

# SESSION 4

## Colour It Up WITH THE Whole Family!



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# What It's All About

This session gives participants a summary of the methods from the first three 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.

In addition, this session will help participants deal with the challenges and frustrations they may experience in trying to get their family to change their eating patterns. The session will explore strategies to encourage children and other family members to eat more vegetables and fruit. This discussion will focus on how to establish positive feeding relationships with children of all ages.

The activities and discussion will help participants and their families continue to establish and maintain new eating habits. Participants will identify successes and challenges. They will continue to set personal goals and use incentives.

## Objectives

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

- 1) Identify and use program strategies aimed at increasing the amount of vegetables and fruit they eat.
- 2) Promote positive feeding relationships with their children.
- 3) Identify and use strategies that encourage children to eat more vegetables and fruit.

# Getting Ready For Session Four

To prepare for the session:

- ▶ Read the following sections of the leader's guide:
  - Helping Children Enjoy Vegetables and Fruit
- ▶ Copy the overheads onto overhead transparencies or prepare PowerPoint slides (on enclosed CD Rom).
- ▶ 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 with the Whole Family!
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.

**Check-in**

- ▶ Review the take-home activity from session 3: What's In The Way of More Vegetables and Fruit Every Day?
- ▶ Ask if any participants will share their answers.
  - Which situations would be easiest to deal with?
  - Which would be the most difficult situations?
- ▶ Encourage women to talk about how they could handle the more difficult situations.
- ▶ Explain that finding ways to cope with or avoid difficult situations is one of the first things people can do to help make the change towards eating more vegetables and fruit.

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

**Tips and strategies**

- ▶ Talk about ideas to help participants be successful in eating 7 to 8 Food Guide 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 discussions from previous sessions.

*Overhead 2:*  
**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 discussions from previous sessions. Here's a reminder for you:

Remember Keisha's Story? She found ways to talk herself into change rather than out of change.

Remember Melanie's Story? She discovered that there were more pros than cons for eating more vegetables and fruit.

Remember the Vegetable and Fruit Situation Cards and the What's in the Way of More Vegetables and Fruit Every Day questionnaire? These activities helped us discover which situations make it easier and more difficult to eat vegetables and fruit.

- ▶ Encourage participants to discuss the challenges and frustrations they have in trying to get their children or other family members to eat vegetables and fruit. Allow women to share strategies and suggestions.
  - ▶ Distribute the handout
  - ▶ Give women a few minutes to complete the questionnaire. Explain that some questions may not apply to everyone depending on whether they have children and the ages of their children. Participants do not need to answer questions that do not apply.
  - ▶ When participants have finished, discuss each question. Explain why some family habits and behaviours are more effective than others at encouraging children to eat vegetables and fruit.
  - ▶ To help with this discussion, use the handout. You may wish to give copies of this handout to participants.
- Roles and Responsibilities**
- ▶ Use Overhead #3 to review family roles.
    - Parents are responsible for what their children are given to eat.
    - Children are responsible for what and whether they eat.
- Strategies to encourage children**
- ▶ Use Overhead #4 to review ten ways to encourage children to eat vegetables and fruit.
  - ▶ Distribute the handout with the same information.
  - ▶ Distribute the “Coping With a ‘Picky’ Eater” handout to those who are interested.
  - ▶ Encourage participants to try at least one of these strategies with their family over the next week.
- Children’s activities**
- ▶ Distribute the children’s activity handouts to anyone who is interested. Encourage participants to have fun completing these activities with their children.

*Handout:*  
Vegetable and Fruit Family Check-Up

*Handout (optional):*  
Vegetable and Fruit Family Check-Up Discussion Points

*Overhead 3:*  
Make it easier for you and your child to eat vegetables and fruit

*Overhead 4:*  
10 Ways to Help Children Enjoy Vegetables and Fruit

*Handouts:*

- 10 Ways to Help Children Enjoy Vegetables and Fruit
- Coping With a ‘Picky’ Eater
- Vegetable and Fruit Activities for Kids

## FOOD for Thought



Ellyn Satter has written books that help parents establish a positive feeding relationship with their kids. Refer to the resource section of the leader’s guide for these and other book titles.

**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.
- ▶ You may wish to use this break time to encourage participants to share their ideas about shopping, storage and preparation.
- ▶ Note: not all recipes will be appropriate for the space and time you have available.

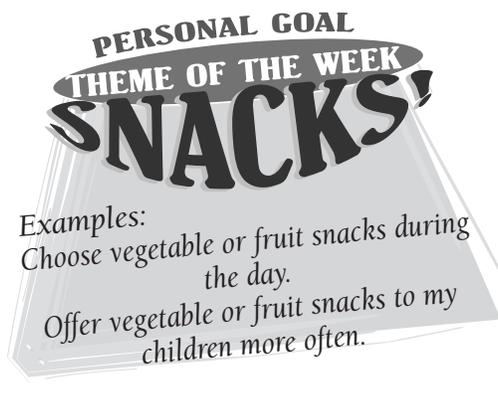
*Snack*  
– from the recipes in the binder

## 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 (snacks).
- Reminders ▶ Remind participants to:

*Handouts:*  
*Personal Goal Setting and Snack Your Way to a Healthy Day*

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- Try at least one of the strategies to help children enjoy vegetables and fruit
  - Spend some time with their children doing the Vegetable and Fruit Kids Activities
- ▶ 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.