
NE LESSON CODE GN-000-19

Let's Get Cooking: Cooking with Fruit

LESSON DESCRIPTION

This lesson includes a class discussion and a cooking video that shows participants how to prepare a banana bread recipe and a fruit crisp recipe. Participants will discuss ideas for using fruits as ingredients in recipes as well as tips for cooking with kids. Also they'll learn basic tips for making healthier baked goods.

OBJECTIVES

After attending this class participants will be able to state at least one new tip or fruit recipe idea from the video or discussion that they plan to try at home sometime in the next two weeks.

MATERIALS NEEDED

- Television
- DVD Player
- DVD: *Let's Get Cooking!*, stock no. DV0037, Produced by Department State Health Services, English 15:15 minutes and Spanish, 15:30 minutes.
- *Banana Bread Recipe Card*, and *Fruit Crisp Recipe Card*, stock no. 13-06-12404, English/Spanish
- Flipchart, markers or dry erase board
- Pens or pencils for everyone in the class
- *Let's Get Cooking! Magnets* stock no 13-06-12371, English/Spanish
- *Let's Get Cooking! Posters*, stock no. 13-06-12413, English/Spanish
- Optional: Samples of various types seasonal fruit, especially good quality fruit that is on sale, and/or fruit from a local farmer's market.
- Forks and small plates or condiment cups

Note About New Lesson Survey Forms:

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Delores Preece
Texas Department of State Health Services
Nutrition Services Section
1100 W. 49th St
Austin, TX 78756

TEACHING PREPARATION

- Put *Let's Get Cooking Posters* up in the classroom or other clinic areas to help promote the class series.
- Optional: Before the class starts, set out samples of seasonal fruit (optional).
- Optional: Prepare one of the recipes from the video and have forks and small plates or condiment cups available so that participants can taste one of the recipes.

BACKGROUND INFORMATION/ INTERNET RESOURCES

The following web page has a table that lists the nutrient data for more than 100 fruits and vegetables: http://www.dole5aday.com/pdf_global/FVNutritionFactsChart2004COL.pdf

ICEBREAKER

Welcome everyone to the class. **Then ask the parents in the class to tell the group about the last time they used fruit in a recipe or in combination with other foods (i.e., as an ingredient in a baked item, in a salad, as a side dish, in a main dish, etc.).** Note: eating a piece of fruit on its own does not count for this activity!

Ask the children in the class to name their favorite fruit.

CLASS AND VIDEO INTRODUCTION

Say something like:

- **Today's class is one of our *Let's Get Cooking* lessons, and it is all about using fruit in recipes. Many of us enjoy eating fresh fruit just plain, which is a great way to include fruit in your diet. But some people never go beyond plain fruit. Today we will explore other ways to use fruit in combination with other foods or as an ingredient in recipes.**
- **The video we are going to watch will show us how to cook two fruit recipes: 1) Banana Nut Bread, and 2) a Fruit Crisp. Handout copies of the two recipe cards.**
- **After the video we will talk more about using fruit in snacks, desserts, and side dishes. When you leave today, you should have some new ideas for using fruit in healthy recipes, as well as some good tips for healthy, low-fat baking.**

SHOW THE VIDEO

Show the video/DVD *Let's Get Cooking*

VIDEO DISCUSSION

Discuss the nutritional aspects of fruit:

- Say something like, **The most recent U.S. Dietary Guidelines says that we should eat about four servings of fruit each day** (note: this is in addition to five servings of vegetables every day). **Why is fruit good for us? OR What are some of the nutrients we get from fruits?** Prompt some of the following responses, and elaborate as needed; see information in parenthesis)
- **Some fruits are high in vitamin A** (example: Orange fruits like mango, cantaloupe, apricots, and red or pink grapefruit are high in vitamin A).
- **Some fruits are high in vitamin C** (example: Citrus fruits and juices, kiwi fruit, strawberries, guava, papaya, and cantaloupe are all high in vitamin C).
- **Oranges and orange juice are high in folic acid.**
- **Some fruits are high in potassium** (example Bananas, plantains, many dried fruits, oranges and orange juice, cantaloupe, and honeydew melons).
- **Fruits provide fiber.**
- **Also, fruits are naturally sweet, so they're a great choice to eat in place of candy, cookies, and other sweets.**
- Then say something like: **Eating a plain piece of fruit as a snack is a wonderful habit, but many of us do not use fruit to its full potential. There's a lot you can do with fruit in addition to eating it 'as is.'** The video showed us two great examples. **Let's see if we can think of some more.**

Brainstorm a list of ideas using apples OR a different seasonal fruit*:

- **Consider apples. Besides using apples (or a different seasonal fruit)* in a fruit crisp, what other dishes, snacks or desserts can you make with apples? Let's brainstorm and see how many we can come up with.**

OPTIONAL ACTIVITY

Instead of brainstorming ideas for apples, choose a different seasonal fruit for the brainstorming activity, like mangos, pineapple, pears, oranges, etc. Prepare for the activity by doing a quick Internet search for recipe ideas and other information for the fruit you plan to use. Have samples of the fruit available to show and talk about with the class. For more unique fruit, it would be good to discuss seasonality, price, how to choose, etc. You could even show how to cut up the fruit and then serve samples to participants.

- Prompt answers as needed. Write answers down on flipchart or dry erase board.

Possible answers include:

- Baked apples
 - Apple and peanut butter
 - Apple and cheddar slices
 - Waldorf salad
 - Apple added to a tossed salad
 - Apple added to cole slaw
 - Apples cooked with chicken or pork
 - Apple added to chicken salad or tuna salad
 - Apple chutney
 - Applesauce
 - Apple butter
 - Apple bread pudding
 - Whole wheat apple muffins
 - Apple, Potato and Cheddar Soup
 - Apple-Cabbage Skillet Dinner
 - Ham and Apple Sandwich Wrap
 - Apple on pizza
- **And these are just a few ideas. The Washington State Apple Commission has a website with literally hundreds of recipes and ideas that feature apples. In fact, if you have access to the Internet, you can do a quick search of any kind of fruit by typing in the name of a fruit along with the word “recipes.” Chances are you will find hundreds of ideas and recipes that you never even thought of. And to make your search even more specific, type in the phrase “low-fat,” and then you will find healthier recipes. Also most public libraries have lots of cookbooks that focus on healthy, low-fat baking and cooking.**

Discuss ideas for modifying recipes to reduce fat, add fiber, etc.

- Then say something like: **Now just because a recipe includes fruit as an ingredient it is not necessarily a healthy recipe. You need to take a good look at the recipe to see what other ingredients are in it. Many times, you can change a recipe in various ways to make it healthier.**
- **For example, both of the dishes in the video were healthier versions of traditional recipes. Take a look at your recipe cards. What are some of the ingredients that make these recipes more nutritious?**
- They both call for canola oil (canola oil has the right balance of the good kinds of fats that are better for us than the fat in shortening and butter).
- Both recipes use whole wheat flour, which means more fiber (both recipes call for half the flour to be whole wheat flour, while the other half is regular unbleached white flour). Also, the fruit crisp recipe contains oats, which adds fiber to the bread.
- Both recipes call for low fat yogurt (or low fat milk in the case of the banana bread recipe), which adds calcium and protein while also adding moisture to the recipe.
- **Can you think of any other ways can to experiment with recipes for baked items to make them more nutritious?**
 - Substitute two egg whites for one whole egg. Try this for at least one or two of the eggs in the recipe.
 - Cut back on the amount of oil that the recipe calls for.
 - Cut back on the amount of sugar that the recipe calls for.
 - Try substituting half the fat in the recipe with applesauce (up to ½ cup)
 - If you are making muffins, cupcakes or cookies, choose healthy lower-fat recipes and make smaller portion sizes.
- **Lastly, let's talk about cooking with your kids. Most kids like to eat fruit, so chances are they'll be ready and willing to help you prepare a fruit recipe.** Ask the group to raise their hands to show how many of them cook with their kids in the kitchen. Then ask something like. **What are some tips and guidelines to follow when you make baked goods with your children?** Prompt/confirm/add details to participants' input. Write responses down on flipchart or dry erase board.

Answers may include some of the following:

- Make sure they wash their hands very well, not only before starting, but also during the process – especially if they handle raw eggs.
- If you let the kids crack eggs, have them first crack each egg into a small bowl first so that small bits of shell won't get mixed in with the rest of the batter (this is a good idea for adults as well!).
- Be prepared for a bit of a mess and a few mistakes. Remember, getting messy and making mistakes is a great way for kids to learn!

- For younger kids, it's best to pre-measure the ingredients or just have them help you mix the ingredients.
- If you plan ahead, it can be fun to take an older child through the entire process of baking an item (starting with finding the recipe, then checking at home for ingredients, buying the fruit and other ingredients at the store, washing the fruit, measuring and mixing ingredients, setting the timer checking the doneness, washing the dishes, and of course, enjoying the finished product!) Baking is a great way to help kids sharpen their reading, measuring and math skills.
- Warn kids about the hot oven, as well as the hot items that you take out of the oven. Be sure to wear oven mitts.
- **What are some other ways you can encourage your kids to eat fruit, especially in place of candy, cookies and other sweets?** Answers may include some of the following:
 - Set a good example by eating fruit everyday with meals or as snacks.
 - Offer children a choice of fruits to eat with their lunch.
 - Ask children to help shop for, clean, peel, or cut up fruits.
 - Decorate plates or serving dishes with fruit slices.
 - Top off a bowl of cereal with some berries. Or, make a smiley face with sliced bananas for eyes, raisins for a nose, and an orange slice for a mouth.
 - Offer raisins or other dried fruits instead of candy.
 - Make fruit kabobs using pineapple chunks, bananas, grapes, and berries.
 - In fast food restaurants, choose fruit options, such as sliced apples, mixed fruit cup, or 100% fruit juice.
 - Avoid "fruit-flavored" beverages or chewy fruit snacks – these products usually contain very little real fruit.

Wrap-up / Evaluation

Summarize the class by saying something like, **I hope today's class has motivated you to use more fruit in your meals. Before we leave, I'd like for you to share at least one or recipe from today's video or discussion that you plan to try at home sometime in the next two weeks.** Possible answers:

- Search the Internet for information and recipes.
- Try one of the recipes from the video.
- Adapt a recipe to make it healthier.
- Start buying and trying new and different fruits.
- Make a recipe with my child that includes fruit.
- Try adding fruit to pizza etc.

As participants share the tip they learned or write it down on the back of one of their recipe cards, then give them a *Let's Get Cooking Magnet*.

Thank participants for coming to the class.

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Staff Survey

LA# _____

Date _____

1. Was the lesson easy to read and follow?

Yes No

2. Did you like the video included with this lesson?

Yes No

3. Did you like the activity included with this lesson?

Yes No

4. What did you like best about this class? _____

5. What would make the class better? _____

6. How well did participants respond to the class? Participation was (check one)

Good Negative Indifferent

7. Do you plan to use this lesson again?

Yes No

8. Comments: _____

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Participant Survey

LA# _____

Date _____

1. My ethnic group is:

___ White

___ Asian

___ Hispanic

___ Native American

___ African American

___ Other

2. How much did you like this class?

A lot

A little

Not at all

3. What change do you plan to make to your cooking habits?

4. What is the most useful thing you learned from the class today?

5. What would make this class better for you?

6. Comments:

Thank you for your answers!