

A VARIETY OF VEGGIES

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 8 Cassette Cassette Player	
25	3. Snack Preparation & Sampling Snacks		TEENS Peer Leader Guide Snacks*
5	4. Assignments & Scoring		
Total: 45			

*See **SNACK FOODS AND REQUISITIONS** section of this manual for recommended snacks.

Activity 1: Assignment Check _____

- A. Tell students to take out their assignment, **Breaking through Breakfast Barriers**, due today.

- B. Ask for a show of hands of how many students completed their assignment and thought about some of their own barriers to eating breakfast.
 - 1. **Congratulate** those students, and ask for a few volunteers to read their barriers and how they think they could break through those barriers.
 - 2. Ask if anyone tried one of their solutions and how it worked.

- C. Stress again the **importance of eating something for breakfast every day.**

Activity 2: Foods for Dudes

- A. Play **Foods for Dudes Session 8 Cassette**. Tell students to clear their desks or tables so they can listen.
- B. Discuss some of the main points on the cassette.

ASK:

- Is it true that canned or frozen vegetables are just as good for you as fresh vegetables? *(Yes, though fresh vegetables have more fiber, both canned and frozen vegetables have about the same amount of important nutrients for your body as fresh vegetables do.)*
- Name some vegetables you like that you could have told Betsy from Atlanta to try, and tell how are they prepared or how you like to eat them. *(Suggestion: Give an example of a vegetable you really like and tell students how you like it prepared.)*

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 **SNACK FOODS AND REQUISITIONS** section of this manual for recommended snacks & supplies. Set up supplies for each small group ahead of time.

- A. Announce that today in their groups they are going to have the opportunity to prepare and then eat three vegetable snacks.
1. Emphasize that vegetables 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 vegetables every day.
 3. **Briefly** mention these points, as needed:
 - Carbohydrates and minerals for energy.
 - Vitamin A for skin and eyes.
 - Vitamin C to help cuts heal and help prevent infections.
 - Iron for blood cells.
 - Fiber to help with digestion and to help in the prevention of some diseases, like cancer.
 - Beta carotene, folate, and other nutrients to help prevent cancer and other diseases.

- B. Allow students time to wash their hands.
- C. Tell students to turn to Page 26 and 27 of the **SNACKS & RECIPES** section of their notebook, and point out the three vegetable snack recipes they will be preparing today.
1. Tell the Peer Leaders to turn to Page 34 in the Peer Leader Guides and use **Peer Leader Sheet #4** 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 snack, 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 vegetable snacks.
 5. Monitor the snack preparation, eating, and cleanup.
- D. Ask groups to evaluate the three snacks they prepared today and rate them from the one they liked the best to the one they liked least.
1. Write the names of the three vegetable 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 vegetable recipes included in their notebook.

Activity 3: Assignments & Scoring _____

- A. Inform students that today's assignment is another new challenge.
1. Instruct students to turn to their Session #2 assignment sheet **What I Actually Ate: Two Day Food Records** in their notebook and take out of their folder the **Check Out the Chow Assessment** they did and the **Food Guide Pyramid**.
 2. Tell students to count how many vegetables were listed on their assessment pages.

3. Ask students if they think they can handle a new challenge, and then issue the new challenge they should try to meet before the next TEENS class. **Challenge #3: to eat at least 2 more servings of vegetables each day for the next two days, than the number tallied on their Check Out the Chow Assessment.**
 4. Explain that if their assessment indicates that were eating 1 serving of vegetables 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. Remind them that a serving is about 1/2 cup.
 5. Emphasize that these servings of vegetables can be fresh, frozen, canned, or vegetable juice – like tomato or V-8 juice, they just need to eat at least 2 servings or more than what they are eating now.
- B. Tell Peer Leaders to find the sheet, **A Challenge I Can Meet – #3** in the Session #8 section of their Group File and distribute one to each member of the group.
1. Read aloud (or ask Peer Leaders to read aloud) the points of this third challenge and the **Challenge #3 Statement** at the top of the page.
 2. Explain that students are to think of times during the day when they think they can eat vegetables, and then record all of the vegetables they eat on **Day 1** and **Day 2** of the challenge.
- C. Point out the **Challenge Check** sections on their **Challenge Chart #3**, emphasizing that they complete this section **after** they have achieved their challenge.
1. Emphasize the **problems or barriers** lines below each **Challenge Check**, and 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.
 2. Remind students that if they don't meet their challenge, they should try again.
 3. Tell them to bring their completed challenge to the next TEENS session on _____ and to put that date on the "Date due" line at the top of the page. Date
- D. Instruct students to fill in their **Challenge #3 Statement**, and ask if there are any questions.
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 vegetables for the next two days.
 2. **Challenge students** to see if they can achieve this third challenge, and discuss some of the times and places they can eat vegetables.

(Emphasize that some kind of vegetable is available at school lunch every day; there are cut up and ready-to-eat vegetables like baby carrots at most every grocery store; and perhaps they could ask their parents to prepare some vegetable they especially like.)

3. Remind students of the vegetable snacks they prepared in class today, and suggest that they make one of these recipes again at home for their family.
4. Tell students to keep their Check Out the Chow assessments in their folders.

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, 2, and 3**.
2. Ask them to then record any points in the Session #7 section that the members of their group scored for completing their **Breaking through Breakfast Barriers** assignment due today and to collect the assignments and put them in the yellow student folders at the back of their group file.
3. Encourage students who have not completed this assignment or 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 #8 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 9.



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. Open the dip and squeeze some on each plate (one plate for each student in the group).
Open the vegetables and put some of each on each plate with the dip.
2. Open the salad and empty it into a bowl. Squeeze on salad dressing and mix through salad.
3. Spread cream cheese on bagel halves (start with one bagel half per person in the group). Put chopped or grated vegetables in separate bowls so students can add their own toppings.

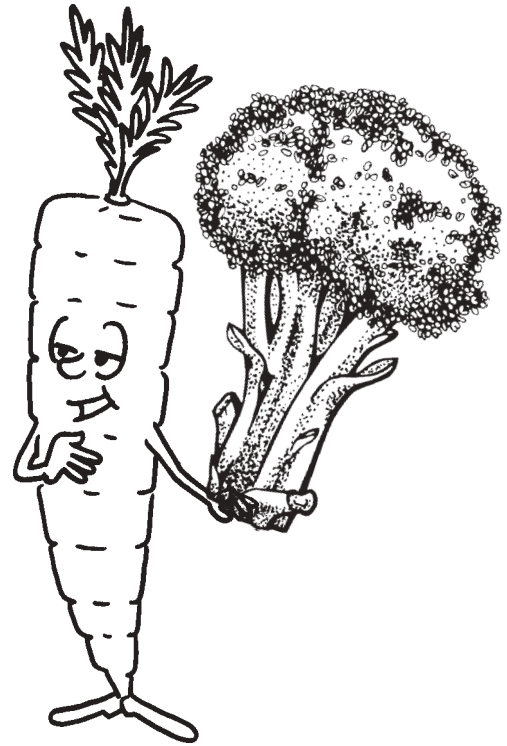
SNACKERS

Ingredients:

- 2 baby carrots
- 2 pieces of broccoli
- 1 packet low-fat ranch dressing

Directions:

Put ready-to-eat carrots and broccoli on a plate.
 Open dressing packets and put on the plate.
 Dip vegetable sticks into the dressing and enjoy!



Explain what you liked about this snack: _____

Will you try to make this again at home?

Yes

No Why not? _____

VEGGIE BAGELS

Ingredients:

- 1 mini bagel
- 1 packet of low-fat cream cheese
- 2 tsp. shredded carrot
- 2 slices of cucumber



Directions:

Spread cream cheese on a mini bagel.
Add carrots and cucumber slices on top of bagel.
Enjoy!

Explain what you liked about this snack: _____

Will you try to make this again at home?

Yes

No Why not? _____

A Challenge I Can Meet #3

_____ Name

Date due _____ YES!!



I accept the challenge . . .

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

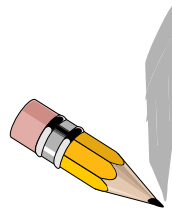


Day 1:

_____ Date

Times during the day when I could eat some vegetables:

The vegetables I ate today are:





Day 1 Challenge Check

I DID IT! I achieved my challenge!

_____ Signature

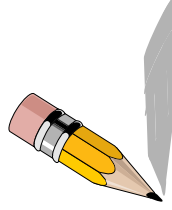
Day 1 problems or barriers? _____

Day 2:

_____ Date

Times during the day when I could eat some vegetables:

The vegetables 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 Eight

- 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:** Nobody I know, Darlene. Darlene, what is that you have there?
- Darlene** This— and listeners I'm sorry you can't see this — is my prize baby carrot. I grew it myself in my own garden.
- Donny:** Why, Darlene, it's..it's ... really tiny (*he bursts out laughing*). Is that the biggest one?
- Darlene** Well, the other ones got eaten by rabbits.
- Donny:** I wish you could see this out there. It has a little red ribbon on it. So what are you going to do with this baby carrot?
- Darlene** Well, I thought I would eat it with some dip for lunch, however if you would stop laughing I would be willing to share it with you.
- Donny:** Share it with me? Darlene, half of nothing is nothing! That poor little baby will hardly make it out of the dip!
- Darlene** No need to make fun of my hard work, my toil in the sun, my dirty hands in the soil. I will be happy to eat my own carrot, thank you.
- Donny:** How much work does it take to grow a one-inch carrot?
- Darlene** (*Sings*)Inch by inch, row by row...
- Donny:** That's my part, Darlene.
- Darlene** I got there first.
- Donny:** Watch it, Darlene.
- Darlene** Well, time to look at letters. I just feel so proud of myself for growing my own vegetables!
- Donny:** That's vegetable, Darlene, vegetable. One very small vegetable.
- Darlene** You're just jealous, Donny. We have a letter here from Chan in New York.
- Donny:** (*sings*) I want to be a part of it, New York, New York . . .

Darlene Predictable, Donny, very predictable. You know that's one of the interesting things about growing your own food, you never quite know how it's going to turn out.

Donny: Your own food? Darlene, what you've grown is barely an appetizer for a rabbit. I would say you have a ways to go to be self sufficient.

Darlene I knew you wouldn't be able to take it. He says Dear Donny and Darlene, I love your show. I have a question about vegetables. My family is Chinese and we eat a lot of traditional Chinese food with a lot of fresh vegetables. In my health class at school the teacher said that canned and frozen vegetables were just as good. Is that really true? Thanks, Chan from New York City. Chan that is a very good question and one that many people have.

Donny: That's true. Chan, that's a "fresh" question so we won't give you a "canned" answer. Get it? Fresh? Canned?

Darlene We got it, Donny.

Donny: So the answer is that fresh vegetables have more fiber, but frozen and canned vegetables have about the same amount of nutrients like vitamins and minerals that your body needs to grow and stay healthy.

Darlene It is true that canned vegetables are often high in salt and sodium unless the label says they are low in sodium. But for kids your age just eating the vegetables is more important than worrying about sodium so if you can't have them fresh try eating them frozen or from a can.

Donny: Thanks for that great question, Chan from New York City. (sings)I'll take Manhattan, the Bronx and Staten Island too....

Darlene And I'll take the first caller. Hello, are you there?

Betsy: Hi, y'all.

Donny: Y'all? Did you hear that, Darlene? We've got a Y'aller caller on the line. Get it? Y'aller caller?!

Darlene: I got it, Donny, I got it. Where are you from, Betsy?

Betsy: Atlanta, Georgia.

Donny: Georgia... Georgia.... on my mind.

Darlene Speaking of minds, what's on yours, Betsy?

Betsy: Well, I was calling about vegetables. I know we're supposed to eat 'em, but they're nasty! I don't like 'em at all. So what am I supposed to do? I want to be healthy, but isn't there something else I could eat instead like a vitamin pill?

Donny: What are you doing Darlene?

Darlene I'm covering up my baby carrot so she won't be offended.

Donny: It's only a carrot, Darlene.

Darlene Poor little carry-poo. Now for your question, Betsy. I'm afraid that it is a common one among teenagers. And I am very glad that you asked it.

Donny: I agree, Darlene. It's the kind of question that grows on you! So, Betsy from Atlanta, let me just say first, that vitamin pills are okay, but study after study shows that vitamin pills can't substitute for healthy foods. There is other "stuff" in vegetables like fiber, and other stuff we don't even know about yet that is real important for our health. We just can't get those things from a pill. Now, let's think about how we can help you to eat more vegetables. It sounds like you don't like the taste of the ones you've had. Maybe you need to try some new ones —

Darlene: Or some old ones prepared in a new way. Lots of kids like the crunchiness of vegetables, like baby carrots — I can't help myself — or celery and those are great with dips or even a little bit of peanut butter.

Donny: How about cooked vegetables? Do you like those?

Betsy: Those are the nastiest — they're so soggy and drippy. Ugh! No way!

Donny: Well, Betsy, take this baby carrot here—

Darlene: Don't you dare take it! (to the carrot) You stay right here with mama.

Donny: Get a life Darlene!

Darlene Shh! I think it's sleeping!

Donny: Darlene it's a vegetable!

Darlene It's clear, Donny that you don't understand that in order to grow things you must nurture them.

Betsy: Uh, excuse me, y'all, could y'all please answer my question?

Donny: Certainly, Betsy. We'll just let the carrot mama over there croon over her beta carotene baby. What I was going to say, Betsy, is that you could steam carrots and then add a little butter and brown sugar. Or you could try a little cheese sauce over cooked broccoli or even a baked potato. Talk to whoever does the cooking in your home about not overcooking the vegetables. You can buy lots of frozen vegetable combinations at the store that you can microwave for just a few minutes. Add some chicken to them and you've got a great meal with lots of vegetables!

Darlene: There are even some fast food stands in malls and food courts that have Chinese or Japanese foods that have a lot of vegetables or even ones that serve baked potatoes with a variety of toppings. Just go easy on the butter, cheese and sour cream. Those add a lot of fat to the vegetable.

Betsy: I like the dip idea, but I don't want to stand there and cut up carrots and celery: I mean I'm in seventh grade and I've got better things to do.

Donny: Exactly, Betsy. That 's why there's all this new washed and packaged stuff at the store. You can buy – you guessed it – baby carrots that are washed and ready to go or lots of kids really like salads that come complete with dressing and croutons – all you have to do is open a bag! And it's not just plain old lettuce any more either. There are different kinds of greens and vegetables with different kinds of dressings. There are whole sections in the grocery store for people who have time to shop but not to chop. Get it? And salad's great because you don't have to take the time to cook it.

Betsy: Well, I could do that. And I do like cheese sauce. I could tell my grandma about that since she does most of the cookin'. And I like to eat pizza so I guess I could just open one of those bag salads with that. Thanks, I'll give it a try.

Darlene: Good for you, Betsy and thank you for your call!

Donny: Hey, Betsy! Thank y'all for calling! Darlene, what are you doing?

Darlene: Shhh! I'm just rocking her to sleep, here you try it, I think she wants you!

Donny: Darlene! Well, uh, I guess she is kind of cute, kotchie, kootchie,

Darlene: Time to go! This is Darlene and . . .

Donny: Donny . . . rock-a-bye baby . . .

Darlene: Signing off till next time on—

Don & Darlene: Foods for Dudes

Darlene: And remember, we eat lunch –

Donny: So you eat lunch. Look, Darlene, I think she likes me!