



YW2

YOUR WELL-BEING

Feed Your Potential

Time: 70 Minutes

Discover how healthy food can help you reach your goals and improve overall health. Through hands-on activities, including cooking an easy and nutritious snack, you will expand your knowledge and learn how different foods can directly impact your energy and focus. Get inspired to make healthy eating a part of your everyday life.

OBJECTIVES:

Learn about the role of food in your overall health and well-being.

List two tips for eating more tasty and nutritious foods.

Describe serving sizes for the major food groups.

SETUP

- Review resource list and print it out. Purchase all necessary supplies after reviewing the [HFL Cost Calculator](#).
- Set up stations for participants with the necessary activity supplies.
- Provide computer, internet access, and projector, if available.

INTRO (10 Minutes)

- Welcome participants and introduce yourself.
- Take care of any housekeeping items (closest bathroom, water fountain, etc.).
- Give a brief description of the educational experience.
- Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the [Welcome Toolkit](#).

DEMO (10 Minutes)

- Play video(s) or demonstrate content (see demo script).

ACTIVITY (20 Minutes)

- Participants will practice preparing an easy and nutritious snack that includes ingredients from two healthy food groups.

RECAP (10 Minutes)

- Pass out handout(s) and invite participants to taste their healthy snack while going through the handout(s) together.

GOAL SETTING/CLOSING (20 Minutes)

- Engage in a goal setting activity from the bank of options provided in the [Welcome Toolkit](#). Pass out the Setting SMART Goals handout to participants.
- Thank participants and encourage them to join the next activity. (Provide date/time/location if known.)



NOTES: Read legal liability disclaimer before activity: [Food Liability Disclaimer](#). Refer to Resource List for all necessary supplies and handouts. This Healthy for Life® Educational Experience was created by Aramark and the American Heart Association as part of our Healthy for Life® 20 By 20 Initiative. We are proud to be working together to help improve the health of all Americans.

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Feed Your Potential Resource List

HANDOUTS/VIDEOS

Find these resources on AHA's YouTube channel or heart.org/healthyforgood

- Video – [Feed Your Potential](#)
- Video – [Apple Nachos Recipe](#)
- Video – [What is a Serving?](#)
- Article – [Daily Tips to Help Your Family Eat Better](#)

Find these resources in this lesson

- Recipe – [Apple Nachos](#)
- Handout – [What's A Serving? Fruits and Vegetables Infographic](#)
- Handout – [Eat More Color Infographic](#)
- Handout – [Setting SMART Goals](#)

SPACE SETUP

- Chairs and tables for participants
- Demo table
- Pens for participants
- Folders
- Computer, internet access, and projector, if available

DEMO SUPPLIES

- Baseball
- Dice
- Computer mouse
- Checkbook

ACTIVITY INGREDIENTS* AND SUPPLIES**

- 1/3 cup unsweetened dried cranberries or raisins
- 1/4 cup sliced, unsalted almonds
- 2 tablespoons shelled, unsalted sunflower seeds
- 3 red/green apples
- 1-2 teaspoons lemon juice
- 2 tablespoons water
- 1/4 cup low-fat, smooth peanut butter
- 1 tablespoon honey
- 2 small bowls
- Wooden spoon (or other mixing utensil)
- Large plate
- Apple corer
- Knife (to slice apples)
- Microwave/teapot/pot with electric burner (alternatively, you can use a hot water dispenser)
- Serving spoon
- Measuring cups and spoons
- Plates (for tasting)
- Forks (for tasting)

*Recipe serves 6 people; please multiply ingredients as necessary for your participants.

**Purchase appropriate number of supplies for your participants. Participants can divide into teams and share supplies and ingredients.

Use if video capabilities are unavailable.



SAY:

The American Heart Association recommends a healthy dietary pattern that promotes fruits, vegetables, whole grains, beans, legumes, fish, skinless poultry, nuts, and fat-free and (1%) low-fat dairy products, while limiting sodium, saturated and trans fats, fatty or processed meats and added sugars.



There is a right number of calories for you, depending on your age, level of physical activity and weight goals (whether you are trying to lose, gain or maintain your weight).



I will go through the recommended daily servings (based on a 2,000-calorie diet) for each of the major food groups and describe what a serving looks like.

Hold up demo products to show sizes where appropriate.



SAY:

We will start with grains. It's important to have at least half your servings be **whole grains**. Aim for 6 servings per day. A serving could be a slice of bread or ½ cup of cooked rice, pasta or cereal (about the size of a baseball).



Now, moving to **vegetables and fruits** – try to eat a variety of colors and types and 4-5 servings per day of each. A serving of raw leafy vegetables looks like a small fist. You can eat ½ cup of raw or cooked veggies or drink ½ cup of 100% vegetable juice with no added sodium. For fruits, aim for 1 medium-size fruit (about the size of a baseball), ¼ cup dried fruit or ½ cup fresh, frozen or canned fruit or 100% fruit juice. Look for fruit that's canned in water or its own juice.



Fruits and vegetables are an important part of healthy eating since they provide vitamins, minerals and fiber without a lot of calories and saturated fats. Frozen, canned or dried fruits and vegetables are all healthy choices. Look for products with the lowest amounts of added sugar and sodium. I have **four tips** for eating more produce:

1. **Snack smart.** Stock your fridge with bite-size pieces of raw fruits and veggies or put out a plate of them when family members are hungry.
2. **Offer at every meal.** Try to offer at least one vegetable or fruit at every meal or snack. Kids may need to see an item on their plates many times before they decide to eat it. You can be creative and add berries to cereal or top banana slices with a dollop of peanut butter. Add fresh, no-salt-added canned or frozen veggies to soups.
3. **Get kids on board.** If your kids are involved in every step of preparing food, they are more likely to eat and enjoy it. Let them help choose or find the fruits and veggies at the store.
4. **Try something new.** There's no better way to teach your kids to eat healthy foods than doing it yourself. Or, look for times when your children may be open to trying new foods, such as on the way home from school.



SAY:

For **dairy**, drink and eat 3 servings of fat-free or (1%) low-fat products per day. A serving is equal to 1 cup fat-free/low-fat milk or yogurt. You can also eat 1½ ounces of fat-free/low-fat cheese (about the size of 3 stacked dice).



If you eat **meat, poultry, seafood and eggs**, you'll want to eat 8-9 servings per week. 3 ounces of cooked meat is the size of a computer mouse and 3 ounces of grilled fish is about the size of a checkbook. For eggs, which are a great source of protein, the serving sizes are 2 egg whites or 1 egg.



Healthy fats and oils are also important. 3 servings a day are recommended. A serving could be 1 tablespoon of soft margarine or 1 tablespoon of a nontropical vegetable oil, such as canola, corn or olive.



Nuts, seeds and legumes are great snacks or can be added to salads and other dishes for extra flavor. Try for 5 servings per week. A serving is equal to ⅓ cup (or 1½ ounces) of nuts, 2 tablespoons of low-fat nut butter, 2 tablespoons (½ ounce) of seeds or ¼ cup of cooked beans or peas.

Feed Your Potential Activity Script

Divide participants into teams to practice preparing an easy and nutritious snack that includes two of the major healthy food groups.

Invite group members to pick up their resources (recipe, ingredients and cooking supplies) at the demo station. (Alternatively, if you have set everything up at their stations beforehand, participants can go straight to their cooking stations.)



SAY:

Today, we are going to make **Apple Nachos**, a kid-friendly snack that uses some healthy foods we discussed, including fresh fruit, dried fruit, nuts, seeds and low-fat nut butter.



Once everyone has finished making the snack, divide it onto plates and share with your team.

Makes 6 servings; ½ cup per serving
Per serving: 167 Calories; 1.1 g Saturated Fat; 66 mg Sodium



If you do the apple slicing, kids can get in on the action and assemble these nachos themselves. Use your favorite apple variety for this American Heart Association snack or appetizer recipe or mix it up using a combination, such as two sweet Red Delicious apples and one tart Granny Smith.

INGREDIENTS

- ⅓ cup unsweetened dried cranberries or raisins
- ¼ cup sliced almonds (unsalted)
- 2 tablespoons unsalted, shelled sunflower seeds
- 3 red or green apples
- 1-2 teaspoons lemon juice (optional)
- 2 tablespoons water
- ¼ cup low-fat, smooth peanut butter
- 1 tablespoon honey

DIRECTIONS

1. In a small bowl, combine the dried cranberries, almonds and sunflower seeds.
2. Core each apple and thinly slice into about 12 pieces each. Layer half the apples on a large plate or platter. If the apple slices will be sitting out for a while, sprinkle a little lemon juice over them to prevent browning.
3. Using a microwave or teapot, bring the water to a boil. In a small bowl, stir together the peanut butter, water, and honey until the mixture is smooth.
4. Use a spoon to drizzle half the peanut butter mixture over the plated apple slices. Next, sprinkle with half the cranberry mixture. Layer the remaining apples on top. Drizzle with the remaining peanut butter mixture. Sprinkle with the remaining cranberry mixture. Serve.

Tip: The sky's the limit when it comes to toppings for these apple nachos: try any dried fruit, chopped nuts, pumpkin seeds, granola or unsweetened shredded coconut.

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WHAT'S A SERVING?

FRUITS

4 servings per day

ONE MEDIUM FRUIT



= About the size of your fist

FRESH, FROZEN OR CANNED



= 1/2 CUP

DRIED



= 1/4 CUP

FRUIT JUICE



= 1/4 CUP

VEGETABLES

5 servings per day

RAW LEAFY VEGETABLE



= 1 CUP

FRESH, FROZEN OR CANNED



= 1/2 CUP

VEGETABLE JUICE



= 1/2 CUP

*based on a 2,000 calorie eating pattern

The good news is eating the right amount of fruits and vegetables doesn't have to be complicated. Here are some examples of about one serving:

FRUITS

Apple, pear, orange, peach or nectarine: 1 medium
 Avocado: Half of a medium
 Banana: 1 small (about 6" long)
 Grapefruit: Half of a medium (4" across)
 Grape: 16
 Kiwifruit: 1 medium
 Mango: Half of a medium
 Melon: Half-inch thick wedge of sliced watermelon, honeydew, cantaloupe
 Pineapple: 1/4 of a medium
 Strawberry: 4 large

VEGETABLES

Bell pepper: Half of a large
 Broccoli or cauliflower: 5 to 8 florets
 Carrot: 6 baby or 1 whole medium (6 to 7" long)
 Corn: 1 small ear (6" long) or half of a large ear (8 to 9" long)
 Leafy vegetable: 1 cup raw or 1/2 cup cooked (lettuce, kale, spinach, greens)
 Potato: Half of a medium (2 1/2 to 3" across)
 Squash, yellow: Half of a small
 Sweet potato: Half of a large (2 1/4" across)
 Zucchini: Half of a large (7 to 8" long)

EAT SMART ADD COLOR MOVE MORE BE WELL

#HEALTHYFORGOOD
 LEARN MORE AT HEART.ORG/HEALTHYFORGOOD

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

RED & PINK

- beets
- cherries
- cranberries
- pink grapefruit
- pomegranates
- radicchio
- red radishes
- raspberries
- red apples
- red grapes
- red peppers
- red potatoes
- rhubarbs
- strawberries
- tomatoes
- watermelons

BLUE & PURPLE

- blackberries
- blueberries
- eggplants
- grapes
- plums
- prunes
- purple figs
- purple onions
- radicchio
- red cabbage
- red onions



EAT MORE COLOR

YELLOW & ORANGE

- acorn squash
- butternut squash
- apricots
- cantaloupes
- carrots
- corn
- grapefruit
- lemons
- mangoes
- nectarines
- oranges
- orange peppers
- papayas
- peaches
- pineapples
- pumpkins
- summer squash
- sweet potatoes
- tangerines
- yams
- yellow apples
- yellow peppers
- yellow squash

WHITE & BROWN

- bananas
- brown pears
- cauliflower
- currants
- dates
- garlic
- Jerusalem artichokes
- mushrooms
- onions
- potatoes
- parsnips
- raisins
- shallots
- turnips

GREEN

- artichokes
- asparagus
- avocados
- bok choy
- broccoli
- Brussels sprouts
- celery
- collard greens
- cucumbers
- green beans
- green cabbage
- green grapes
- green onions
- green peppers
- kale
- kiwis
- leeks
- limes
- mustard greens
- okra
- pears
- peas
- romaine lettuce
- snow peas
- spinach
- sugar snap peas
- watercress
- zucchini

heart.org/addcolor
#ADDCOLOR



SPECIFIC

- What exactly do you want to accomplish?

MEASURABLE

- How will you track your progress towards your goal?

ACHIEVABLE

- Is reaching your goal possible with your full effort?

REALISTIC

- Do you have the resources and ability to achieve your goal? If not, how can you get them?

TIME-BOUND

- When will your goal be achieved?

EXAMPLE OF A SMART GOAL:

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:
