



United States Department of Agriculture

Eat Smart, Live Strong

Nutrition Education for Older Adults



Colorful and Classic Favorites

Eating more fruits and vegetables is easy when participants add them to "classics" – traditional dishes you already enjoy eating.

Session 3

Session 3

Welcome!



Welcome to *Eat Smart, Live Strong*. This is one of four fun, social, and interactive sessions. The *Eat Smart, Live Strong* sessions are designed to help older adults adopt two behaviors that may improve their health and overall well-being. The two behaviors are:

- 1 Eat at least 3¹/₂ cups of fruits and vegetables every day (1¹/₂ cups of fruit and 2 cups of vegetables)
- 2 Participate in at least 30 minutes of moderate-intensity physical activity most days

Each session includes a handout that describes four physical activity exercises. With an extra 10 minutes before and after each session, you may lead participants in these exercises as a “warm-up” and/or a “cool-down.”

The four sessions in this kit are:

Session 1 Reach Your Goals, Step by Step

Session 2 Challenges and Solutions

Session 3 Colorful and Classic Favorites

Session 4 Eat Smart, Spend Less

Each session is designed to address specific ways to help participants adopt the behaviors. To learn more about the behaviors, please see the *Eat Smart, Live Strong Leader’s Guide*.

You can use the session guides “as is” or tailor them to meet your group’s needs. Refer to the Leader’s Guide for tips on adjusting the session to meet the needs of your audience. The sessions are designed to flow together, each session further reinforcing the key behavioral messages. However, you can use the sessions as stand-alone pieces if you do not have the opportunity to provide all four.

Enjoy!

The sessions are meant to be fun for you – the group leader – and for the participants.

Colorful and Classic Favorites

Objectives for Session 3

Participants will be able to:

- Name at least three traditional dishes that are more nutritious with an added fruit or vegetable.
- Taste a traditional dish with an added fruit or vegetable.

Session Overview

- Participants have a chance to practice four simple exercises in an optional 10-minute physical activity “warm-up.”
- In the session:
 - The group reviews the two behaviors and their benefits.
 - Participants report on progress toward their goals.
 - Using colorful photos of “classic favorites” – dishes they already know and like – participants suggest a fruit or vegetable to add to the classic dish.
 - The leader passes out recipe cards and lets participants taste a classic dish with an added vegetable.
- If conditions allow, participants may help to prepare the dish they will sample.
 - Participants briefly talk about a recipe they would like to try in the next week and ways they will continue to increase their physical activity.
 - Each participant takes home suggestions for enhancing “classic” dishes and the set of recipe cards.
- Participants repeat the same four simple exercises in an optional 10-minute physical activity “cool-down.” They receive a handout that visually depicts the exercises so they can do them at home.

How the Session Encourages Behavior

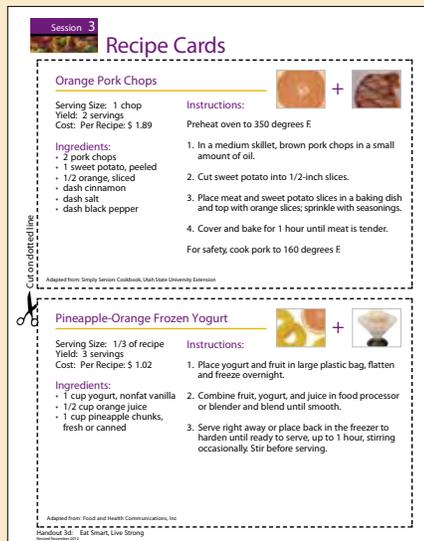
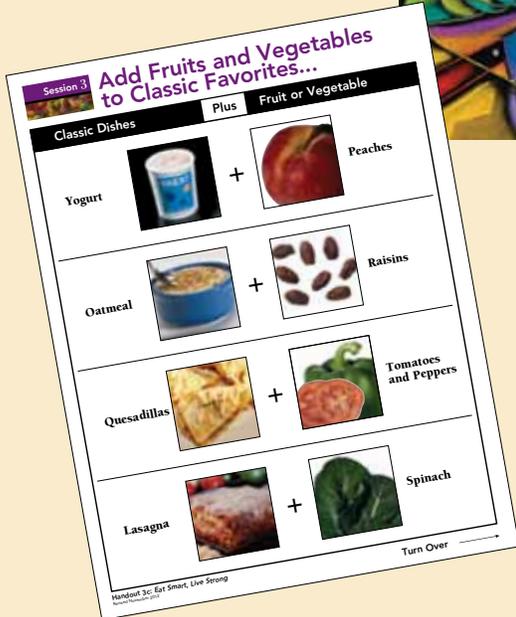
- **Awareness:** Participants may never have thought of adding a fruit or a vegetable to a classic dish. Just the idea may inspire them to try it.
- **Skills and self-confidence:** Participants hear and experience how easy it is to add fruits and vegetables to their daily diets without giving up their favorite foods.
- **Try it and like it:** If you are able to prepare an “enhanced” dish for them to taste, participants may find they like it and be motivated to try it at home.



Materials



- A place to write so all can see:
 - large sheets of paper (flip chart pages), masking tape, and markers, or
 - chalk board and chalk, or
 - white board and erasable markers
- 10-20 blank index cards or pieces of paper
- **Resource 1:** Make a Classic Better cards, provided with Session 3 handouts.
 - Traditional dishes
 - Fruits
 - Vegetables
- Prepared classic dish that has a vegetable added to it (see recipe cards for suggestions)
- Serving utensils
- Eating utensils, paper plates, napkins, and cups – one set per participant
- Handouts:
 - Handout 3a: Set Your Goals
 - Handout 3b: Session 3 Exercises
 - Handout 3c: Add Fruits and Vegetables to Classic Favorites
 - Handout 3d: Recipe Cards
 - Handout 3e: Participant Feedback Sheet



Preparation



- Choose one of the recipes included in the session to prepare in advance. When choosing dishes to make for participants to sample, consider:
 - Foods that are in season and/or affordable on a limited budget
 - Foods that your participants are likely to eat
 - Foods that are easy for you to serve in the classroom or are easy to transport
- Obtain the needed paper/plastic goods and utensils for serving everyone a sample portion of the prepared dish.

Session 3 Set Your Goals

Recommended Goals

- 1 Eat at least 3 1/2 cups of fruits and vegetables every day.
- 2 Participate in at least 30 minutes of moderate-intensity physical activity most days.

My Personal Goals

I will eat _____ cup(s) of fruits and _____ cup(s) of vegetables every day.

I will get at least _____ minutes of moderate-intensity physical activity on _____ days next week.

My Weekly Log

In the space provided, write the cups of fruits and vegetables you ate and the minutes of physical activity you completed each day.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cups of fruits	# of cup(s)						
Cups of vegetables	# of cup(s)						
Minutes of physical activity	# of minutes						

Handout 3a, Eat Smart, Live Strong

- Tailor Handout 3a, *Set Your Goals*. Make a blank “master” photocopy. On this master, fill in the dates for the current or upcoming week before you make copies for participants.
- Make copies of Handouts 3a, 3b, 3c, 3d, and 3e, one copy for each participant.
- Organize room so participants sit in a semicircle. If you do the physical activity segments, use straight-back, firm chairs arranged in a semicircle at least 2 feet apart.

Session 3 Exercises

These exercises are designed to help you **build strength, improve balance, and increase flexibility**. In addition to at least 30 minutes of moderate-intensity physical activity, include these exercises in your daily program.

Begin your exercise session by taking **5 deep breaths** – in through your nose and out through your mouth. It is important to keep breathing deeply throughout the exercise session.

1 Stand Up and Sit Down



- Start in a seated position with arms crossed
- Stand up, trying not to use arms
- Sit down, trying not to use arms
- Repeat 10 times

Handout 3b, Eat Smart, Live Strong

Session 3 Exercises

2 Leg Lifts



- Sit in a chair
- Straighten right leg
- Lift leg as high as is comfortable
- Lower leg, keeping it extended and elevated
- Repeat 8 times
- Repeat with left leg
- * For additional challenge, use 1-pound ankle weights

Handout 3b, Eat Smart, Live Strong

Session 3 Participant Feedback Sheet
for Session 3, Colorful and Classic Favorites

Please take a few moments to complete this form. Return this sheet to the group leader. Your comments will help the leader continue to improve the session.

Today's Date: _____

1. How useful was the information you learned from this session? (Mark one response.)
 - Not at all useful
 - Somewhat useful
 - Useful
 - Very useful

Why or why not? _____
2. Are you planning to eat more fruits and vegetables next week? (Mark one response.)
 - Yes
 - No
 - I am not sure
3. Are you planning to increase your physical activity next week? (Mark one response.)
 - Yes
 - No
 - I am not sure
4. What did you like the most about this session? _____
5. What did you like the least about this session? _____
6. How did you hear about this Eat Smart, Live Strong session? (Mark all that apply.)
 - Supplemental Nutrition Assistance Program office
 - Friend
 - Senior center
 - Poster
 - Flyer
 - Newsletter
 - Place of worship
 - Other – specify _____
7. In which programs do you participate? (Mark all that apply.)
 - Supplemental Nutrition Assistance Program
 - Community Supplemental Food Program
 - Senior Farmer's Market
 - Nutrition Program
 - Home delivered meals
 - Congregate meals
 - Food bank or pantry

Thank you for participating in Eat Smart, Live Strong!

Handout 3c, Eat Smart, Live Strong

Optional Physical Activity Warm-Up

In addition to talking about the value of physical activity, you have the option of leading participants through several simple exercises at the beginning and end of each session.

- Add 10 minutes for each optional “warm-up” and “cool-down” exercise session; they feature the same set of exercises and the same handout is used for both.
- Handout 3b has all of the instructions needed to lead Session 3 exercises.
- Participants will have a chance to try the same movements twice.
- This repetition, along with the handout, will give participants the skills, self-confidence, and tools to do these exercises on their own at home.
- Most group leaders will find the exercises simple to lead.
- You do not need to be a skilled exercise instructor to lead these exercises, but you may want to try them out ahead of time so you will be comfortable demonstrating them.
- Keep in mind that you do not have to use all of the exercises presented in this session. You may want to tailor the physical activities to meet the needs of each group.



Exercises



Stand Up and Sit Down



Leg Lifts



Two-Arm Row



Arm Raises

- Explain that these exercises can improve strength, balance, and flexibility.
- Assure participants that most will find these four simple exercises easy to do and many will be familiar with the exercises.
- Let them know that if they do not feel comfortable or have a physical condition that prevents them from doing any or all of the exercises, it is OKAY to sit them out; if they feel pain, discomfort, or fatigue while exercising, they should not hesitate to stop or take a break; and, if they need assistance, they should let you know right away.
- Pass out Handout 3b, *Session 3 Exercises*, and ask participants to take a look at it.
- State the four exercises on the handout:
 - Stand Up and Sit Down
 - Leg Lifts
 - Two-Arm Row
 - Arm Raises
- Lead Session 3 Exercises 1-4, using Handout 3b and directing participants to look at the pictures.
- Demonstrate the exercises, make sure participants can see you, giving a few, simple verbal instructions. Have participants follow along as you repeat each exercise.
- Check whether the group is doing each exercise correctly and help those who appear to need additional instruction.
- Be sure to encourage and give positive feedback to participants as they try the exercises.

Tip! Adding Weights

Some groups or individual participants may be ready to take on more challenging physical activity. Provide additional challenge by suggesting 1-pound hand weights.



Colorful and Classic Favorites

1 Welcome and Introductions



- **Introduce the session.** Let participants know that this is the third of four sessions in the *Eat Smart, Live Strong* series and that today's session is "**Colorful and Classic Favorites.**"
- **Acknowledge familiar faces.** Give a big hello to those who attended earlier sessions and assure newcomers that they will find it easy to join in even though this is their first session.
- **Introduce yourself.** Mention one of your favorite dishes. Ask participants to introduce themselves by stating their names and answering the question: "What's one of your favorite dishes (or recipes)?" List each dish mentioned on a flip chart or chalk board for all to see. You will use this list later in the session.





- **Set a warm and relaxed tone for the session.** Let participants know that you hope to learn from their experiences and that they may offer comments or ask questions at any time.
- **State the purpose of today's session.** Participants will think about ways to add fruits and vegetables to some of their favorite dishes.
- **Share the length of the session.** Let people know that the session will take about an hour and mention other helpful information such as the location of the rest rooms, water fountains, or exit areas.





- Ask participants to name some of the benefits of eating 3½ cups of fruits and vegetables every day. Make sure the following are mentioned:
 - Get some of the vitamins, minerals, and fiber needed to maintain good health
 - Maintain regularity
 - Help prevent or delay the effects of chronic conditions such as diabetes, obesity, hypertension, and heart disease
 - Add color, taste, and variety to the diet



- Ask participants to list some of the ways they can be physically active. Be sure to include:

- | | | |
|-------------------|------------------|--|
| ● Walking briskly | ● Weight lifting | ● Stationary cycling |
| ● Mowing the lawn | ● Jogging | ● Active walking or running with grandchildren |
| ● Aerobics | ● Dancing | |
| | ● Swimming | |

- Discuss the benefits of engaging in 30 minutes of physical activity most days. Mention the following:
 - Help prevent or delay the effects of chronic disease
 - Feel better
 - Decrease mild stress, anxiety, and depression
 - Build and maintain healthy bones, muscles, and joints
 - Improve strength
 - Increase balance and reduce the risk of falling
 - Improve sleep



3 Measuring Your Goals



- Those who participated in Session 1 or 2 set goals for themselves for both behaviors. Some may have brought back the Handout, *Set Your Goals*, on which they recorded their daily success. Ask them to share with the group how they are doing.
- Invite participants to share their successes. Ask participants to describe what has made it easier for them to do the two behaviors.
- Have the group congratulate those who have made progress toward their goals.
- Hand out copies of Handout 3a to those who wish to continue tracking their success.

Session 3

Set Your Goals

Recommended Goals

- 1 Eat at least 3 1/2 cups of fruits and vegetables every day.
- 2 Participate in at least 30 minutes of moderate-intensity physical activity most days.



My Personal Goals

I will eat _____ cup(s) of **fruits** and _____ cup(s) of **vegetables** every day.

I will get at least _____ minutes of **moderate-intensity physical activity** on _____ days next week.

My Weekly Log

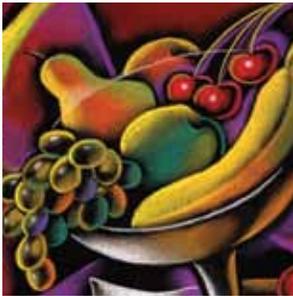
In the space provided, write the cups of fruits and vegetables you ate and the minutes of physical activity you completed each day.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cups of fruits 	_____	_____	_____	_____	_____	_____	_____
Cups of vegetables 	_____	_____	_____	_____	_____	_____	_____
Minutes of physical activity 	_____	_____	_____	_____	_____	_____	_____

Handout 3a: Eat Smart, Live Strong
Revised November 2012

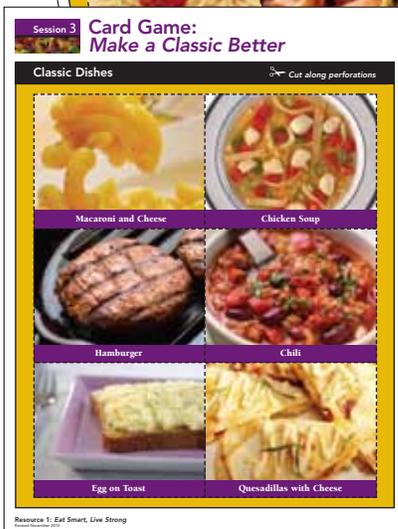
4 Skills-Building Activity

Be sure that everyone is seated comfortably and that all can see you, the leader.



Card Game: *Make a Classic Better*

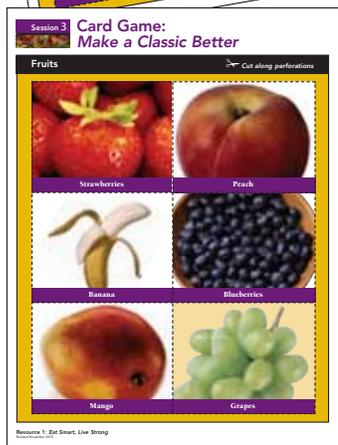
- Tell participants that today’s learning activity focuses on ways to enjoy their favorite dishes while eating more fruits and vegetables (Use Resource 1: *Make A Classic Better* cards.)
- Lay the fruit cards and the vegetable cards on a table or on the floor where all can see them.
- Point out the list of favorite dishes mentioned during the participant introductions. Select a “classic dishes” card that illustrates one of these. Hand the card to a participant who mentioned the dish. You might not have a card for each dish listed. In this case, write the name of the dish on a blank card or sheet of paper. Hand out additional “classic dishes” cards until each participant has one.
- Invite a volunteer participant to kick off this activity by walking to the front of the room with his or her “classic dishes” card. Ask the volunteer to state, “This is one of my favorite classic dishes. I invite (name of another participant) to help me make it more colorful and tasty by adding a fruit or vegetable.”
- The named person picks up a fruit card or a vegetable card and stands next to the volunteer at the front of the room. Ask her to state, “I’ll make this dish more colorful and tasty by adding _____ (name of selected fruit or vegetable).” Let participants know that they can choose a fruit or vegetable as an added ingredient to the recipe or as a side dish.



Resource 1: Eat Smart, Live Strong

4 Skills-Building Activity continued

Card Game continued

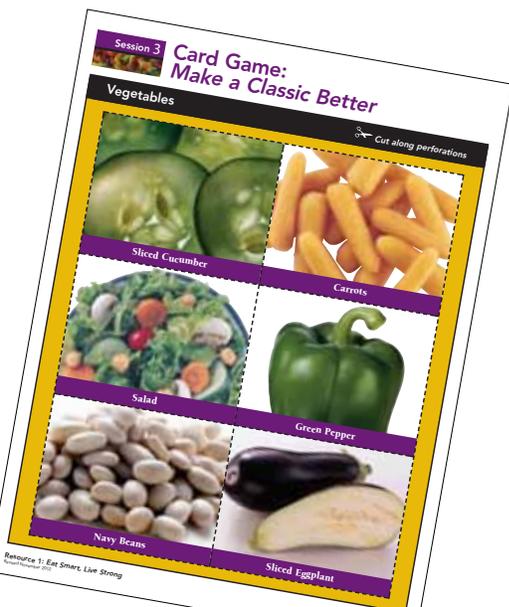


- Ask participants to talk about the new colorful and classic favorite. You may ask:
 - Have any of you ever added this fruit (or vegetable) to this dish?
 - How do you think this would taste?
 - How hard would it be to add the fruit (or vegetable)?
 - How much fruit (or vegetable) – in cups – might this classic dish add to your daily diet?
 - What other fruits (or vegetables) would be good in this dish?
 - Would you try this at home?
- These two participants take their seats. Ask a second volunteer to walk to the front of the room and display her “classic dishes” card. She calls upon another participant to pick a fruit or vegetable to add to the dish. Discuss the choices.
- Look for opportunities to talk about the importance of eating a variety of colors of fruits and vegetables. Adding fruits or vegetables to a classic dish is just another chance to vary the colors you eat. By eating a colorful variety of fruits and vegetables every day, you ensure that you have the wide range of vitamins and minerals your body needs to maintain good health and energy levels.
- Repeat until everyone has had a chance to present a classic dish.

Tip! Keep Moving!

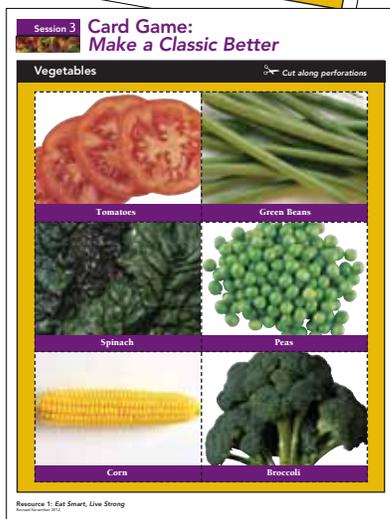
Help participants stay physically active during the learning activity. Asking participants to move to the front of the room to play the game gets them out of their chairs.

Make sure that no one feels left out because of physical limitations. You or another participant may help people join in even if they have trouble standing, walking, grasping, hearing, or seeing.



Taste a Colorful Classic

- Invite participants to taste the classic recipe you have prepared, a traditional dish with an added vegetable. Depending on time and room layout, you may allow people to walk to the table and serve themselves, or you may hand out portions as participants remain seated.
- Ask participants to describe what they are tasting. How do they like the taste or the texture? How could the enhanced dish add to the variety of colors they are eating? Would they try to prepare this dish themselves? What else could they add?
- Let participants know how many cups of fruits or vegetables should be in each portion of the dish.
- Remind participants that they should aim to eat a variety of colors of fruits and vegetables.



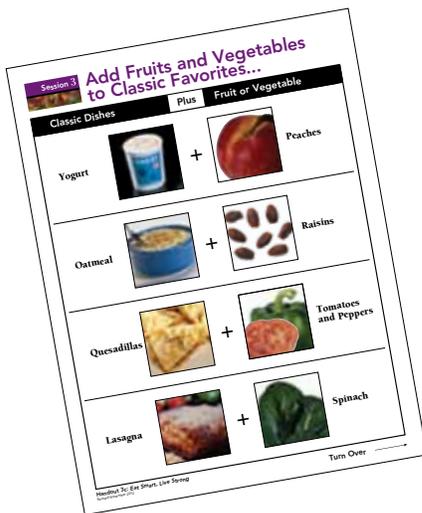
Tip! Let Them Cook!

Older adults may have years of experience in the kitchen. If you have the time and an appropriate setting, participants would enjoy helping you prepare a classic favorite. Follow one of the recipes in the handouts or choose one that you know is successful with the group. Depending on the dish selected, you may need to:

- Select and purchase ingredients that are low-cost – or available through a food distribution site or a Senior Farmers' Market.
- Wash or prep the ingredients ahead of time.
- Provide utensils and plates or bowls.
- Use measuring cups to show how much fruit or vegetable is added.

4 Skills-Building Activity continued

Handouts: Taking the Ideas Home



- Give everyone Handout 3c, *Add Fruits and Vegetables to Classic Favorites*.
- Point out that the pictures on one side show ways to add fruits and vegetables to some traditional favorite dishes. The reverse side has information to share with family members, friends, or caregivers.
- Pass out copies of the recipe cards (Handout 3d). Have participants discuss these ideas.
- Ask a few questions to help participants commit to trying something new:
 - We talked about several ways to add fruits or vegetables to your favorite dishes. Which combinations do you think you would like to try?
 - Do you have any more combination ideas you would like to share before we end today's session?
- Offer copies of Handout 3a, *Set Your Goals*, to those who want them.

5 Wrap-Up



- Summarize the main point of the session: "A great way to increase the amount of fruits and vegetables you eat is to add them to your favorite classic dishes."
- Ask how they plan to be physically active during the upcoming week.
- Thank participants for joining this session and invite them to the next session, letting them know the time and place.



- Remind participants to bring their filled-in *Set Your Goals* weekly logs to the next session so they can report on their progress.
- Let participants know that their honest feedback about today's session will help you to improve the session for future groups. Using the *Participant Feedback Sheet* (Handout 3e) and/or through discussion, ask some of these questions:
 - What new thing did you learn?
 - Which part of the session was most important to you?
 - Do you think goal setting will help you eat at least 3½ cups of fruits and vegetables every day?
 - Will your goals help you to participate in at least 30 minutes of physical activity most days of the week?
 - How could we make the session better?
 - How did you hear about today's session? – or – How did you hear about the ***Eat Smart, Live Strong*** program?

Session 3 Participant Feedback Sheet
for Session 3, Colorful and Classic Favorites

Please take a few moments to complete this form. Return this sheet to the group leader. Your comments will help the leader continue to improve the session.

Today's Date: _____

- How useful was the information you learned from this session? (Mark one response.)
 - Not at all useful
 - Somewhat useful
 - Useful
 - Very useful
 Why or why not? _____
- Are you planning to eat more fruits and vegetables next week? (Mark one response.)
 - Yes
 - No
 - I am not sure
- Are you planning to increase your physical activity next week? (Mark one response.)
 - Yes
 - No
 - I am not sure
- What did you like the **most** about this session? _____
- What did you like the **least** about this session? _____
- How did you hear about this **Eat Smart, Live Strong** session? (Mark all that apply.)
 - Supplemental Nutrition Assistance Program office
 - Friend
 - Senior center
 - Poster
 - Flyer
 - Newsletter
 - Place of worship
 - Other – specify _____
- In which programs do you participate? (Mark all that apply.)
 - Supplemental Nutrition Assistance Program
 - Community Supplemental Food Program
 - Senior Farmers Market
 - Nutrition Program
 - Home delivered meals
 - Congregate meals
 - Food bank or pantry

Thank you for participating in **Eat Smart, Live Strong!**

Handout 3e, Eat Smart, Live Strong

- If you are using the written *Participant Feedback Sheets*, assure participants that this is not a test – and that there are no wrong answers! Encourage honest opinions. Help people who have difficulty writing. Collect the feedback sheets. You will find it useful to review participants' responses. Tabulating their answers can help you find ways to improve the session before your next group. The feedback also may help you report on your educational activities.



Optional Physical Activity Cool-Down

Following the session, add 10 minutes to lead the same set of exercises with which you opened this session. If you opted not to do the “Warm-Up,” refer to pages 4-5 for more explanation.

- Announce that the last activity in the session will be 10 minutes of “cool-down” exercises.
- Emphasize that if they do not feel comfortable or have a physical condition that prevents them from doing any or all of the exercises it is OKAY to sit them out; if they feel pain, discomfort, or fatigue while exercising, they should not hesitate to stop or take a break; and, if they need assistance, they should let you know right away.
- Ask participants to look at Handout 3b before they begin. Remind them that they will take the handout home and could try these exercises most days of the week.
- If you have noticed some participants who are comfortable with the exercises, you might invite a participant to lead the group in one of the exercises; or ask the participant to help others who may be having difficulty.
- Thank the group again for their participation. Express the hope that they see adding a little physical activity to their day can be fun and easy. Suggest that they do these simple exercises with a friend or family member.



Eat Smart, Live Strong Activity Kit

The *Eat Smart, Live Strong* Activity Kit offers a set of learning experiences to facilitate older adults' adoption of two important behaviors that can improve almost everyone's health and quality of life:

- 1 Eat at least 3½ cups of fruits and vegetables every day
- 2 Participate in at least 30 minutes of physical activity most days

Because knowledge is not enough for people to adopt healthful habits, the kit takes a behavioral approach that builds on applied behavioral theory and prior research. The sessions and materials were tested with staff and group leaders in nutrition sites. Handouts were also tested with potential participants – low-income adults between 60 and 74 years old who are eligible for USDA Food and Nutrition Service's programs.



United States Department of Agriculture
Food and Nutrition Service

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