Feed Your Potential

*Time: 70 Minutes*

Discover how healthy food can help you reach your goals and everyday potential. Through hands-on activities, including cooking an easy and nutritious snack, you will expand your food knowledge and learn how different foods can directly impact the energy and focus you and your family need at home, work, school or on the go. Get inspired to make healthy eating a part of your everyday life and accomplishing everyday goals.

**SETUP**
- Review resource list and print it out. Purchase all necessary supplies.
- Set up stations for participants with the necessary activity supplies.
- Provide computer, internet access, and projector, if available.

**INTRO**
- 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 facilitator guide. 10 Minutes

**DEMO**
- Play video(s) or demonstrate content (see demo script). 10 Minutes

**ACTIVITY**
- Participants will practice cooking an easy and nutritious snack that includes all the major healthy food groups. 20 Minutes

**RECAP**
- Pass out handout(s) and invite participants to taste their healthy dish while going through the handout(s) together. 10 Minutes

**GOAL SETTING/CLOSING**
- Engage in a goal setting activity from the bank of options provided in the facilitator guide. 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.) 20 Minutes

**OBJECTIVES:**
- Learn about the role of food in your overall health and wellbeing.
- List tips for eating more tasty and nutritious foods.
- Describe serving sizes for the major food groups.

**NOTES:** Read legal liability disclaimer(s), if applicable, before activity. 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.
Feed Your Potential Resource List

HANDOUTS/VIDEOS
These resources can be found on the AHA’s YouTube channel or heart.org.

- Feed Your Potential demo video
- Apple Nachos recipe
- Fruits & Vegetables Servings handout
- 4 Ways to Eat More Fruits & Vegetables at Home handout
- Setting SMART Goals handout (please locate in this guide)

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 dried, unsweetened cranberries or raisins
- 1/4 cup sliced, unsalted almonds
- 2 Tbsp. shelled, unsalted sunflower seeds
- 3 red/green apples
- 1-2 tsp. lemon juice
- 2 Tbsp. water
- 1/4 cup, reduced fat, smooth peanut butter
- 1 Tbsp. 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.
Feed Your Potential Demo Script

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/low-fat dairy products, and limits sodium, saturated and trans fats, red meat and added sugars.

There is a right number of calories for you, depending on your age, physical activity level and 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) of each of the main food groups and what a serving looks like for each.

Hold up demo products to show sizes where appropriate.

SAY: We will start with grains. It’s important to have at least half of your servings be whole-grain. Aim for 6-8 servings per day. A serving could be a slice of bread or about the size of a baseball (1/2 cup) of cooked rice, pasta or cereal.

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 or you can eat ½ cup of raw or cooked veggies or vegetable juice. For fruits, aim for 1 medium-sized fruit, about the size of a baseball, ¼ cup dried fruit or ½ cup fresh, frozen or canned fruit or 100% fruit 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. 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 try adding berries to cereal or bananas to peanut butter. Or add fresh 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 your children may be open to trying new foods, such as on the way home from school.

For dairy, drink and eat 2-3 servings of fat-free or low-fat products per day. A serving is equal to 1 cup fat-free/low-fat milk or yogurt. You can also eat 1.5 oz. of fat-free/low-fat cheese, about the size of 3 stacked dice.

If you eat meat, poultry and seafood, you’ll want to eat 6 oz. or less per day. 3 oz. of cooked meat looks like the size of a computer mouse and 3 oz. of grilled fish is about the size of a checkbook.

Healthy fats and oils are also important to eat and 2-3 servings a day is recommended. A serving could be 1 tsp. soft margarine or 1 tsp. of a nontropical vegetable oil (i.e. 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 4-5 servings per week. A serving is equal to 1/3 cup (or 1.5 oz.) of nuts, 2 Tbsp. of low-fat nut butter, 2 Tbsp. (1/2 oz.) of seeds, or ½ cup dried beans or peas.
Feed Your Potential Activity Script

Divide participants into teams to practice cooking an easy and nutritious snack using a couple 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 practice cooking **Apple Nachos**, a kid-friendly snack that use some of the food groups we discussed including fresh fruit, dried fruit, nuts, seeds, and low-fat nut butter.

Once everyone is done making the dish, divide it onto plates and share with your team.
Apple Nachos

Per serving:
167 Calories
1.1 g Sat. Fat
66 mg Sodium
$1.32

Makes 6 servings

INGREDIENTS

- 1/3 cup dried, unsweetened cranberries or raisins
- 1/4 cup sliced almonds (unsalted)
- 2 Tbsp. unsalted, shelled sunflower seeds
- 3 red or green apples
- 1-2 tsp. lemon juice (optional)
- 1/4 cup reduced-fat, smooth peanut butter
- 2 Tbsp. water
- 1 Tbsp. 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 of the peanut butter mixture over the plated apple slices. Next, sprinkle with half of 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.

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.

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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: ⅛ 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 ½ cup cooked (lettuce, kale, spinach, greens)
- Potato: Half of a medium (2½ to 3” across)
- Squash, yellow: Half of a small
- Sweet potato: Half of a large (2½” 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
Fruits and vegetables are an important part of healthy eating. They provide vitamins, minerals and fiber, without a lot of calories and saturated fats.

1. **SNACK SMART**
   - Stock your fridge with raw fruits and vegetables, cleaned and cut into bite-size pieces.
   - When your kids are hungry, put out a plate of vegetables or fruit, such as carrot and cucumber sticks or apple slices.

2. **GET KIDS ON BOARD**
   - Let them help choose or find fruits and vegetables at the store. The more involved they are in every step of preparing food, the more likely they are to eat and enjoy it.
   - Older kids can pick out healthy recipes and make grocery lists.
   - Welcome them to help with food preparation. Give them age-appropriate tasks. Younger kids can tear up greens or push buttons on the blender. Older kids can measure and chop ingredients.

3. **OFFER AT EVERY MEAL**
   - 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 taste it.
   - Add berries to cereal, bananas to peanut butter toast and spinach to eggs.
   - Add sliced or shredded fruits and vegetables to sandwiches and salads. Try apples, avocados, cucumbers, pears, peppers, radishes and tomatoes.
   - grate or chop vegetables, such as broccoli, carrots, spinach or zucchini, and add them to family favorites.
   - Add fresh or frozen vegetables to soups.
   - Include one vegetable or fruit that you know your child will like. Such as unsweetened applesauce or mini carrots.

4. **TRY SOMETHING NEW**
   - Try new fruits and vegetables with your kids. There’s no better way to teach them to eat healthy foods than by doing it yourself.
   - Look for times your children may be open to trying new foods. Some kids will eat anything in the car on the way home from school. Others are more open to trying new things on outings, such as a day at the beach or a camping trip, or when they’re eating with friends who are enjoying the new item.
Setting SMART Goals

**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:

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