

Program Name: Color My Cart

This program will be one session long. The program theme is centered on research indicating that plant foods categorized by their predominant phytochemical group have specific effects on health. Eating at least five, 80g portions of a variety of fruit and vegetables a day can lower the risk of serious health problems such as heart disease, stroke, and certain cancers. Since different phytochemicals offer different fibers, vitamins, minerals, and other nutrients, it is crucial to stress the importance of a varied plate. This program aligns with strategies 1.3 and 1.6 of the Childhood Obesity Action Plan of the Ocean County Community Health Improvement Plan 2014-18. It both emphasizes best practices for healthy eating, and serves as an educational presentation on healthy eating. Additionally, New Jersey state schools are required to incorporate nutrition education that is consistent with the New Jersey Department of Education Core Curriculum Standards. "Color My Cart" adheres to this requirement by focusing on the development of knowledge and skills that influence life-long healthy behaviors within the context of self. This program is hands on, and caters to visual, auditory, verbal, and kinesthetic learning styles. We recommend pairing this program with "Making Healthy Choices".

Goals:

- Participants will become familiar with a variety of fruits and vegetables.
- Participants will be made aware of the importance of eating a variety of colored fruits and vegetables.

Objectives:

- By the end of the program, participants will be able to name one health benefit of eating a colorful plate.
- By the end of the program, participants will recognize that fruits and vegetables vary in color, and that different colors have different health benefits.

DIRECTIONS:

1. Split the class into six groups (or pairs, depending on class size).
2. Give each group a basket and a "power color card".
3. Instruct the class that they have 3-5 minutes to search the classroom and gather as many fruits and vegetables that match their power color as they can.
4. Have class come back together.
5. Go around the room, and have each group read their "power color card" aloud, and tell the class which fruits and vegetables they found.
6. At the end, have all the groups place their fruits and vegetables into one basket, and explain that we need to eat a variety of colors in order to stay the healthiest.

MATERIALS:

- Laminated fruits and vegetables
- Power Color Cards

- 6 baskets

TALKING POINTS:

- How to explain cholesterol to younger people:
 - Cholesterol is a type of fat found in the blood.
 - There are two types of cholesterol.
 - One type (HDL) helps the body to grow and do its job. The other type, however, (LDL) comes from eating too much fatty foods, and can clog the blood vessels, keeping blood from moving freely throughout our bodies.
- How to explain the immune system to younger people:
 - Our immune systems are made up of organs and cells that protect our bodies.
- How to explain the digestive system to younger people:
 - Helps our bodies get the nutrients it needs from the foods that we eat.
- How to explain antioxidants to younger people:
 - Vitamins that work together inside our bodies to keep cells working properly.