

THOSE FANTASTIC FRUITS

| Approx. Minutes | Activities | Teacher Materials | Student Materials |
|------------------|--|--|---|
| 5 | 1. Assignment Check | | TEENS Group File TEENS Student Notebook and Folder |
| 10 | 2. Foods for Dudes | Foods for Dudes Session 6 Cassette Cassette Player | |
| 20 | 3. Snack Preparation & Sampling Snacks | | TEENS Peer Leader Guide Snacks* |
| 10 | 4. Assignments & Scoring | | |
| Total: 45 | | | |

*See **SNACKS AND REQUISITIONS** section of this manual for recommended snacks and supplies.

Activity 1: Assignment Check _____

- A. Tell students to take out their assignment, **I'm in the Mood for Low-Fat Fast Food**, due today.

- B. Ask for a show of hands of how many students completed their assignment to decide on a meal of **24 grams of fat** or less that they would like to eat at two fast food restaurants.
 1. **Congratulate** those students, and ask for a few volunteers to report some of the restaurant meals they chose and how many grams of fat were in those meals.
 2. Discuss some of the menu items reported, **as time permits**.
 3. Encourage students to try some of the lower fat items offered when eating at these fast food restaurants.

Activity 2: Foods for Dudes

- A. Play **Foods for Dudes Session 6 Cassette**. Remind students to clear their desks or tables so they can listen.
- B. Discuss some of the main points on the cassette.

ASK:

- Did Donny and Darlene say that it is true that if you eat an apple a day you won't get sick?
(No, eating an apple every day does not guarantee that you will not get sick, but eating a variety of 5 servings of fruits and vegetables every day can contribute to keeping you healthy.)
- How much is a serving of fruit or vegetables?
(About 1/2 cup or a piece of fruit, such as an apple or a pear or 6 ounces of juice.)
- Did Donny and Darlene tell Greta from Nome that fresh fruits are the best fruits to eat?
(No, they told her that you don't have to eat only fresh fruits to get benefits. Canned, frozen, and dried fruits are good for you, as well as fruit juices.)
- Name some of your favorite fruits and how you like to eat them – for example, do you like them fresh, canned, or dried; and do you like them best by themselves or in or on other foods?
(Discuss students' answers, as time permits.)

Activity 3: Snack Preparation & Sampling Snacks



Prior to this session, be sure all of the food items and supplies are available for each recipe to be prepared today. See **SNACKS AND REQUISITIONS** section of this manual for recommended snacks & supplies.

- A. Announce that today in their groups, they are going to have the opportunity to prepare, and then eat, three fruit snacks.
1. Emphasize that fruits make a sensational snack, as well as a great addition to any meal during the day.
 2. Ask if anyone can name some of the benefits of eating fruits every day.

3. **Briefly** reinforce the answer with these points, as needed:
 - Carbohydrates for energy.
 - Vitamin A for skin and eyes.
 - Vitamin C to help cuts heal and help prevent infections.
 - Iron in dried fruits for blood cells.
 - Beta carotene, Vitamin A, and Vitamin C help protect us from cancers.
 - Fiber to help with digestion and to help in the prevention of cancer.

B. Allow students time to wash their hands before making the snacks.

C. Tell students to turn to the **SNACKS & RECIPES** section of their notebook, and point out the three fruit recipes they will be preparing today on Page 23.

1. Tell the Peer Leaders to turn to Page 30 in the Peer Leader Guide and use **Peer Leader Sheet #3** to help them with the recipes.
2. Explain that the Peer Leaders will assist each group in dividing up the tasks and beginning preparations for the snacks.
3. Emphasize that they only have about 20 minutes to prepare and eat their snacks, so they should all listen carefully to what the Peer Leader says and follow directions.
4. Tell the class to divide into their groups, and direct each group to where they should prepare their fruit snacks.
5. Monitor the snack preparation, eating, and clean-up.

D. Ask groups to **evaluate the three snacks** they prepared today and rate them from the one they liked the best to their least favorite.

1. Write the names of the three fruit snacks on the chalkboard or transparency.
2. Call on the Peer Leader of each group to report their group's number one snack, then go around and ask for the second best, etc., and tally the votes next to the snack names.
3. Announce the winning snack, and encourage students to prepare these recipes again at home, as well as try the other fruit recipes included in their notebook.

Activity 4: Assignments & Scoring

- A. Inform students that today's assignment is a new challenge.
1. First of all, instruct Peer Leaders to distribute the **Check Out the Chow Assessments** the students completed in Session 3. These should be in the yellow student folders in the Group File.
 2. Ask students to also turn to their **What I Actually Ate: Two-Day Food Records** in their notebooks.
 3. Tell students to count how many servings of fruits were listed on their food record each day.
 4. Ask students if they are "up" for a new challenge, and then issue the new challenge they should try to meet before the next TEENS class. **Challenge #2: to eat at least 2 more servings of fruits each day for the next two days, than the number tallied on their assessment.** Remind students that a serving of fruit is 1/2 cup or a piece of fresh fruit, such as an apple or pear or 6 oz. of 100% fruit juice.
 5. Explain that if their assessment indicates that they were eating 1 serving of fruit a day, they should try to eat at least 2 more servings each day for the next two days, so they are eating at least 3 servings a day.
 6. Emphasize that these servings of fruit can be fresh, frozen, canned, or dried fruit – or 100% fruit juice, they just need to eat at least 2 more servings than what they are eating now.
- B. Ask Peer Leaders to find the sheet, **A Challenge I Can Meet – #2** in the Session 6 section of their group file and distribute one to each student.
1. Read aloud (or ask Peer Leaders to read aloud) the points of this second challenge and the **Challenge #2 Statement** at the top of the page.
 2. Explain that students are to think of times during the day when they can eat fruits, and then record all of the fruits they eat on **Day 1** and **Day 2** of the challenge.
- C. Point out the **Challenge Check** sections, emphasizing that they complete this section **after** they have achieved their challenge.

1. Emphasize the **problems or barriers** lines below each **Challenge Check**. Tell students that if they do not achieve their challenge on one or more of the days, they can use this space to write down the reason or reasons why they were not able to achieve it and try again.
 2. Remind students to keep trying if they don't meet their challenge the first time.
 3. Tell students to bring their completed challenges to the next TEENS class and to write that date on the "Date due" line at the top of the page.
- D. Instruct students to fill in their **Challenge #2 Statement**, and ask if there are any questions about how to fill in the rest of the page.
1. Ask for a show of hands of how many students think they can meet the challenge and eat at least 2 more servings of fruits for the next two days.
 2. **Encourage students** to see if they can achieve this new challenge, and discuss some of the times and places they can eat fruits.
(Emphasize that some kind of fruit is available at school breakfast and lunch every day; there are some fruits available in convenience stores and perhaps they could ask their parents to buy some fruit or 100% fruit juice for them.)
 3. Tell students to keep their Check Out the Chow assessments in their folders. They will need them again for future activities.
 4. Remind students of the fruit snacks they prepared in class today, and suggest that they make one of these recipes again at home for their family.
- E. Ask Peer Leaders to take out their group's **It All Adds Up Scorecard**.
1. Ask Peer Leaders to record any points in the previous class sections that the members of their group have now scored for completing assignments and/or returning their **Back Again Return Cards 1 and 2**.
 2. Ask them to then record any points in the Session 5 section that the members of their group scored for completing their **I'm in the Mood for Low-Fat Fast Food** assignment due today and to collect that assignment and put it in the yellow student folders at the back of the Group File.
 3. Encourage students who have not completed past assignments or have not returned their return cards, to do so as soon as possible.
 4. Ask Peer Leaders to point out today's assignments in the Session 6 section.
 5. Remind students that when they complete these assignments and bring them back to the next TEENS class, the Peer Leader will record the points they scored.

Notes & Reminders

- Fast forward the **Foods for Dudes** cassette tape so it will be ready for Session 7.

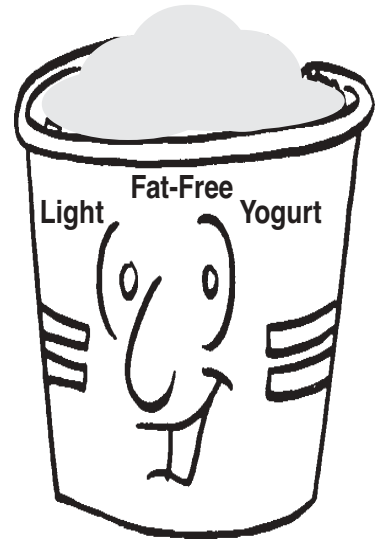
BANANA BASH

Ingredients:

- 1 8-ounce container of Dannon Fat Free, Light Strawberry Yogurt
- 1 banana

Directions:

Empty the strawberry yogurt into a mixing bowl.
Peel banana and slice into the yogurt.
Stir and enjoy!



Explain what you liked about this snack: _____

Will you try to make this again at home?

Yes

No Why not? _____

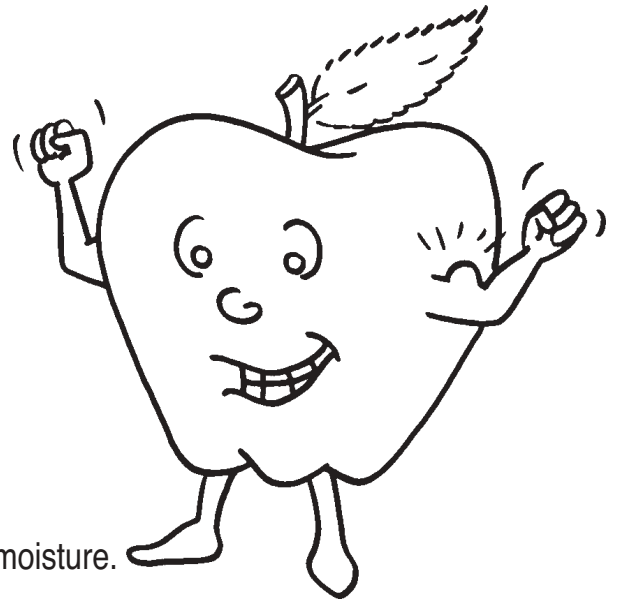
**APPLE
CRUNCHERS**

Ingredients:

- 3 apple slices
- 1 teaspoon peanut butter
- 1/4 cup crisp rice cereal

Directions:

- Cut apples into slices.
- Blot apple slices with a paper towel to remove excess moisture.
- Spread peanut butter on apple slices.
- Roll the peanut butter apple slices in crisp rice cereal.
- Enjoy!



Explain what you liked about this snack: _____

Will you try to make this again at home?

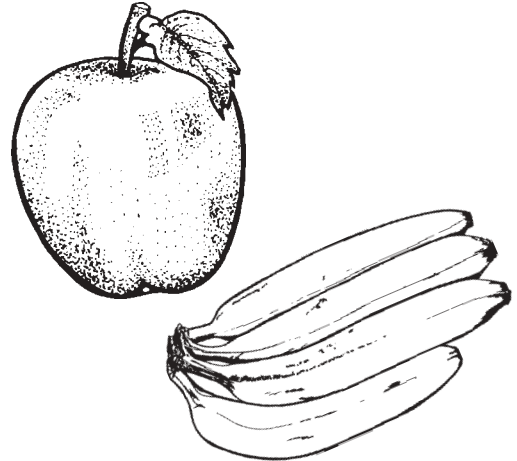
Yes

No Why not? _____

**CHOCOLATE FRUIT
DIP**

**(I Can't Believe
It's Low-Fat)**

- 1/4 cup Hershey's Chocolate Shoppe Fudge Topping-Fat Free
- 1/4 cup plain, non-fat yogurt
- 1 apple
- 1 banana



Directions:

1. Mix the first two ingredients together in a mixing bowl.
2. Cut apple using apple corer.
3. Peel banana and cut into chunks.
4. Spoon dip onto a plate.
5. Dip fruit and enjoy!

Calories from dip: 240 for the entire amount, zero calories from fat

Explain what you liked about this snack: _____

Will you try to make this again at home?

Yes

No Why not? _____



Preparing Snacks

Use this sheet to help you and your group prepare the snacks quickly.

Assign one or two people to do each of the following tasks. They can all be working at the same time.

1. Slice banana and mix with strawberry yogurt.
2. Measure chocolate sauce and mix with plain yogurt.
3. Cut fruit for Chocolate Fruit Dip and Apple Crunchers.
4. (Two people) For Apple Crunchers, cut apple slices and blot with paper towel, spread with peanut butter, dip in Rice Krispies.

A Challenge I Can Meet #2

Name _____

Date due _____

YES!!

I accept the challenge . . .

During the next 2 days I, _____, will try to eat at least **2 more servings of fruits** each day than I usually do. I will try to eat a total of at least _____ servings of fruits during Day 1 and during Day 2.

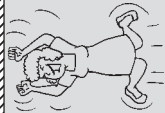


Day 1:

_____ Date

Times during the day when I could eat some fruit:

The fruits I ate today are:



Day 1 Challenge Check

I DID IT! I achieved my challenge!

Signature _____

Day 1 problems or barriers? _____

Day 2:

_____ Date

Times during the day when I could eat some fruit:

The fruits I ate today are:



Day 2 Challenge Check

I DID IT! I achieved my challenge!

Signature _____

Day 2 problems or barriers? _____

FOODS FOR DUDES

Session Six

- Donny:** Hey, I hear a munch, I hear a crunch, it's time for lunch and FOODS FOR DUDES with Donny –
- Darlene:** And Darlene. Welcome to Foods For Dudes, the call-in show for kids who like to eat – and who doesn't? (*haha*)
- Donny:** You're right on that one, Darlene. Say, let's start right in here with the mail.
- Darlene:** You know I'm feeling like just jumping right in, myself, Donny. I've got a letter here from Alex in Seattle, Washington.
- Donny:** Ah, Seattle (*sings*) The bluest skies there ever were are in Seattle....
- Darlene:** You know, Donny, You truly have missed your calling. You should have hosted *Name That Tune*.
- Donny:** Aw, Dar, You're too much. Too much, really. So Alex from Seattle – what does he say?
- Darlene:** Dear Darlene and Donny, I love listening to your show. Is it true what they say about an apple a day keeps the doctor away? Would you really not get sick if you ate an apple every day? Thank you, Alex.
- Donny:** No, Alex, thank YOU for such an excellent question. Eating an apple every day will not, in itself, keep the doctor away. BUT, eating at least five fruits and vegetables every day will certainly help you stay healthy. Fruits are usually sweet and juicy and contain vitamins like A and C that your body really needs to grow and be strong AND people who eat a diet high in fruits and vegetables have less risk of getting some very serious diseases like some types of cancer or heart disease. So you have to eat more than just apples, but eating a variety of fruits every day will certainly help you stay healthy.
- Darlene:** Oh, Donny, this is really exciting we have a caller from Nome, Alaska on the line! Hello, are you there?
- Greta:** Yes, I am.
- Donny:** Ah, Nome...(sings) Nome, Nome on the range . . . I
- Darlene:** That's stretching it, Donny.
- Donny:** Stretch, smetch, it works. What's your name?
- Greta:** Greta.
- Donny:** So Greta from Nome, thanks for calling and what's your question? Hey, Greta, you're supposed to say Alaska question – get it? Alaska question!

Darlene She's probably gotten that several times, Donny. Go ahead, Greta, ask and ye shall be answered.

Greta: I have a question about fruits. Aren't they loaded with pesticides and other chemicals? Should we really be eating them or are they actually endangering our health? I think we have a right to know.

Donny: Greta, what's an ice girl like you doing with a question like that?! Get it? What's an "ice girl"? You know you're from Alaska, it's cold there...

Darlene Donny! She got it. We got it. Now if you don't mind I'd like to give her an answer.

Donny: Well, aren't we snooty today.

Darlene I am not snooty.

Donny: Are too.

Darlene Am not.

Donny: Are too.

Darlene Am not.

Donny: Are –

Greta: Um, excuse me, but could you please answer my question?!!

Darlene Of course, Greta, I was just about to do that very thing, but I have to tell you Greta, you have struck a nerve here, you have struck a nerve inside of me because this is a hot issue. Oh, Ouch! Greta! It's so hot I burned myself! Listen, here is what I think. First of all, not eating fruits or vegetables FOR SURE endangers your health. So avoiding them because of chemicals isn't the answer. Second of all, you can always buy organic fruits and vegetables which means they are grown without chemicals and pesticides. Now they may be more expensive, but they taste fine and you don't have to worry about chemicals.

Donny: The other thing you can do, Greta, is be sure to wash the outside of all the fruits and vegetables you buy before you eat them. You can just wash them in plain water. You can even scrub the ones that are harder like apples and oranges. Now when I said wash ALL I meant ALL because even the ones that have a skin or peel that you don't eat should still be scrubbed because if you cut them the knife will go through the peel and the chemicals on the peel will get on the knife and then on your food. So they should all be washed or scrubbed. You might decide not to eat the peel or skin of some fruits, but then you might be missing out on a lot of nutrients.

Darlene And after you wash the fruits, eating them is much better for your health than not eating them at all. As a matter of fact you should eat at least three to five servings of fruit every day.

Greta: Yeah, but am I ever gonna eat that much? I don't even like that many kinds of fruit and we don't exactly grow oranges in Alaska!

Donny: Good point, Greta, touche' good point. So, "your snootiness", what do you think of that?

Darlene: I am not snooty.

Donny: Are too.

Darlene: Am not.

Donny: Are—

Greta: Wait a minute! What about my question?!

Darlene: Yes, right, of course, Greta dear. You don't have to eat fresh fruits to get the benefits from them. You can eat canned or even frozen fruits or even dried fruit and it's still good for you! Try having some fruit for a snack or over frozen yogurt or even on top of cereal. Drink a glass of 100% fruit juice and you've had one fruit serving. Try dipping apples in a little bit of carmel or even peanut butter. Dip a pear slice or banana in a small amount of chocolate syrup. Try the fruits offered in your school lunch!

Donny: Old snooty-face is right, Greta. There are lots of kinds of fruit and lots of ways to eat fruits. Does that make sense?

Greta: I guess so. It's really important to eat fruits every day. I just have to wash them first or else eat them peeled like if they're canned. So I guess I could have orange juice with breakfast. I like canned pears and they serve those at lunch at school. The bananas with chocolate sauce sounds great and maybe I could just talk to my mom about buying more fruit for us to have at home.

Donny: Great going, Greta, you've got it! Thanks for a terrific question. What do you say, Tooty Snooty?

Darlene: *(holding back tears)* Greta, I also wish to thank you for a very enlightening question. Would you please tell my cohost that I am no longer speaking to him?

Greta: Hey, I'm not getting in the middle of this. Thanks. I'm outta here.

Darlene: *(a little weepy)* I'm just having a bad day, Donny.

Donny: Aw, Dardar, I'm sorry I was a little hard on you, wasn't I? Forgive your Donny-poo, pretty please.

Darlene: *(crying)* Oh, All right. *(quick mood change)* This is Darlene—

Donny: And Donny

Darlene Signing off till next time on—

**Don &
Darlene** Foods for Dudes

Darlene And remember, we eat lunch.

Donny: So you eat lunch.