

Title: Healthy Habits for Life - Fruits and Vegetables – Catch a Rainbow Lesson Plan for Interactive Display

Target Audience: The following client categories: PG, BF, PP, C, I - 6 months and over

Objectives: The attendee will:

1. Identify fresh, frozen and canned fruits and vegetables as nutritious.
2. Explain that we should eat a variety of fruits and vegetables; by including some from each of the five color groups.
3. Conclude that we should eat enough fruits and vegetables to cover “half our plate;” or 5-9 servings per day.

Teaching Materials Needed:

1. Display board or bulletin board
2. If available, the three panel display, Catch a Rainbow Every Day
3. Handout materials, which encourage consuming fruits and vegetables. Suggested handouts are posted in the same location as this lesson plan.
4. Chosen recipes from the following sites: <http://food.unl.edu/web/fnh/recipe-central> , <http://www.extension.iastate.edu/foodsavings/recipes/all> , <http://foodandhealth.com/recipes.php> , <http://recipefinder.nal.usda.gov/>
5. Chosen recipes from a WIC provided cookbook such as *Let's Cook, Let's Cook with Fruits & Vegetables, Sesame Street C is for Cooking*
6. Evaluation tool attached to this lesson plan

Advance Preparation Needed:

1. Set up interactive display.
2. Make necessary copies of the master handouts and evaluation.

Class Outline and Methods:

1. The interactive display, handouts, and evaluation will be available during clinic hours.
2. A knowledgeable staff member should be available for client questions regarding the interactive display.
3. Once the client reads through the materials and completes the Fruit and Vegetable – Catch a Rainbow evaluation, the client should submit the evaluation to the delegated WIC staff person.
4. The delegated WIC staff person should ask the client if they have any questions. If yes, refer them to the staff person that can answer their questions.
5. The delegated WIC staff person should ask the client, “How can you include more fruits and vegetables in your family’s meals and snacks?”.
6. Upon completion of the lesson, a designated WIC staff person should record completion in the client’s KWIC record. If LA wishes, the client’s goal can be entered into KWIC.

Suggested Optional Activities:

Add other suggested activities that can be done as a part of the interactive display.

- Place an unusual fruit or vegetable in a “mystery bag” and see if clients can guess its identity.
- Provide samples of a fruit or vegetable for clients to try.
- Provide information about vegetable gardening. (Cooperative extension programs are good gardening resources.)
- Have clients take home a mini garden. Use plastic gloves, cotton balls wetted with water, and vegetable seeds. Place a wetted cotton ball and a couple of seeds in the tip of each finger of the glove. Tie off the arm part of the glove. Have client place in a window at home, and watch it grow!
- Make a chart with a cost comparison between the forms of fruits and vegetables – fresh, frozen, canned.
- Have available in the waiting area: plastic fruits and vegetables for children to play and pretend with, children’s books about fruits and vegetables.
- Tape a large piece of paper or poster board on a table or wall and have clients write down their favorite fruit or vegetable.
- Have a fruit/vegetable election: clients vote on their top fruit or vegetable (include the more nutritious choices: broccoli, grapes, cantaloupe, carrots, sweet potatoes, cauliflower, mango, tomatoes, etc.).

Concepts and Key Points:

1. Fresh, frozen and canned fruits and vegetables are all nutritious. Clients are encouraged to purchase all three forms, so that they will have enough fruits and vegetables to last until their next shopping trip. Some canned vegetables may have added sodium (salt). Some frozen vegetables may have added sauces which contribute added calories, fat and sodium.
2. Clients are encouraged to compare prices of fruits and vegetables and purchase those that provide the best quantity and nutrition. Fresh fruits and vegetables that are in season are generally less expensive.
3. Clients are encouraged to consume 5 – 9 servings per day or enough fruits and vegetables to cover “half their plate.”
4. Clients are encouraged to consume a wide variety of fruits and vegetables by eating a variety of different colors of fruits and vegetables. In general, the darker or deeper colored fruits and vegetables have higher amounts of vitamins and minerals.
5. Children should be encouraged to participate in helping to select and prepare fruits and vegetables for the family. Even young children can help rinse fruits and vegetables, tear lettuce and greens, etc.
6. Infants 6 months and older are usually developmentally ready to try foods. The ideal first food is infant rice cereal with iron. Only one new food should be introduced every three - four days, so that any potential food allergies can be identified.
7. Infants that are successfully eating strained fruits, vegetables, and meats, should progress to mashed, then to chopped, and lastly to pieces of foods. Soft table foods can

be modified in texture as the baby progresses. For example: bananas can be mashed to a smooth texture or a texture with small pieces, then to slices of soft banana.

8. The new WIC food packages includes a fruit/vegetable check that can be used to purchase fresh, frozen, and canned fruits and vegetables
9. The WIC food package for infants includes baby food fruits and vegetables.

Interactive Component:

The client or caregiver will interact with the WIC staff as specified in the Class outline and Methods section. One or more interactive activities will be used in this lesson.

Behavior Change Goal:

The designated staff person will assist the client/caregiver to set a goal based upon the interactive display as outlined in the methods section above.

Procedure for Clients to Ask Questions of Trained WIC Staff:

The designated WIC staff person will either answer the questions or guide the client to the staff person qualified to answer the question posed by the client/caregiver.

Evaluation:

The evaluation will consist of completing the evaluation and interacting with the WIC staff as outlined in the Class Outline and Methods section above.

Comments/Other:

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