

Draft #3: Brockton Public Access

Introduction

- Welcome to Brockton Public Access. We are Kristen, Kristin, and Jenna from the UMass Extension Nutrition Education Program, and today we are here to talk about fruits and vegetables; and to share with you the gifts that fruits and vegetables give us – that they truly are treasures for our body.
- We will discuss what a healthy meal looks like, as well as share some quick and easy fruit and vegetable recipes that are healthy for everyone!

MyPlate

- What do you get when you take away one of Mickey Mouse's ears?
- Umm... I don't know something goofy?
- NO! You get myplate!
- Your plate? Whats that?
- Myplate (shows model) is the new food pyramid. It shows you what your plate should look like at every meal! See how there are 5 food groups? Grains, fruits, vegetables, protein, and dairy!
- WOW! So it's not just your plate, it's everybody's plate!
- [explanation of the different food groups, providing examples for each]
- The most important message from the MyPlate model is that we should cover half of our plate with fruits and vegetables, balance our foods, and watch our portions.
- Americans do not eat enough fruits and vegetables.

Obesity

- Americans are heavier than ever. Obesity is on the rise in our country. This refers to the fact that more and more Americans are overweight and obese.
- In simple terms, this means that we are eating too much, and not getting enough physical activity. The statistics are alarming – two thirds of all adults living in the United States are overweight or obese.
- This can lead to other health complications such as heart disease and diabetes. A healthier America, partnered with the Let's Move campaign put on by Michele Obama we must all make a commitment to improving the diets and lifestyles of our children – as we are seeing childhood obesity rates rise, too.
- One easy way to control our weight and to make sure that we are eating a healthy diet is to increase the number of fruits and vegetables that we eat each day. By eating more fruits and vegetables, we will eat less high-calorie and high-fat foods.
- Here are two plates – which would look better? [show one plate with and one plate without fruits and vegetables].
- Fruits and vegetables add crunch and color to our plates!
- To highlight each different color group of fruits and vegetables, today we will be sharing five quick and healthy recipes which are all from different color groups. Let's start with blue and purple!

Food Demo #1: Mixed Berry Parfait (Kristin)

- Our blue and purple color group is made up of blueberries, plums, prunes, blackberries, and eggplants.
- Blue and purple fruits and veggies give us the gift of
 - Slower aging.

- Brain and memory function.
- Fun Fact #1: Blueberries use to be called star-berries by the Native Americans.
- We will be making a mixed berry parfait.
- This is perfect for anyone in the family.
- You can have it for breakfast, dessert, and snack.
- Very simple.
- Fat-free vanilla yogurt – can get this at any grocery store, any brand you like.
- Take a glass, which everyone has in their house.
- Start by spooning out 3 tablespoons of the yogurt.
- Then take ¼ cup mixed berries. You can use fresh or frozen berries. If using frozen berries:
 - If you want to make it more like an ice cream dessert – keep frozen.
 - Can thaw in fridge to keep softer
- Frozen berries tend to be cheaper.
- Take the other 3 tablespoons of yogurt and layer on top of berries.
- Take crushed graham cracker and sprinkle on top.
 - I broke these up using my hands.
 - Or if you'd like to have your kids help, they can help to crush the graham crackers.
 - Other toppings: granola, nuts, vanilla wafers, dry cereal ...
- Enjoy!
- Now that we've finished making our parfait; remember eating blue and purple fruits and vegetables slow aging and help brain and memory function. Eat up!
- Let's go see what gift Kristen has!

Recipe #2: Zucchini Chips (Kristen)

- Wow that yogurt parfait looks great!
- Next, we'll be making a recipe showcasing the green fruit and vegetable group.
- Green color group consists of: asparagus, peas, celery, peppers, zucchini, apples, and kiwi.
- Open green gift.
 - Strong bones and teeth.
 - Vision health.
- Fun Fact #2: A zucchini has more potassium than a banana!
- We'll be using zucchini to zucchini chips. You can find zucchini in your grocery store or at the farmer's market in the summer months.
 - Brockton Farmer's Market – July to October outside of City Hall Fridays 10:30 – 1:30.
- The first step is to wash and thin slice the zucchini. Zucchini is a softer squash, which is easy to cut with a knife.
- Spray a cookie sheet with cooking spray and preheat your oven to 425.
- Recipe:
 - Ingredients:
 - ¼ cup dry breadcrumbs
 - ¼ cup (1 ounce) grated fresh Parmesan cheese
 - 1/8 teaspoon freshly ground black pepper
 - 2 tablespoons fat-free milk
 - 2 ½ cups (1/4-inch-thick) slices zucchini (about 2 small)
 - Cooking spray
 - Thin slice zucchini.
 - Preheat oven to 425. Spray cookie sheet with cooking spray.
 - Dip in milk then in breadcrumb/cheese mixture.

- Bake for 10 minutes.
- Remember, green fruits / veggies give us the gift of strong bones and teeth / vision health! Enjoy!
- I smell peanut butter; I wonder what Jenna is making!

Food Demo #3: Peanut Butter Banana Spirals (Jenna)

- You know what peanut butter goes great with bananas!
- Fun Fact # 3: did you know bananas are part of the white fruit group, not yellow?!
- Also part of the white group is: onions, potatoes, mushrooms.
- Gift of white
 - Healthy blood cholesterol.
 - Heart health.
- Recipe
 - 2 tbsp reduced-fat peanut butter
 - 1 banana
 - 1 tortilla
 - Small amount of chocolate chips
- Spread peanut butter on the tortilla, place the banana in the middle sprinkle your chocolate chips on it and roll it
- Can cut it into little spirals
- Delicious for everyone
- Dessert or perfect for lunch / sandwich
- White group keeps our blood cholesterol and heart healthy! I wonder what color is up next!?

Food Demo #4: Carrot Pineapple Apple Snap! (Kristen)

- Orange you glad that you asked that question!
- The color yellow/ orange has: carrots, pineapple, grapefruit, cantaloupe, and lemons
- Open orange/yellow gift.
 - Healthy vision.
 - Strong immune system.
- Fun Fact #4: Carrots used to be purple not orange.
- Insert carrot pineapple apple snap.

Ingredients:

- 1 apple, large
- 2 teaspoons orange juice
- 1 cut carrots, grated
- ½ cup raisins
- ¾ cup pineapple tidbits, packed in juice, drained
- ½ cup low-fat vanilla yogurt

Optional Toppings:

- ¼ cup chopped walnuts
- ¼ cup unsalted sunflower seeds
- ¼ cup wheat
- ¼ cup granola

Directions:

- Wash the apple and cut into 4 wedges. Carefully cut out core and seeds. Cut the wedges into small cubes with a sharp knife and place them in a medium bowl.

- Drizzle the orange juice over the cut apples and toss to coat evenly with the juice. This prevents the apples from turning brown, and also adds a nice flavor.
- Place the grated carrots in the bowl with the apple cubes. Add the raisins and pineapple.
- Add the yogurt and toss until it is thoroughly mixed.
- Serve in small bowls. Add topping of choice.
- Orange / yellow fruits and vegetables give us healthy vision and strong immune system! Get to eatin' ... That means last is the red group.

Food Demo #5: Whole Wheat Pita Calzone (Kristin and Jenna)

- Red is the last color it has watermelon, tomatoes, red peppers, and strawberries
- Open red gift
 - Heart health
 - Memory function
- Fun Fact #5: Tomatoes are grown in all 50 states!
- Whole wheat red pepper and tomato calzone
- Ingredients:
 - whole wheat pita bread
 - diced tomato
 - sautéed red pepper
 - shredded mozzarella
 - spinach, optional
- Eat your red for heart health and memory function

Conclusion

- We have just made five quick and simple recipes to help you incorporate more fruits and vegetables into your diet.
- The current recommendation is for healthy adults to eat 5 cups of fruits and vegetables each day.
- By making sure that you have a fruit or vegetable at each meal or snack, you can benefit from the gifts that fruits and vegetables give us.
- Eat the rainbow – thanks for tuning in!