

# Mix and Match Your Fruits and Veggies

## Learner Objectives

Participants will be able to:

- discuss the benefits of fruits and vegetables in diet;
- discuss vegetable preparation methods;
- identify the nutrients associated with fruits and vegetables; and
- identify one goal or action related to increasing fruit and vegetable intake.

## Materials

- Room to move around
- Desks/tables for stretching

## Discussion

### 1. Discuss the benefits of eating fruits and vegetables.

Fruits and vegetables are sources of:

- vitamins,
- minerals, and
- dietary fiber.

Fruits and vegetables are naturally:

- low in fat, saturated fat, trans fat;
- low in sodium, and
- cholesterol-free.

Fruits and vegetables help boost immunity and prevent chronic diseases such as:

- heart disease,
- stroke, and
- some cancers.

Consequences of low fruit and vegetable intake include:

- overweight/increased risk of being overweight,
- increased risk of high blood pressure, and
- increased risk of diabetes.

### 2. Talk about the different forms in which fruits and vegetables can be purchased. These include:

- fresh,
- frozen,
- canned,
- dried, and
- juice.

### 3. Discuss various ways to prepare vegetables.

- Raw — dip in low-fat dressing or hummus.
- Steam — to retain nutrients.
- Microwave — frozen vegetables for a quick side dish.
- Boil — easy to lose nutrients.
- Stir-fry — vegetables and meats in a small amount of vegetable oil.
- Grill — to help retain nutrients.
- Bake — add vegetables to pizza or quesadillas.

### 4. Discuss major nutrients provided by fruits and vegetables.

**Vitamin A:** Keeps eyes and skin healthy; protects against infections.

What is your favorite vitamin A-rich vegetable? Examples might be sweet potato, carrot, and butternut squash.

**Vitamin C:** Helps heal cuts and wounds; keeps teeth and gums healthy. Name three fruits high in vitamin C. For example, lemon, kiwi, and strawberry.

**Folate:** Reduces risk of brain and spinal cord defects during pregnancy; forms red blood cells. Which fruits and vegetables are good sources of folate? Examples include avocado, broccoli, and citrus.



**Potassium:** Helps maintain a healthy blood pressure.

- Which vegetables are great for your heart? **Answer:** Vegetables high in potassium include broccoli, sweet potatoes, and tomatoes.

**Fiber:** Aids in digestion.

- Should you increase your fiber intake quickly or slowly? **Answer:** Slowly increase your fiber intake to minimize gastrointestinal upset.

**5. Compare the tables below.**

FRUITS		
Group	Age	Daily Recommendation
Children	2 to 3 years old	1 cup
	4 to 8 years old	1 to 1½ cups
Girls	9 to 13 years old	1½ cups
	14 to 18 years old	1½ cups
Boys	9 to 13 years old	1½ cups
	14 to 18 years old	2 cups
Women	19 to 30 years old	2 cups
	31 to 50 years old	1½ cups
	51+ years old	1½ cups
Men	19 to 30 years old	2 cups
	31 to 50 years old	2 cups
	51+ years old	2 cups

VEGGIES		
Group	Age	Daily Recommendation
Children	2 to 3 years old	1 cup
	4 to 8 years old	1 ½ cups
Girls	9 to 13 years old	2 cups
	14 to 18 years old	2½ cups
Boys	9 to 13 years old	2½ cups
	14 to 18 years old	3 cups
Women	19 to 30 years old	2½ cups
	31 to 50 years old	2½ cups
	51+ years old	2 cups
Men	19 to 30 years old	3 cups
	31 to 50 years old	3 cups
	51+ years old	2½ cups

**6. Encourage fruits and vegetables from a rainbow of colors.**

- Red — tomato, strawberry, cranberry
- Dark green — spinach, broccoli, lettuce
- Yellow — butternut squash, lemon, corn
- Blue — blueberry
- Purple — eggplant, grape, prune
- White — cauliflower, banana, garlic
- Orange — orange, carrot, papaya

**7. Make a complete meal with vegetables and fruit.**

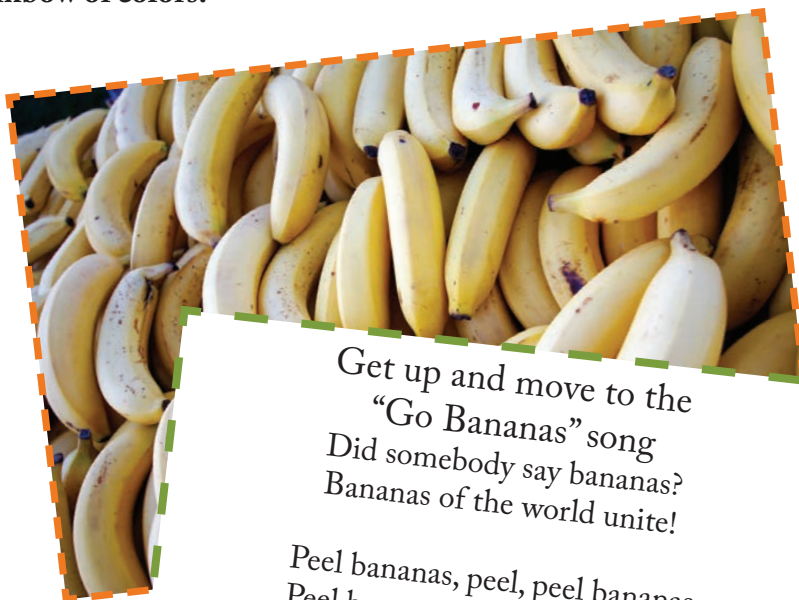
- Chicken, green beans, and peaches
- Pork, corn, and lima beans
- Lean beef, broccoli, and cheese

Save your fruit for a sweet treat after dinner.

- Frozen fruit cup
- Strawberries and light whip cream
- Fruit pieces in sugar-free gelatin

**8. Discuss the benefits of stretching.**

- Reduces stress.
- Helps prevent injury.
- Increases flexibility.
- Increases circulation.



Get up and move to the  
 “Go Bananas” song  
 Did somebody say bananas?  
 Bananas of the world unite!

Peel bananas, peel, peel bananas  
 Peel bananas, peel, peel bananas

Eat bananas, eat, eat bananas  
 Eat bananas, eat, eat bananas

Go bananas, go, go bananas  
 Go bananas, go, go bananas

Peel to the left,  
 Peel to the right,  
 Peel down the middle and “UGH” take a bite.

# Activities to Increase Flexibility

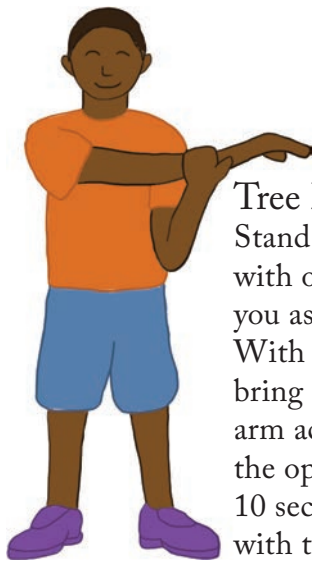
## Butterfly Stretch

Sit on the floor with the soles of your feet together. Gently move your upper body forward until you feel a slight stretch in the groin area. Keep head up and back straight. Hold for 10 seconds and release.



## I Love Me Stretch

Standing with your legs slightly apart, cross your arms in front, gently reach as far as possible behind your shoulders and give yourself the biggest hug you can! Hold for 10 seconds and release. This is a good stretch to do anytime!

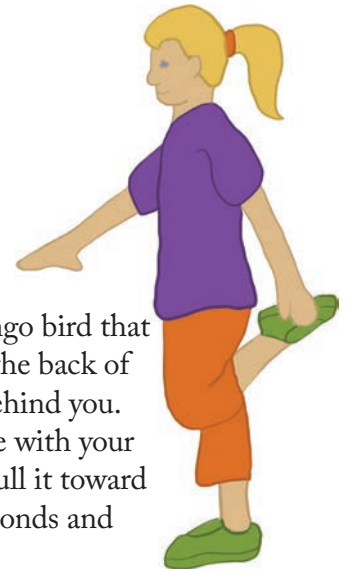


## Tree Limb Stretch

Stand tall as if you were a tree, with one arm out in front of you as if it were a tree limb. With your other arm, gently bring the elbow of the limb arm across your chest toward the opposite shoulder. Hold for 10 seconds and relax. Repeat with the other arm.

## Flamingo Stretch

This stretch looks like a flamingo bird that stands on one leg. Hold onto the back of a chair and bend one leg up behind you. Reach back and hold the ankle with your free hand; slowly and gently pull it toward your buttocks. Hold for 10 seconds and release. Repeat with other leg.

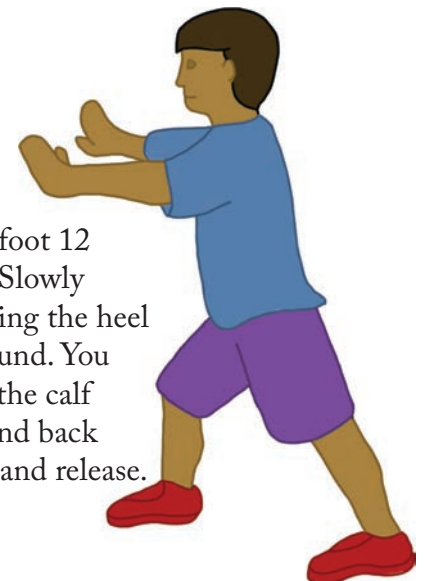


### Remember to:

- Stop it if you feel any pain.
- Hold each stretch steadily — no bouncing!
- Breathe normally.

## Desk Stretch

Hold onto the desk with one foot 12 inches behind the other foot. Slowly move your hips forward, keeping the heel of the back leg flat on the ground. You should feel a slight stretch in the calf muscles. Keep your head up and back straight. Hold for 10 seconds and release. Repeat with the other leg.



### Sweet and nutritious fruit and vegetable snacks:

- Fruit pops: Freeze pureed fruit or juice in ice cube trays or paper cups with wooden sticks.
- Frozen bananas: Push a wooden stick into half of a peeled banana, dip the banana in yogurt or a light coating of chocolate syrup, then in crunchy cornflakes. Wrap and freeze.
- Frozen chips: Slice bananas into thin rounds. Spread them flat on a baking pan and cover. Freeze and serve frozen as a fun snack (can also use seedless grapes or berries).
- Frugurt: Top a rainbow of cut-up fruit with low-fat yogurt.
- Fruit smoothies: Blend fat-free frozen yogurt with mixed fruit (strawberry, mango, and peaches), orange juice, and ice.
- Ants on a log: Celery sticks with peanut butter and raisins on top.
- Carrot sticks and pea pods with light ranch dressing.





**Tips to consume more fruit at meals:**

- At breakfast, top your cereal with bananas or peaches; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with low-fat or fat-free yogurt.
- At lunch, pack a tangerine, banana, or grapes, or choose fruits from a salad bar. Individual containers of fruits such as peaches or apple sauce are easy and convenient.
- At dinner, add crushed pineapple to coleslaw, or include mandarin oranges or grapes in a tossed salad.
- Make a Waldorf salad, with apples, celery, walnuts, and dressing.
- Try meat dishes that incorporate fruit, such as chicken with apricots or mango chutney.
- Add fruit such as pineapple or peaches to kabobs as part of a barbecue meal.
- For dessert, have baked apples, pears, or a fruit salad.





**Tips to consume more vegetables at meals:**

- Plan some meals around a vegetable main dish, such as a vegetable stir-fry or soup. Then add other foods to complement it.
- Try a main dish salad for lunch. Go light on the salad dressing.
- Include a green salad with your dinner every night.
- Shred carrots or zucchini into meatloaf, casseroles, quick breads, and muffins.
- Include chopped vegetables in pasta sauce or lasagna.
- Order a veggie pizza with toppings such as mushrooms, green peppers, and onions, and ask for extra veggies.
- Use pureed, cooked vegetables such as potatoes to thicken stews, soups, and gravies. These add flavor, nutrients, and texture.
- Grill vegetable kabobs as part of a barbecue meal. Try tomatoes, mushrooms, green peppers, and onions.

# Worksheet



1 List some benefits of consuming fruits and vegetables.

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2 How many servings of vegetables do you need each day?

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3 How many servings of fruit do you need each day?

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4 What is the role of vitamin C?

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Orange and deep yellow fruits and vegetables are high in vitamin A. List three fruits and vegetables from this category.

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6 Name two ways you can increase your fruit and vegetable consumption at meal time.

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7 Why is it important to stretch?

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**Kansas School Wellness Policy Model Guideline — Nutrition Education**

**Classroom: Middle-High School**

<b>Requirements achieved in this lesson:</b>	<b>Basic</b>	<b>Advanced</b>	<b>Exemplary</b>
<b>Basic, Advanced, and Exemplary</b>	At least 25 percent of nutrition education involves hands-on activities that engage students in enjoyable, developmentally appropriate, culturally relevant, participatory activities.	At least 50 percent of nutrition education instruction involves hands-on activities that engage students in enjoyable, developmentally appropriate, culturally relevant, participatory activities.	
<b>Topic</b>	Basic nutrient requirements for vegetables		

**Kansas School Wellness Policy Model Guideline — Physical Activity**

**Physical Activity Throughout the Day**

<b>Requirements achieved in this lesson:</b>	<b>Basic</b>	<b>Advanced</b>	<b>Exemplary</b>
<b>Basic, Advanced, and Exemplary</b>	Classroom health reinforces the knowledge and self-management skills needed to maintain a physically active lifestyle and reduce time spent on sedentary activities, such as watching television.	When circumstances call for students to remain indoors and inactive for two or more hours, the students are given periodic breaks during which they are encouraged to stand and be moderately active.	Classroom teachers provide short physical activity breaks between lessons or classes, as appropriate. Opportunities for physical activity are regularly incorporated into other subject areas. (e.g., science, health)

## References

Choose My Plate: <http://www.choosemyplate.gov/>

*Complete Food and Nutrition Guide*, 3rd Edition, 2006, R.L. Duyff

*Empowering Youth with Nutrition and Physical Activity*, 2007, USDA Team Nutrition; [teammnutrition.usda.gov/resources/empoweringyouth.html](http://teammnutrition.usda.gov/resources/empoweringyouth.html)

Fruits and Veggies: More Matters: <http://www.fruitsandveggiesmorematters.org/>

K.N.A.C.K. Online

Potassium Rich Foods: <http://www.buzzle.com/articles/potassium-rich-foods-list-of-foods-high-in-potassium.html>

## Answer Key

1. Increase vitamins, minerals, and dietary fiber intake; boost immunity; prevent chronic disease.
2. At least 2 cups at your age.
3. At least 1½ cups at your age.
4. Helping wound healing; keeping teeth and gums healthy.
5. Sweet potato, butternut squash, carrot.
6. Drink 100% fruit juice. Try meat dishes that incorporate fruits or vegetables.
7. Reduce stress, prevent injury, increase flexibility, increase circulation.

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