutrition and Health Program

<http://nyc.cce.cornell.edu>

Cooperative Extension in New York City provides equal program and employment opportunities.

Put Some Color In It!

Lesson In a Box

Core Messages:

- Eat 2 1/2 cups of vegetables each day.

Suggested Recipes:

- Raw vegetables with Peanut Butter Yogurt Dip
- Fried rice

Suggested Incentives:

- Vegetable brush
- Cutting Board
- Calendar

Put Some Color In It!

Table Layout

MyPyramid.gov How Much Do YOU Eat? Poster

CUCE Nutrition and Health Sign

MyPyramid Poster

2 ½ cups sign

<p>100% vegetable juice container (optional)</p> <p>Canned vegetables (2-3 cans)</p> <p>Frozen vegetable wrappers</p> <p>3D/plastic Nasco broccoli & carrot models</p>	<p>My plate planner poster</p> <p>Vegetables throughout the day poster</p> <p>Measuring cups</p> <p>Try to make ½ your plate vegetables sign</p> <p>Divided plate</p> <p>Dairy Council paper food models</p>	<p>Meal Image (Pick from selection provided)</p> <p>Meal Image (Pick from selection provided)</p> <p>Card size images of vegetables</p> <table border="1"> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> </table> <p>Meal Image (Pick from selection provided)</p> <p>Meal Image (Pick from selection provided)</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<p>Activity 1: What forms of vegetables are available to you?</p>	<p>Activity 2: How can you get 2 ½ cups of vegetables each day?</p>	<p>Activity 3: How can you incorporate vegetables into these meals?</p>												

List of Supplies

Table Set-Up:

- Table Cloth
- MyPyramid Poster
- How Much Do You Eat? Poster
- CUCE Nutrition & Health Sign
- Put Some Color In It Lesson In a Box Sign

Activity 1:

- Activity Sign (“What forms of vegetables are available to you?”)
- Nasco 3D/plastic models (broccoli and carrots)
 - Use Dairy Council models if Nasco models are not available to you
- Canned vegetables
- Frozen vegetable wrappers
 - Use provided images of frozen vegetable wrappers if originals are not available
- 100% vegetable juice container

Activity 2:

- Activity sign (“How can you get 2 ½ cups of vegetables each day?”)
- “Vegetables throughout the day” sign
- Vegetable food models- Dairy Council (paper) & Nasco 3D/plastic – choose 8-10
- Measuring cups (for solids)
- Divided plate demonstration of “Make half your plate vegetables” with “try to fill half your plate with vegetables” laminated card
- “2 ½ cups” sign
- Canned vegetables (with contents optional, for measuring)
- Can opener (optional for part 3 of activity)

Activity 3:

- Activity sign (“How can you incorporate vegetables into these meals?”)
- *Dishes/foods without vegetables*
 - Spaghetti
 - Canned tuna fish
 - Brown rice
 - Pizza
 - Chicken, Rice & Beans
- *Vegetables to place on the foods*
 - Broccoli spears
 - Tomato
 - Carrot
 - Green pepper
 - Red pepper
 - Corn
 - Spinach
 - Eggplant
 - Mushrooms
 - Green Peas
 - Cucumber

Activity 1:

What forms of vegetables are available to you?



Directions for Activity:

- Set up various food models, labels and cans on the table.
- Discuss which vegetables participants can find in their neighborhoods and eat regularly.
- Explain that eating vegetables is important in any form.

Activity 1

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Open Ended Questions:

- What vegetables do you prepare at home?
- Where can you buy vegetables?
- Which vegetables do you buy: fresh, canned, frozen?

Message:

- A variety of vegetables are available to you in supermarkets, vegetable stands and farmer's markets.

Additional Information:

- Frozen vegetables are a nutritious and affordable option that last up to 8 months.
- Rinse contents of canned vegetables to get rid of sodium.
- Condiments such as ketchup do not count as vegetables.

Activity 2:

How can you get 2 ½ cups of vegetables each day?



Directions for Activity:

Part 1:

- Have participants place 2-3 vegetable food models onto divided plate.
- Demonstrate making half of your plate vegetables.

Part 2:

- Measure/count out 2 1/2 cups using labels on back of food models.
*For instance, the serving size on label for corn is ½ cup + for green peas is ½ cup. This totals 1 cup.
Continue to add the servings of the different vegetables in order to reach 2 ½ cups.*

Part 3

- Demonstrate how vegetables can be added into meals throughout the day using the “Vegetables Throughout the Day” sign.
- If canned and/or fresh vegetables are available, have participants measure out 2 ½ cups of the contents.

NOTE: 1 cup raw lettuce is equivalent to ½ cup of other vegetables. Remind participants that appropriate way to clean vegetables before eating is with a vegetable brush.

Activity 2

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Open Ended Questions:

- How many vegetables are you eating each day?
- How many vegetables should you be getting in each day?
- How can you increase the amount of vegetables that you are eating throughout the day?
- Which meals can you prepare with vegetables?
- During how many sittings could you see yourself eating 2 ½ cups of vegetables? 1 sitting? 2 sittings? 3 sittings?
- Which combination of vegetables would you prepare in a meal to fill up half your plate?

Messages:

- MyPyramid.gov encourages the average person to consume 2 ½ cups of vegetables daily.
- There are many ways to incorporate 2 ½ cups of vegetables into your intake during breakfast, lunch, dinner and snacks.
- The more variety of vegetables you eat throughout the day, the better.
- Try to fill up half of your plate with vegetables.

Activity 3:

How can you incorporate vegetables into these meals?



Directions for Activity:

- Set up various pictures of foods (brown rice, pizza, pasta, chicken with Spanish rice & beans and canned tuna).
- Layout vegetables (broccoli spears, carrots, tomato, corn, red pepper, green pepper, green peas, cucumbers, mushrooms, eggplant and spinach).
- Allow participants to garnish foods with vegetables.

Activity 3

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Open Ended Questions:

- Which vegetables would you add to these meals?
- How could you advise a friend to add more vegetables to their favorite meals?
- What new vegetable could you introduce to a typical meal?
- How can you replace vegetables for higher fat items in meals?

Messages:

- Add fresh, canned, or frozen vegetables to pastas, soups, casseroles and stews, even pizza.
- When eating out, ask for extra vegetables on sandwiches and entrees.
- Vegetables are easy, convenient and accessible snacks.

Additional Information:

- Seasonal vegetables can be purchased at farmer's markets with SNAP cards and WIC checks.
- To preserve nutrient content, microwave, steam and cook vegetables in small amounts of water (avoid boiling for long periods of time).
- If buying fresh vegetables, choose crisp and firm vegetables.

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Recipes:

- Peanut Butter Yogurt Dip. Nutrition and Health Program Recipe Collection. Cornell University Cooperative Extension New York City
- Fried Rice. Nutrition and Health Program Recipe Collection. Cornell University Cooperative Extension New York City

Activity 2 Images:

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Activity 3 Images:

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