

SESSION 3

What's in the Way OF MORE Vegetables and Fruit Every Day?



What It's All About

This session helps participants identify the advantages and disadvantages (or, pros and cons) of eating more vegetables and fruit. As participants begin to move from thinking about change to actually eating more vegetables and fruit, the pros will begin to outweigh the cons. Participants will be motivated to choose more vegetables and fruit.

This session also helps participants identify situations that make it easier and more difficult to eat vegetables and fruit. Situations that are unique to women over the age of 50 will be explored. For example, cooking for one or two, eating alone, physical limitations and needs of family members. Participants will discuss effective ways to manage or avoid these difficult situations. Solutions such as modifying recipes, focusing on self-care and coping with physical limitations will be presented.

The skills and strategies developed in this session will help participants feel that they can change their eating patterns and eat more vegetables and fruit each day. Continuing to set goals, to monitor what they eat and to receive incentives will help reinforce changes in their eating patterns.

Objectives

By the end of Session 3, participants will be able to:

- 1) Identify their own personal advantages and disadvantages of eating more vegetables and fruit.
- 2) Identify situations that make it easier and more difficult to eat vegetables and fruit.
- 3) Identify and use strategies to manage or avoid situations that make it difficult to eat vegetables and fruit.

Getting Ready For Session Three

To prepare for the session:

- ▶ Read the following sections of the leader's guide:
 - Helping People Make Changes
 - Self-Efficacy
- ▶ Copy the overheads onto overhead transparencies or prepare PowerPoint slides (on enclosed CD-ROM or contact the Nutrition Resource Centre).
- ▶ Make arrangements to use a projector for overheads or PowerPoint slides.
- ▶ Copy all handouts you will need. Punch holes in handouts so participants can add them to their binders.
- ▶ Prepare the Vegetables and Fruit situation cards. Copy on to cardstock and laminate so you can use them many times.
- ▶ If you wish to conduct a short written evaluation about today's session, prepare an Evaluation form. Make copies.
- ▶ Select and prepare a recipe from the recipe section of the leader's guide. If you choose to ask participants to help prepare the snack for future sessions, bring a sign-up sheet.
- ▶ Purchase some uncommon vegetables and fruit for the warm-up activity. Have one for each participant. Put them in a paper bag.
- ▶ Gather all the materials you will need.
 - Name tags
 - Attendance forms
 - Uncommon vegetables and fruit (or a selection of uncommon vegetable and fruit food model cards)
 - Bag for vegetables and fruit (or large envelope for cards)
 - Fruit Situation Cards
 - Eating Well with Canada's Food Guide
 - All handouts for this session
 - All overheads for this session, plus an overhead projector and pens

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Note: Keep the original "Vegetable and Fruit Situation Cards" in the manual, and make copies for your groups to work with. Copy the originals onto heavy paper, like cardstock. Get them laminated so they can be used over and over again.

- Flipchart and markers (optional)
 - Dishes, utensils and other supplies for serving the snack
 - Evaluation form (optional)
 - Incentives
 - Pens and pencils for participants
 - Veggie Fruit Snack Break Sign-Up Sheet
- ▶ Set up the room.
- Arrange tables and chairs to create an inviting and informal atmosphere. Women will feel part of a group if they are sitting around a table or if the chairs are set up in a circle or horseshoe.
 - Choose a serving area for the snack.

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Prepare a kit for Session 3 that includes all the materials you will need. The next time you run the program you will have everything together.

Session Outline

Getting Started 10 minutes

Support Materials

- ▶ Welcome participants and thank them for attending.
- ▶ Give them an incentive.
- Vegetable and Fruit Checklist** ▶ Ask women what they have noticed from keeping the Checklist.
- ▶ Remind participants that the checklist is a way to keep track of what they are doing. When we are aware of how many servings of vegetables and fruit we are eating, it is easier to eat more.
- ▶ Encourage women to keep using the checklist for another week.
- Agenda** ▶ Review the agenda for today's session.

Attendance Sheet
Name tags
Incentive
Refer to:
Vegetable and fruit check list
Overhead 1:
Today's Agenda:
What's In The Way of More Vegetables and Fruit Every Day?

Warm-Up 10 minutes

Support Materials

- Check-in** ▶ Ask participants to refer to the take-home activity from session 2: "Talking Myself into Eating Vegetables and Fruit".
- ▶ Ask women if they tried the solutions they wrote down on the handout. Ask these questions to help start discussion:
 - What are your barriers to change?
 - Were you more aware of your barriers?
 - Did the solutions help you talk yourself into change?
 - What solutions worked? Why?
 - What solutions did not work? Why?

Handout from previous session:
Talking Myself Into Eating Vegetables and Fruit

The Pros and Cons of Eating More Vegetables and Fruit 30 minutes

Support Materials

- Advantages (pros)** ▶ Building on the discussion from the warm-up activity, explain that people are most successful at talking themselves into making changes when they believe the change will have a positive impact on them. Draw on participants' responses during the warm-up as examples.
- ▶ If participants do not provide suitable examples, here is one you could use:

Handout from previous session:
Talking Myself Into Eating Vegetables and Fruit

“A person may talk herself into adding extra vegetables at supper because she believes she will feel better if she eats healthier meals. She may say to herself, “I’ll get less fat and salt if I eat more vegetables at supper. This will be good for my heart health.”, or “The extra vitamins and minerals from vegetables will be good for me”, or “My husband will benefit from eating more vegetables.”

- ▶ Some of the positive results of eating more vegetables and fruit are:
 - feeling good
 - better health
 - healthier for family members

These are the PROS

Disadvantages (cons)

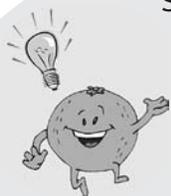
- ▶ It is also true that people talk themselves out of making changes when they think the change will have a negative impact on them. Use the following as an example:

“A person may talk herself out of adding extra vegetables at supper because she believes she will be missing out on something. She may say to herself, “It’s too much work to prepare extra vegetables”, or “I would rather have meals I am used to making for supper”, or “My husband does not like vegetables, he won’t eat them.”
- ▶ Some of the things that keep people from eating more vegetables and fruit are:
 - too much preparation time
 - giving up favourite foods
 - unhappy family members

These are the CONS.

FOOD for Thought

Show participants that it really doesn’t cost a lot to eat vegetables and fruit. Not only that, vegetables and fruit are healthier than ‘junk’ foods.



For example: Chocolate bar \$1.00	Banana \$0.30
230 calories	100 calories
15 grams of fat	1 gram of fat

For visual impact, bring in a chocolate bar and a banana. Write the above information on two cards. Put the cards and foods on display.

Case Study

- ▶ Use Overhead 2a or 2b to lead a discussion on the PROS and CONS of making change. (Choose the story that best represents your group). Read the story to the group. Review the facts of the story. Ask participants to suggest what the person in the story might see as the PROS and CONS of eating more vegetables and fruit.
- ▶ Use Overhead 3 to go over the PROS and CONS. Ask participants if they have other ideas to add to the lists.
- ▶ Explain that when people believe that the advantages of making a change outweigh the disadvantages, they will be able to make the change.
- ▶ Ask participants
 - Do you believe this person's PROS outweigh her CONS?
 - Do you think she will be successful in eating more vegetables and fruit?

Overhead 2a:
Nancy's Story or
2b: Angela's
Story

Overhead 3a or 3b:
Nancy/Angela's
Vegetable and Fruit
Pros and Cons

Flipchart
Markers

Re-framing

- ▶ Talk about how disadvantages can be turned into advantages. For example,
 - 'Throwing out vegetables and fruit wastes money' could be reframed into 'Finding ways to use up vegetables and fruit saves money'
- ▶ Ask participants to think about their own PROS and CONS related to eating more vegetables and fruit. Encourage them to share their PROS and CONS. Record responses on the flipchart. Divide flipchart paper into two columns: PROS and CONS.

Overhead 4:
More PROS for
Eating
Vegetables
and Fruit

Handout:
More PROS
for Eating
Vegetables
and Fruit

Self-reflection
on PROS and
CONS

- ▶ Use Overhead 4 to review other PROS. Help women reflect on how their CONS can be reframed into PROS.



ADVICE from the **Behaviour Bean**

What's in the way of more vegetables and fruit every day? The next activity challenges participants to think about what situations make it easier and more difficult to eat vegetables and fruit. Encourage participants to discover ways to avoid or overcome difficult or 'high risk' situations. When participants can think ahead and are prepared for difficult situations, they will be more likely to experience success.

"What's in the Way of More Vegetables and Fruit Every Day?" is a self-efficacy scale. It measures how confident participants are in their ability to eat more vegetables and fruit, even when faced with difficult situations. The more sure participants feel that they can eat vegetables and fruit in difficult situations, the more likely they will experience success.

- Situations**
- ▶ Ask participants to talk about situations that make it easy to eat vegetables and fruit and situations that make it difficult. For example:
 - Making and eating meals alone may make it difficult for some people to eat vegetables and fruit.
 - Having more fresh produce available in the summertime may make it easier for some people to eat vegetables and fruit.
 - ▶ One at a time, read the Vegetable and Fruit Situation cards to the group. Ask women to discuss whether they think the situation would make it easier or more difficult for them to eat vegetables and fruit and why.
 - ▶ Show the rating scales on Overhead 5. For each situation presented on the cards, ask participants to rate on a scale from 1 to 5 how difficult or easy it would be for them to eat enough vegetables and fruit.
 - ▶ Ask participants to follow along on the handout “What’s in the Way of More Vegetables and Fruit Every Day”. Ask them to mark their score on the rating scales for each situation as it is discussed.
- Make it Easier to Eat Vegetables and Fruit**
- ▶ For each situation presented on the cards, encourage participants to come up with ways to overcome difficult situations.
 - ▶ Review the handout to discuss additional ideas for making it easier to eat vegetables and fruit.
- Activity to Take Home**
- ▶ Ask participants to try at least one idea on the handout over the next week to make it easier to eat vegetables and fruit.

Vegetable and Fruit Situation Cards

Overhead 5: What's in the Way of More Vegetables and Fruit Every Day? Rating Scales

Handout: What's in the Way of More Vegetables and Fruit Every Day?

Handout: Make it Easier to Eat Vegetables and Fruit.

Uncommon Vegetables and Fruit

- ▶ Ask each woman to reach into the bag and pick out one piece of produce.
 - Ask them to identify what it is
 - If they are unsure what it is, ask the rest of the group.
- ▶ Encourage discussion about buying, preparing and storing each item. Tell participants what a Food Guide Serving would be.
- ▶ Suggest that participants bring vegetables and fruit that are uncommon or unique to their cultural group to future sessions.
- ▶ Look up several items in the A – Z guide. Remind participants that the guide is a wealth of information on unusual vegetables and fruit.
- ▶ Keep the vegetables and fruit to try during the snack break. Make sure you wash the produce well before it is served.
- ▶ *Alternative Activity:* If uncommon foods are not available in your community, show participants a variety of home canned or blanched and frozen vegetables and fruit. Offer taste testing. This activity also serves to expose participants to a wider variety of vegetables and fruit.

Uncommon vegetables and fruit (in a bag)

Vegetables and Fruit A-Z

Note: You will need to budget a little extra money to purchase uncommon vegetables and fruits. If you are unable to purchase these foods, you could use a selection of vegetable and fruit food model cards.

FOOD for Thought

Uncommon Vegetables and Fruit



For this activity, try to include vegetables and fruit that are uncommon in your community. For some, kiwifruit may be unfamiliar. For others, it may be a persimmon. Choose vegetables and fruit that are available at the grocery store. Participants will be more likely to try them at home if they can find them.

Suggestions for uncommon vegetables and fruit:

Avocado	Kiwifruit	Squash	Sweet Potato
Mango	Papaya	Star Fruit	Okra
Persimmon	Lychee	Plantain	Fennel

Use canned varieties if fresh are not available.

Be sure to ripen fresh fruits in advance. For example, avocados, mangoes, persimmons and plantains should be served very ripe.

Refer to the guide: Vegetables and Fruit A-Z for more information on uncommon vegetables and fruit.

Veggie Fruit Snack Break 15 minutes**Support Materials**

- Uncommon Vegetables and Fruit**
- ▶ If you brought vegetables and fruit for the uncommon vegetables and fruit activity, cut up these items and have a taste test.
 - ▶ If you were unable to bring in uncommon vegetables and fruit for the optional activity, choose a recipe that uses uncommon vegetables or fruit. Show participants where they can find the recipe in the *Vegetable and Fruit Recipes*.
- Learning from each other**
- ▶ Use the break as an opportunity for women to share ideas and learn from each other. Hearing about and seeing what others do with vegetables and fruit can help inspire changes.
- Topic**
- ▶ Encourage women to talk about ‘uncommon vegetables and fruit’ as the topic for this snack break. Ask women to talk about
 - Preparation ideas for uncommon vegetables and fruit
 - Where to buy and how to buy these foods
 - Helping family members accept new foods
 - Nutrition and health-promoting qualities of vegetables and fruit discussed
 - ▶ You can also use the discussion points on the recipe to get people talking.

Snack
 – prepare the produce used in the uncommon vegetables and fruit activity
 – from the recipes in the binder

Veggie Fruit Snack Break Sign-Up Sheet

Wrap-Up 10 minutes**Support Materials**

- ▶ Distribute the handouts.
 - ▶ Ask participants to set a small, achievable goal this week and record it on the handout. Encourage women to reward themselves.
- Setting a goal**
- ▶ If participants are having trouble setting a goal, suggest they set a goal around the theme for this week (supper).
- Reminders**
- ▶ Remind participants to:
 - Try at least one idea to make it easier to eat vegetables and fruit from the “Make it Easier to Eat Vegetables and Fruit” handout.
 - Keep using the checklist for two or three days in the coming week.
 - ▶ Allow participants to look at and/or borrow cookbooks and recipes from the lending library.

Handout:
 Personal Goal Sheet

Handout:
 It’s Time to Make Your Supper Super

Handout:
 Vegetable and Fruit Checklist

Evaluation

- ▶ You may wish to conduct a short evaluation about today's session. Prepare a short evaluation form or simply ask a few questions:
 - what did you like today?
 - what didn't you like today?
 - what could we do better?
 - what vegetables and fruit would you like to try next time?

Lending Library:
cookbooks and
recipes

Thanks

- ▶ Thank women for attending.

