

# SESSION 4

## Colour It Up

### You are Worth it!



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# What It's All About

This session addresses the issues that prevent women over the age of 50 from engaging in self-care activities. Throughout their lives, women often focus on caring for others rather than caring for themselves. Husbands, children and grandchildren all influence the eating behaviours of women over the age of 50. This session will help women recognize these influences. Activities will help women set priorities for self-care. Women will discover the rewards of eating vegetables and fruit as a self-care activity.

In addition, this session will help participants continue to nurture others. Women will explore the challenges and frustrations they may experience in trying to get family members to eat more vegetables and fruit. The session will explore strategies to help husbands or partners, teenagers and grandchildren eat more vegetables and fruit.

Finally, this session gives participants a summary of the methods from the first four sessions which focused on helping women change their eating patterns. Discussions will encourage participants to think about the strategies they have used and review the methods they may use in the future to eat even more vegetables and fruit.

## Objectives

By the end of Session 4, participants will be able to:

- 1) Identify how family members influence their eating behaviours.
- 2) Identify the rewards of eating vegetables and fruit as a self-care activity.
- 3) Identify and use strategies that encourage family members to eat more vegetables and fruit.
- 4) Identify and use program strategies aimed at increasing the amount of vegetables and fruit they eat.

# Getting Ready For Session Four

To prepare for the session:

- ▶ Read the following sections of the leader's guide:
  - Helping Family Enjoy Vegetables and Fruit
  - Make eating vegetables and fruit an important part of self-care.
- ▶ 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 Inventive Vegetable and Fruit Combo cards. Copy onto cardstock and laminate them 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.
- ▶ Gather all the materials you will need.
  - Name tags
  - Attendance forms
  - Inventive Veggie and Fruit Combo Cards
  - Eating Well with Canada's Food Guide
  - All handouts for this session
  - All overheads for this session, plus an overhead projector and pens
  - Pens and pencils for participants
  - Flipchart and markers (optional)
  - Dishes, utensils and other supplies for serving the snack
  - Veggie Fruit Snack Break Sign-Up Sheet
  - Evaluation form (optional)
  - Incentives
- ▶ 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.

**Note:** Keep the original "Inventive Veggie and Fruit Combo Cards" in the manual, and make copies for groups to work with. Copy the originals onto heavy paper, like cardstock. Laminate the cards, so they can be used over and over again.

Prepare a kit for Session 4 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

	<ul style="list-style-type: none"><li>▶ Welcome participants and thank them for attending.</li><li>▶ Give them an incentive.</li><li>▶ Ask women to share any changes they have made in their eating patterns.</li></ul>	Attendance Sheet Name tags Incentive
Vegetable and Fruit Checklist	<ul style="list-style-type: none"><li>▶ Tell participants they will no longer be asked to keep a checklist. Some women may choose to continue using it. Distribute copies of the checklist to these women.</li></ul>	<i>Handout:</i> Vegetable and Fruit Checklist
Personal Goal Setting	<ul style="list-style-type: none"><li>▶ Ask participants to talk about any successes and difficulties they had with their personal goals. Praise women who were successful. Reassure those who were not successful. Remind them that setbacks will happen. Help them explore other ways of meeting their goal. Encourage them to keep trying.</li></ul>	<i>Overhead 1:</i> Today's Agenda: Colour It Up: You are Worth it!
Agenda	<ul style="list-style-type: none"><li>▶ Review the agenda for today's session.</li></ul>	



## ADVICE from the Behaviour Bean

Just keeping track of vegetables and fruit can help participants eat more servings. However, by now participants may be feeling that this task is a chore. Be sure to tell them that they are no longer expected to complete the Vegetable and Fruit Checklist. Ending this task before it becomes a burden helps ensure that participants will continue to enjoy the program.

If some participants want to continue to use the Vegetable and Fruit Checklist, encourage them to do so. Provide them with additional forms.

**Warm-Up 10 minutes**

Support Materials

**Check-in**

- ▶ Review the “Make it Easier to Eat Vegetables and Fruit” handout from the previous session. Ask participants to share some situations that made it difficult to eat vegetables and fruit over the past week. Ask participants to discuss the strategies they tried to make it easier to eat vegetables and fruit.

*Refer to:*  
**What’s in the Way of More Vegetables and Fruit Every Day?**

**Colour It Up: You Are Worth it! 20 minutes**

Support Materials

**Challenging Beliefs**

- ▶ Read the statements on Overhead 2 one at time. Ask participants if they agree or disagree with the statements. Encourage participants to explore their attitudes by asking these questions:

**Statement 1:**

Are there any benefits that eating more vegetables and fruit could offer you?

Are there small changes that you could make without completely changing how you eat?

**Statement 2:**

Is there anything about your meals that you would like to change?

Are there ways you could add vegetables and fruit without completely changing how you prepare meals?

**Statement 3:**

Are there vegetables and fruit that your family enjoys?

Are there ways that you could offer vegetables and fruit that would appeal to your family?

*Overhead 2:*  
**Do you Agree or Disagree**

**Colour It Up Self Care**

- ▶ Explain that women often live their lives caring for others rather than caring for themselves. Women focus on the needs of partners, children, grandchildren and aging parents. Many women have had to balance caring for their families with a career or job. This leaves little time or energy to care for yourself.
- ▶ Ask women to identify times in their lives or current examples of how they have neglected their own needs for the needs of others. Offer an example if needed:

“Women raising a family on a limited income may give up a meal so that their children can be fed.”

- ▶ Remind women that it is very important to care for yourself. Ask women to explore the reasons why self care is important. Ask them to think of ways they can look after themselves. For example:
  - Eating well
  - Physical activity
  - Pampering (hair, nails, facial)
  - Relaxation
- ▶ Identify eating vegetables and fruit as a great example of looking after yourself. Brainstorm a list of reasons why eating 7 servings of vegetables and fruit a day is an important self-care activity. Record the responses on the flipchart. Include the following in your discussion:
  - Feel better about yourself
  - Stay healthy
  - Have more energy
  - Reduce your risk of cancer
  - Reduce your risk of heart disease
  - Stay at a healthy weight
  - Enjoy eating
  - Be a role model for others (i.e. grandchildren)

Note: you may wish to mention that these reasons are similar to the PROS for eating vegetables and fruit that were discussed in the last session.

Flipchart  
Markers

**Small Group Discussions**

- ▶ Explain that focusing on self care does not mean you need to abandon your need to care for others. Many women are interested in finding ways to help family members eat more vegetables and fruit.
- ▶ Encourage participants to discuss the challenges and frustrations they have in trying to get their husbands or partners, children, grandchildren or aging parents to eat vegetables and fruit. Allow women to share strategies and suggestions.
- ▶ Divide the group into three small groups to discuss strategies to help family eat more vegetables and fruit. The groups are:
  - ◆ Strategies for picky husbands/partners
  - ◆ Strategies for picky teenagers
  - ◆ Strategies for picky grandchildren
- ▶ Have participants join the group that they are most interested in.
- ▶ Give each group a sheet of flip chart paper and a marker. Ask the groups to discuss ideas to help family members eat vegetables and fruit. Ask one person in the group to record the ideas on the flip chart paper. Allow a few minutes for this activity. Visit each group and help as needed.
- ▶ Ask a participant from each group to share their ideas with the large group. (If participants are uncomfortable speaking, read the list for them). Post the flip chart lists on a wall. Encourage the group to talk about the ideas and suggest others.

*Flipchart  
Markers*

**Activity to Take Home**

- ▶ Distribute and review the handout. Ask participants to write down other ideas they would like to try from the small group activity. Ask them to choose at least one strategy from this list to try over the next week.

*Handout: Help Your Family Enjoy Vegetables and Fruit*

Tips and Strategies

- ▶ Talk about ideas to help participants be successful in eating 7 servings a day. Use the overhead and handout to help you lead this discussion:
  - The overhead outlines many of the strategies discussed in the past few sessions
  - The handout includes more specific information that will help participants make changes
- ▶ Refer to examples used in activities and discussion from previous sessions.

*Overhead 3:* Ten Steps to More Vegetables and Fruit  
*Handout:* Ten Steps to More Vegetables and Fruit



## ADVICE from the Behaviour Bean

When talking about the Ten Steps to More Vegetables and Fruit, refer to activities and discussion from previous sessions. Here's a reminder for you:

Remember the story from Session 2 about talking yourself into change rather than out of change?

Remember the story from Session 3 about the pros and cons? This story showed that there were more pros than cons for eating more vegetables and fruit.

Remember the Vegetable and Fruit Situation Cards? This activity helped us discover which situations make it easier and more difficult to eat vegetables and fruit.

Finally, in this session we have talked about the importance and rewards of eating vegetables and fruit for self-care.

**Inventive Veggie and Fruit Combos**

- ▶ Suggest that participants open their minds and tastebuds to new and unusual food combinations.
- ▶ Ask women what they think of the following inventive vegetable and fruit food combinations:
  - mango and black bean salsa
  - spinach and orange salad
  - macaroni and cheese with broccoli
- ▶ Distribute the Combo Cards. Each card includes only part of the ingredients for a recipe. Ask participants to find the person who holds the card that will complete their recipe. Tell them to think beyond everyday food combinations. Encourage women to move around the room and talk about the food combinations with others. **Note:** If the group is small, some participants may receive more than one card.
- ▶ When all the cards are matched, ask each pair to share their recipe with the rest of the group. Encourage participants to talk about their thoughts and experiences with these combinations of foods.
- ▶ Tell participants the names of the recipes:
 

Carrot Orange Soup	Thai Banana Salsa
Beet and Apple Salad	Tuna Mandarin Roll-ups
South Seas Stuffed Squash	Plum Buttermilk Muffins
Mango Fruit Crisp	
Moroccan Beef Stew	
- ▶ Show them where they can find the recipes in the *Vegetable and Fruit Recipes* section of their binders.

Inventive Veggie and Fruit Combo Cards

Refer to:  
Vegetable and Fruit Recipes

## FOOD for Thought



Vitamin C helps our bodies absorb iron from the food we eat. Explain that inventive combinations of an iron-rich food and a source of vitamin C are a good way to get the most out of food.

For example, the vitamin C in mangoes helps our bodies absorb the iron in black beans. The vitamin C in oranges helps our bodies absorb the iron in spinach

## Veggie Fruit Snack Break *15 minutes*

Support Materials

- Inventive Combos** ▶ Offer a healthy snack. To complement the optional activity, you could choose an Inventive Veggie and Fruit Combo Recipe. Show participants where they can find the recipe in the *Vegetable and Fruit Recipes*. Encourage women to suggest recipes they would like to try.
- 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 ‘inventive vegetable and fruit combinations’ as the topic for this snack break. Ask women to talk about
- Recipe ideas using inventive combinations
  - Where to find interesting recipes
  - Interesting combinations enjoyed by family members
- ▶ You can also use the discussion points on the recipe to get people talking.

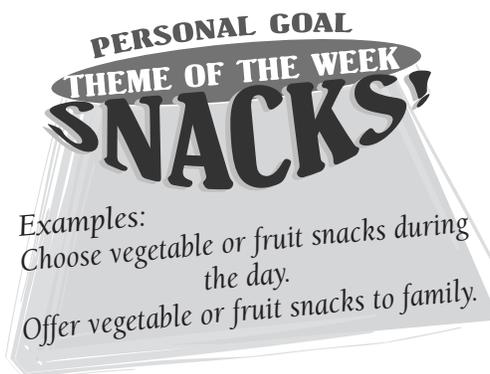
*Snack*  
– from the recipes in the binder

## Wrap-Up *10 minutes*

Support Materials

- Setting a goal** ▶ Distribute the handouts.
- ▶ Ask participants to set a small, achievable goal this week and record it on the handout. Encourage women to reward themselves. Also, encourage them to write down how this goal can improve health.
- ▶ If participants are having trouble setting a goal, suggest they set a goal around the theme for this week (snacks).
- Reminders** ▶ Remind participants to:

*Handout:*  
Personal Goal Sheet  
*Handout:*  
Snack Your Way to a Healthy Day



- Try at least one strategy from the “Ten Ways to Help Family Enjoy Vegetables and Fruit” Handout.
- ▶ Allow participants to look at and/or borrow cookbooks and recipes from the lending library.

*Lending Library:*  
cookbooks and recipes

- 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?
- Thanks**
- ▶ Thank women for attending.