

Fixing Funky Foods

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Introduction

The variety of foods in grocery stores increases each year. Knowing how to prepare these foods and including them in a meal plan can be a challenge. The goal of this lesson is to familiarize participants with fruits, vegetables, and whole grains that might be newly available even in rural grocery stores.

Objectives

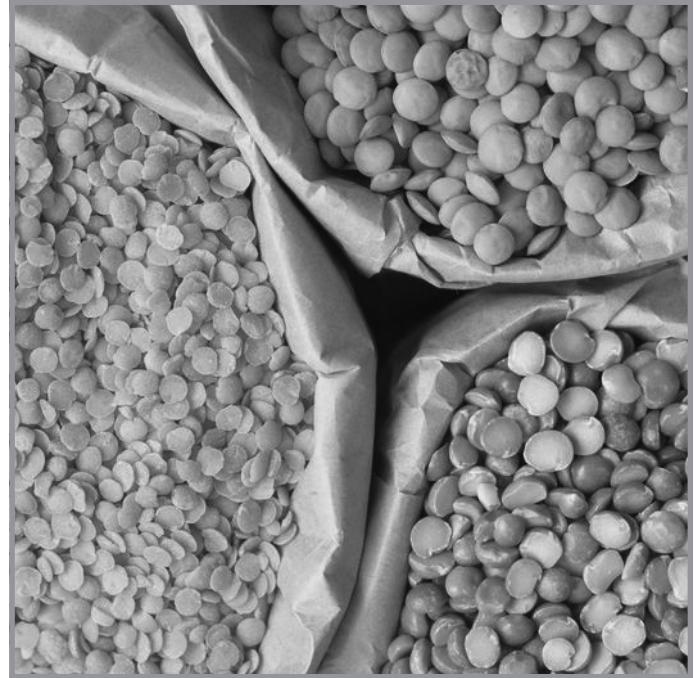
- Exposure to foods that might be new to participants.
- Learn ways to incorporate new fruits, vegetables, and whole grains into meal planning and preparation methods.
- Increased knowledge of health benefits of selected fruits, vegetables, and whole grains.

Intended Audiences

- Family and Community Education Units
- Families with young children
- Couples or singles cooking for small households
- Young adults

Before the Lesson

- Review fact sheet (MF3294) and leader's guide.
- This lessons and the available slide show can be used in three separate sections (fruits, vegetables, and grains) or as one lesson. Select which you would like to do, considering the activities to include and the time available for the lesson.
- Select activities from the list included in this publication.
- Copy evaluation forms from page 4 of this publication.
- Download slide show if planning to use. It is available on the K-State Research and Extension Barber County office website at www.barber.ksu.edu.
- Download recipes; a selection of recipes for the foods included in the fact sheet are available with the slide show.



- Visit local grocery stores. Knowing which of the included foods are locally available is important. Some of the foods are seasonally available.
- Review Dietary Guidelines for 2015 to 2020. The fact sheet references the key recommendation from this resource.
- After the lesson, send completed evaluations to the address on the form.

Presenting the Lesson

An interactive approach is highly recommended for this lesson. In addition to the slide show, include samples of the foods available locally.

If possible, include a taste testing of selected foods. Increase participation by sharing possible recipes with participants and ask them to prepare one. This raises the level of experience with the selected foods and increases the discussion. If samples are not possible, encourage participants to share their experiences with the selection of foods.

Roll call ideas include sharing a funky food they have tried, a recipe for one of the selected foods, or a food they have recently noticed in the grocery store.

Community Awareness Activities

- Provide a sample of a selection of foods at a community event such as a health fair. Some are great fresh and raw. Recipes are available as a download from K-State Research and Extension Barber County Office website at www.barber.ksu.edu.
- After the lesson, select a fruit or vegetable of the month or a person to bring one. Sample one food raw or prepared per month at a meeting or commit to sharing the selected food with others.
- Host a Guess-the-Food Contest. Through radio, a newsletter, or social media, provide hints about a food included in the fact sheet. The first person to identify the food will receive it with instructions for preparing. This could also be done at a meeting.
- Write a newspaper article featuring locally available funky foods. Focus on nutrition rather than simply sharing recipes.
- Grocery store scavenger hunt. Secure permission from a local grocery store to host a scavenger hunt. This could be done by including a list of foods available or setting up the names of foods available on a bingo-style card. Groups can focus on securing a bingo rather than finding everything.

- Develop an educational poster showing the types of grains available at local grocery stores. Display this at a grocery store, community event, or library to increase awareness. Consider including the Fixing Funky Foods fact sheet as a handout.
- Develop an educational poster showing the food origin for a small selection of foods and the match to the food item. This could be an interactive display that attracts youth.
- Grow your own funky foods. Several of the vegetables can be successfully grown in Kansas. Consider providing seeds to be planted at home or sprouting ahead of the lesson.

Resources

2015 – 2020 Dietary Guidelines:

<http://www.choosemyplate.gov/snapshot-2015-2020-dietary-guidelines-americans#recommendations>

Fruit & Vegetable Fact Sheets:

<http://lancaster.unl.edu/nep/fruitveggie.shtml>

Food Fit: <http://www.foodfit.com/sitemap.asp>

The Cook's Thesaurus: www.foodsubs.com

What's Cooking USDA Mixing Bowl:

<http://www.whatscooking.fns.usda.gov/>

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Fixing Funky Foods Evaluation

County where program was offered: _____ Instructor's Name: _____

Date: _____

We appreciate your opinions! Please help us make our programs better by taking about 5 minutes to answer the following questions. Your participation is completely voluntary, and you may skip answering one or more questions if you wish. The information that you share will be held in the strictest confidence. We will summarize it in reports to evaluate our program. We greatly value your participation. Thank you!

	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
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As a result of this program, I improved my knowledge of fruits, vegetables and/or grains available.

As a result of this program, I plan to incorporate a wider variety of foods.

As a result of this program, I feel more motivated to follow healthy eating recommendations.

As a result of this program, I intend to fill half of my plate with fruits and vegetables each meal.

As a result of this program, I have also learned:

As a result of this program, I plan to take action and/or change:

Additional Comments:

A K-State representative may contact me later to talk about this program (We are asking for your contact information so that we may follow up with you about what you learned from this program):

No Yes

If yes, my contact information is below (e.g., name, address, city, state, ZIP code, phone and email):

Demographics

I am an adult:

- 18-29 Years
- 30-39 Years
- 40-49 Years
- 50-59 Years
- 60-69 Years
- 70+ Years

I am a youth

My gender:

- Female
- Male
- Prefer not to respond

My race:

- American Indian or Alaska Native
- Asian
- Black or African American
- Native Hawaiian or Pacific Islander
- White
- Prefer not to respond

My ethnicity:

- Hispanic / Latino
- Non-Hispanic / Non-Latino
- Prefer not to respond

For office use only: Coded identification number –

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