

Additional Activities

If you have more than 45 minutes for each session you can add one or more of the activities listed below.

Anchor Activities

Changes You Want to Make

Sessions this activity can supplement: 1

Materials: None

Time Required: 5 minutes

Description:

Ask participants to work with the person sitting next to them to answer the following questions:

- What healthy eating habits do your children currently have?
- What changes do you want to make to your children's eating habits?

Give participants three minutes to discuss these questions with their partners.

Bring the group back together and listen to a few participants' responses.

Follow-up From Last Time

Sessions this activity can supplement: 2, 3, 4, 5, 6

Materials: None

Time Required: 10 minutes

Description:

Ask participants to work with the person sitting next to them. Tell them they are going to discuss the changes they have made since starting this course.

You can tailor this activity to a particular session by asking participants about the goal setting that they did at the end of the previous session, as described below, or you can ask participants to talk more generally about any changes they have made since attending the Feeding for Healthy Eating sessions.

Session Two – Ask participants to discuss how they were a role model for their children since the last session. In particular, ask them to describe:

- how they served as a role model and
- how their children reacted to their role modeling.

Session Three – Ask participants to discuss the meal that they cooked with their children since the last session. In particular, ask them to describe:

- what they cooked,
- when they made the meal, and
- how their children helped.

Session Four – Ask participants to discuss the three family meals they shared with their children since the last session. In particular, ask them to discuss:

- when the meals took place,
- who was present,
- what they had to eat,
- how they felt about eating together with their family,
- any problems they ran into in eating three meals together with their family, and
- how they overcame these problems.

Session Five – Ask participants to discuss the two meals that they served family style since the last session. In particular, ask them to discuss:

- what they served and
- how their children reacted to being able to serve themselves.

Session Six – Ask participants to discuss the new fruit or vegetable they introduced to their child since the last session. In particular, ask them to discuss:

- how they prepared the food,
- how many times they offered the food to their child and
- their child's reaction.

Give participants 3 minutes to discuss with their partner.

Bring the group back together and ask who would like to share with the group. Listen to a few participants' experiences.

Special Family Meals

Sessions this activity can supplement: 1, 2, 3

Materials: None

Time Required: 10 minutes

Description:

Tell participants that you are going to talk about special meals that they usually share with their families, including their children (e.g. Thanksgiving, religious holidays, birthday celebrations, Mother's or Father's Day, the 4th of July).

Ask participants to stand in two lines of equal numbers of people, so that everyone is facing someone else. Tell them that everyone in one of the lines should talk about a special family meal that they share with their children, including:

- what (if anything) the meal celebrates (e.g. Thanksgiving, birthdays),
- what they usually eat during that meal,
- how they can make that meal healthier, and
- how their children do/could help in preparing that meal.

Tell the person who is not describing a family meal to offer suggestions for how to make the meal healthier and how to involve children in the meal's preparation.

Allow participants three minutes to talk about their family meals.

After three minutes have passed, ask the participants in one of the lines to shift down one person so that everyone is standing across from a different person. Repeat the activity described above, but switch the line of people who describe a family meal so that everyone has a chance to share.

Allow participants three minutes to talk about their family meals.

Tell them that you hope this activity has helped them to think about how to make some of their family meals healthier and how to involve their children in meal preparation.

Modifications:

If your class falls before a major holiday, such as Thanksgiving or the 4th of July, you can ask participants to talk about what they usually eat during that celebration or what they have planned for that celebration.

New Fruits and Vegetables

Sessions this activity can supplement: 4, 5, or 6

Materials:

- The worksheet for this activity
- Pens or pencils for each participant

Time Required: 10 minutes

Description:

Tell participants that you are going to brainstorm fruits and vegetables that they can introduce to their young children.

Ask participants to pick up the worksheet and find another person to work with.

Tell them to work on filling in the blanks on the worksheet next to the first ten letters, A-J, by writing down the name of a fruit or vegetable that they can introduce to their young child that starts with each letter.

Allow participants two minutes to work on this.

Tell participants to find another partner from the other side of the room. Tell them to work on the next ten letters, K-T.

Allow participants two minutes to work on this.

Tell participants to find a third person to work with, again from the other side of the room. Tell them to work on the last 6 letters, U-Z.

Allow participants two minutes to work on this.

Bring the group back together and work through the letters by asking participants to share a fruit or vegetable for each letter. For example, ask, "Who came up with a food for A?" Listen to and respond to one or two responses and move on to the next letter. Move through the alphabet relatively quickly.



New Fruits and Vegetables

A. _____

B. _____

C. _____

D. _____

E. _____

F. _____

G. _____

H. _____

I. _____

J. _____

K. _____

L. _____

M. _____

N. _____

O. _____

P. _____

Q. _____

R. _____

S. _____

T. _____

U. _____

V. _____

W. _____

X. _____

Y. _____

Z. _____

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Mango Smoothie

Nutrition Facts	
Serving Size 1 cup (185g) Servings Per Container 2	
Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 45mg	2%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 21g	
Protein 4g	
Vitamin A 15%	• Vitamin C 40%
Calcium 15%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Crunchy Vegetable Wrap

Nutrition Facts	
Serving Size 1/2 Tortilla (242g) Servings Per Container 4	
Amount Per Serving	
Calories 130	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 230mg	10%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 6g	
Vitamin A 70%	• Vitamin C 160%
Calcium 10%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Quick Minestrone Soup

Nutrition Facts	
Serving Size 1 cup (236g) Servings Per Container 8	
Amount Per Serving	
Calories 120	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 24g	8%
Dietary Fiber 5g	20%
Sugars 5g	
Protein 6g	
Vitamin A 25%	• Vitamin C 15%
Calcium 4%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Fruit Kabobs with Yogurt Dip

Nutrition Facts	
Serving Size 1 kabob (424g) Servings Per Container 8	
Amount Per Serving	
Calories 180	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 43g	14%
Dietary Fiber 3g	12%
Sugars 36g	
Protein 3g	
Vitamin A 35%	• Vitamin C 70%
Calcium 6%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Apple Bark

Nutrition Facts	
Serving Size 1/2 apple (118g) Servings Per Container 2	
Amount Per Serving	
Calories 150	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 29g	10%
Dietary Fiber 3g	12%
Sugars 22g	
Protein 3g	
Vitamin A 0%	• Vitamin C 8%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Galloping Good Eggplant

Nutrition Facts	
Serving Size (260g) Servings Per Container 2	
Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 6g	24%
Sugars 5g	
Protein 6g	
Vitamin A 15%	• Vitamin C 20%
Calcium 8%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	