



Special Olympics
Health
MADE POSSIBLE BY **Golisano** FOUNDATION

INCLUSIVE

Healthy Eating Workshops



Children with
 Autism Spectrum Disorder
 & Developmental Disabilities



Boston University College of Health
 & Rehabilitation Sciences: Sargent College



Developed by:

Carol Curtin, PhD¹

Linda Bandini, PhD, RD^{1,2}

Leslie Caiola, Candidate for MS in Nutrition²

¹ Eunice Kennedy Shriver University Center for Excellence in Developmental Disabilities, University of Massachusetts Medical School

² Department of Health Sciences, Boston University College of Health and Rehabilitation Sciences: Sargent College

This project was supported by a subcontract to the Association of University Centers on Disabilities (AUCD), from a grant to the Special Olympics International (SOI) made by the Centers for Disease Control and Prevention National Center for Birth Defects and Developmental Disabilities, Cooperative Agreement Number U27 DD001156. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

This healthy eating workshop series includes four lessons that can be implemented as a series or as stand-alone modules. Each workshop introduces a simple nutrition message and includes a hands-on opportunity to learn how to prepare a simple recipe for a meal or snack.

The four workshop topics are as follows:

- 1 Easy Breezy Breakfast
- 2 Veggie Love Lunch
- 3 Simple Snacking
- 4 Smashingly Healthy Hydration

Guidelines for instructors:

Intended Audience:

Inclusive groups of teens, adults, families, athletes, coaches, or anyone interested in healthy eating.

Estimated Time:

30 minutes. The duration of the workshop may vary according to number of participants, group composition, and time dedicated to each activity.

Number of Participants:

Workshops work best in a small group setting. A small ratio of participants to instructors or volunteers is recommended in order to provide sufficient support and to ensure participants' engagement and successful experience.

Outline of Workshops:

Each workshop is structured in the same manner, comprising the following sections:

- *Main Nutrition Message*
- *Workshop Overview*
- *Talking Points*
- *Icebreaker, Tasting Activity*
- *Recipe-Making Activity*
- *Discussion & Wrap-up*
- *Recipe Handout*

Each of these is explained below.

The workshops should be presented in a fun and engaging manner so that participants feel motivated to try new foods that they may have avoided or assumed that they did not like in the past. However, it is very important that participants be permitted to opt out of activities they do not feel comfortable with. Participants should be encouraged but never coerced to try new foods or activities. Positive reinforcement for participation and engagement should be offered throughout the sessions.

Main Nutrition Message:

Each workshop is focused on a specific nutrition theme with a simple message for participants to take away from the workshop. Healthy eating messaging is often overwhelming and confusing for people in general, therefore, it is important to provide simple messages that participants can remember.

Workshop Overview:

This will provide some background on the workshop topic and how it can benefit participants.

Talking Points:

Throughout the workshop, participants may have questions or there may be opportunities to share more information about the benefits of healthy eating. Each workshop includes basic talking points to help structure and encourage discussions and provide context for the instructor. It is important not to overwhelm participants with too much information, and thus it may be helpful to integrate some of the talking points throughout the workshop.

Icebreaker (5 minutes):

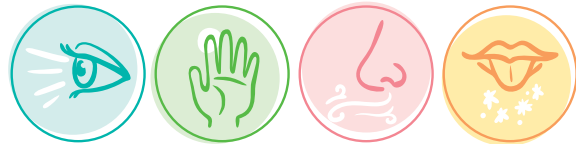
The goal of the icebreaker is to get everyone engaged and excited about the purpose of the workshop, which is achieved by asking participants questions about the topic that may relate to their own experiences or previous knowledge. Opening the workshop with open-ended questions can promote participant engagement and also avoids the feel of a lecture. Sample questions are provided to guide instructors and help participants understand why the topic is important and how it applies to their own life. It is important to wait for individuals to respond, and some participants may benefit from gentle prompting.

**Interest-Focused Questions:**

The group may be made up of participants with similar interests, members of the same team or club, may include family members, or may be composed of people who do not know each other. General questions are included in each workshop lesson, as are specific questions for athletes and families.

Tasting Activity (10 minutes):

The purpose of the tasting activity is to expose participants to new healthy foods while introducing them to the ingredients they can use in the workshop recipe. The tasting activity should include a variety of food options so that participants can experience foods they may already enjoy, as well as experience new flavors and textures. The workshops present opportunities for participants to experience different types of foods, including fruits, vegetables and nuts. Participants are invited to use all of their senses when trying foods. To help ensure that everyone feels comfortable and safe, the tasting activities start by inviting participants to taste foods they like and are already familiar with, followed by inviting them to try a new food. It is important to celebrate every participant's effort and to respect boundaries.

**Tips for tasting activities:**

- Choose a variety of colors, textures, and flavors for presentation and options for participants
 - Slice and cut all fruit and vegetables into easy-to-bite pieces
 - Most fruits and vegetables can be found in major supermarkets pre-chopped
 - Fruits that can be hard to chew may be offered from a can or jar for softness
- Display the whole food item next to the chopped sample
- Chop or crush nuts
- Arrange foods by category: Fresh or canned fruit, dried fruit, nuts and seeds, other toppings
- Remove any pits from fruits
- Label each food; suggestions include table tents, sticker labels, or pieces of paper.
- Check for food allergies of participants and make eliminations/substitutions as needed.
- Have tasting cups available for each participant

Recipe-Making Activity (10 minutes):

This activity provides participants with the opportunity to experience making a recipe that is simple, healthy and modifiable based on their food preferences. The tasting activity introduces the recipe ingredients so that participants become familiar with the options and feel comfortable trying them in the recipe. Each recipe included in this workshop series has been chosen based on the following criteria:

- ✓ Quick
- ✓ Easy
- ✓ Modifiable for allergies
- ✓ Non-cook
- ✓ Healthy
- ✓ Wide range of ingredient options

Consider making a sample of the recipe prior to the workshop so that participants can see what the final product looks like. Additionally, all utensils should be plastic to ensure safety.

Discussion & Wrap-up (5 minutes):

Once everyone has finished making their version of the recipe, invite participants to share their experiences and provide feedback. Invite everyone to share what ingredients they used and if they liked it. This enables everyone to see what ingredients other participants used and helps reinforce the concept that everyone can make something different. If there is time, you can ask participants if they would make the recipe again, perhaps using different foods the second time around. The end of the workshop is a great opportunity to reinforce the simple workshop message.

■ Take Home Ingredients:

Provide participants with ziplock bags filled with the ingredients they enjoyed using in their recipe to make at home, being mindful of ingredients that need refrigeration for food safety.

Recipe Handouts:

The recipe handout includes the recipe ingredients as well as suggested variations. Participants can be invited to circle ingredients that they liked and/or to cross out ingredients they did not like. The handout can be taken home to provide participants an opportunity to prepare the recipe on their own or with family/friends.

Workshop Planning

- **Read through entire lesson plan**
- **Recruit volunteers to help** with the workshop as needed
- **Prepare all required materials** including utensils, measuring cups and spoons and other materials needed for food preparation.
- **Purchase foods** listed in the tasting activity. If purchasing canned fruits, be sure to choose those packed in water.
- **Make sure that foods that require refrigeration are kept cold** until the workshop begins
- **Print out handouts** for participants
- **Plan time for setup**

Food Safety Notes

- **As people enter workshop — offer hand sanitizer or opportunity to wash hands.** Some participants may need assistance, which should be offered in a supportive, friendly manner.
- **Check for allergies and or dietary restrictions before** the workshop begins.
 - Try to do this in advance, as this will allow you to provide alternative items.
 - For serious allergies such as nut allergies, do not include nuts in the workshops to avoid cross-contact, even in trace amounts.
 - For participants that have celiac disease, do not include any products with gluten in the workshops, even in trace amounts in order to avoid cross-contact. Use soy or rice-based alternatives, and check all ingredients to be sure they are gluten free.
- **Be aware of and accommodate any chewing or swallowing problems participants** may have, by ensuring that some soft foods are available and foods are offered in small bite-size pieces.

Easy Breezy Breakfast

Main Nutrition Message

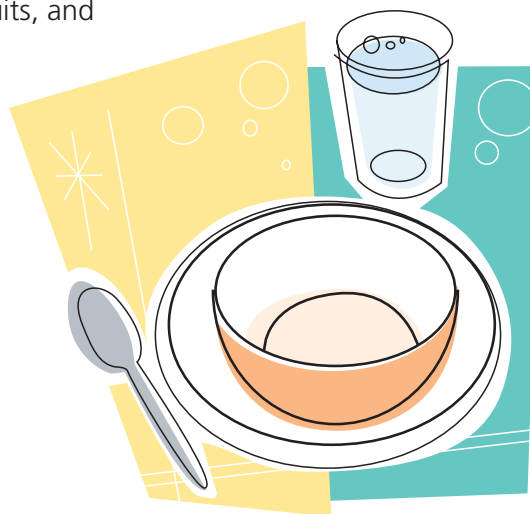
Starting the day with a healthy breakfast you can look forward to is a great way to start the day. You can make a breakfast you love *and* is healthy for you...in just a few minutes!

Workshop Overview

Having a go-to breakfast recipe or something you can prepare ahead of time will help prevent breakfast being skipped, reduce added sugar, and help the morning run smoothly and stress-free. The recipe for the workshop is *Muesli-On-The-Go*, which can include a variety of healthy ingredients such as fruit, nuts, low-fat dairy, and whole grains, and can be made according to individual taste and texture preferences. The recipe can be assembled in just a few minutes and can be the same or something different each day.

Talking Points About Breakfast

- **Breakfast is important to fuel your day!**
 - Use the analogy that putting gas in a car helps it run, and the same is true for breakfast. Healthy food gives our bodies energy to run so we can do the things we need to do and want to do.
- **Including a variety of foods at breakfast is a very healthy choice**
 - The benefits of including whole grains, fruits, and vegetables as part of a healthy breakfast:
 - They keep your energy up for longer
 - They keep you fuller for longer
- **Breakfast can be quick and easy**
- **Breakfast can be made with your favorite foods**
- **Breakfast can be made ahead of time for busy mornings**
- **Trying something new can be enjoyable**
- **Breakfast can be made to go!**



Easy Breezy Breakfast

Icebreaker



- Introduce yourself and any helpers
- Open up the session by asking participants questions about breakfast. Suggested questions include:

- ✓ Who thinks eating breakfast is important?
- ✓ What are some reasons a healthy breakfast may be important?
 - To stay awake, feel alert, have energy for favorite activities, feel good
- ✓ What do you eat for breakfast?
- ✓ Who makes your breakfast?
- ✓ What do you feel when you don't eat breakfast?
 - Grumbling stomach, tired, angry, hungry

Interest-Focused Questions

Athletes

- How can eating a healthy breakfast help you with your sport?
 - Run faster/longer, lift heavier weights, swim faster/longer
- Do you eat a different breakfast on days you have a practice or game?

Families

- Does everyone in the family like different foods for breakfast?
- What do your family members eat for breakfast?
- Do you eat the same breakfast on weekdays and weekends?

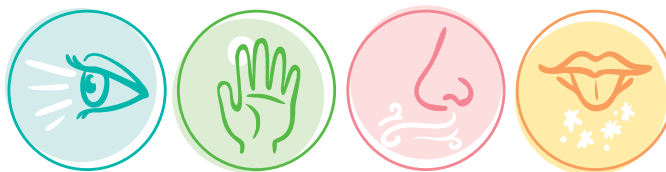
Easy Breezy Breakfast

Tasting Activity

GOAL: To learn about and experience different types of fruits and nuts, while also being introduced to ingredients in the breakfast recipe.

Prep Prior to Workshop

- Display all of the ingredients you have chosen from the *Muesli-On-The-Go* recipe in separate bowls or clear cups with a serving spoon/scoop for each.
- Have tasting cups available.



Activity

- **Start by introducing each ingredient** you are providing for the tasting activity. This is a simple step of pointing to or holding up each ingredient and naming it.
- **Distribute the recipe handout and pen or pencil to each participant.**
- **Ask everyone to come up with a tasting cup and choose an ingredient** they like or are excited to eat.
- **Ask everyone to use their senses to experience the food:**

✓ Look at the food

- What color is it?
- Is the color bright, dull, light, dark?
- What shape is it?
- Does it have any interesting characteristics?

✓ Touch the food

- How does it feel (e.g., feel soft or hard)?

✓ Smell the food

- Does it have a smell?
- How does it smell (e.g., sweet, nutty, fruity)?

✓ Taste the food

- How does it taste (e.g., sweet, sour)?
- How does it feel in your mouth (e.g., crunchy, soft, chewy)?

- **Now ask everyone to pick a food they have never tried before and repeat the tasting steps above.** At the end, include the questions, "How do you like this new food? Do you think you will try it again?"
- **Encourage everyone to circle the ingredients they liked** on the recipe handout.
- **Once the tasting activity is finished, transition to recipe-making activity:** *Everyone has different foods they like and you can use your favorite foods to make your own breakfast!*

Recipe-Making Activity

Workshop Recipe:

Muesli-On-The-Go

Ingredients:

- ½ cup whole grain cereal(s)
- ½ cup milk:
Low fat milk or non-dairy milk alternatives
or
½ cup yogurt (optional):
Non or low fat, plain or vanilla, dairy or soy
- ¼ cup fresh, canned, or frozen fruit
(if using frozen, allow time to defrost)
- 2 tablespoons of nuts or seeds
- Other toppings to sprinkle on top
(e.g., dried fruit and seasonings)

Materials:

- Cup or bowl for each ingredient
- Spoon/scoop for each ingredient
- For participants:
 - Disposable cups or bowls
 - Disposable spoons
 - Napkins

Directions:

Mix all ingredients in cup or bowl.
Ready to eat immediately!

Ingredient and combination ideas listed in recipe handout

Group Recipe Making Instructions

- Pass out a bowl and a spoon to everyone.
- Ask each person to come up one at a time and add to their bowl:
 - 1 serving of cereal
 - Milk or yogurt
 - Fresh, canned, or frozen fruit
 - Dried fruit and nuts
 - Sprinkle of any of the other toppings
- Once they are done adding the ingredients they would like, they can taste what they made!
- If you made a sample prior to the workshop as an example, invite everyone to taste

Discussion & Wrap-up

- **Ask anyone if they want to share what ingredients they used or go around and ask everyone to show and/or tell what they chose for their recipe.**
- **Ask participants if they would make this recipe again**
 - If not – ask why? (e.g., too hard or they didn't like it)
 - If possible, provide some suggestions, which may include the alternative recipe in the handout.

✓ **Reinforce takeaway message:**

You can make a breakfast you love and is healthy for you...in just a few minutes!

- **Offer to-go bags with favorite ingredients.** If taking fruit, provide separate Ziploc bag.

Easy Breezy Breakfast

Recipe Handout

Breakfast recipes you can make how *you* like and *are* healthy for you...in just a few minutes!

Workshop Recipe:

Prep Time: 5 minutes

Total Time: 5 minutes

Muesli-On-The-Go

Servings: 1 Person

Ingredients:

- ½ cup whole grain cereal(s)
- ½ cup milk: Low fat milk or non-dairy milk or
½ cup yogurt (optional):
Non or low fat, plain or vanilla, dairy or soy
- ¼ cup fresh, canned, or frozen fruit
(if using frozen, allow time to defrost)
- 2 tablespoons of nuts and/or seeds
- Other toppings to sprinkle on top
(e.g., dried fruit and seasonings)

Equipment:

- Bowl or cup
(container or jar if on-the-go!)
- Spoon

Directions:

Mix all ingredients in bowl or cup.
Ready to eat immediately!

Ingredient Options:

Nuts & Seeds	Fruit (canned, frozen or fresh)	Dried Fruit	Other
Almonds	Blueberries	Raisins	Cinnamon
Walnuts	Strawberries	Cranberries	Ground Flax Seeds
Pecans	Raspberries	Figs	Chia Seeds
Cashews	Peaches	Apricots	Coconut Shreddings
Sunflower Seeds	Cherries	Dates	Chocolate Chips
Pumpkin Seeds (pepitas)	Bananas	Apples	Cocoa
Sesame Seeds	Apples	Prunes	Honey

- Combo Ideas:** Strawberries & blueberries, almonds, cinnamon
Bananas, almonds, cocoa
Apples, walnuts, raisins, cinnamon
Figs, pumpkin seeds, chocolate chips
Almonds, bananas, cranberries, coconut, chocolate chips

Easy Breezy Breakfast

Recipe Handout

Make Ahead Recipe:

Prep Time: 5 minutes **Total Time:** 4 hours or overnight

Overnight Oats

Servings: 1 Person

Ingredients:

- **½ cup rolled oats**
- **½ cup liquid:** Low fat milk or other milk, water
- **Add-ins** (see suggestion box below)

Equipment:

- Mason jar or container
- Spoon



Directions:

- Add ingredients to jar or container
- Stir
- Refrigerate overnight or at least 4 hours
- Option to add yogurt when ready to eat

**Mixture will last up to 4 days (2 days if add bananas)*

Add-in Options:

Nuts & Seeds	Fruit (canned, frozen or fresh)	Dried Fruit	Other
Almonds	Blueberries	Raisins	Cinnamon
Walnuts	Strawberries	Cranberries	Ground Flax Seeds
Pecans	Raspberries	Figs	Chia Seeds
Cashews	Peaches	Apricots	Coconut Shreddings
Sunflower Seeds	Cherries	Dates	Chocolate Chips
Pumpkin Seeds (pepitas)	Bananas	Apples	Cocoa
Sesame Seeds	Apples	Prunes	Honey

Veggie Love Lunch

Main Nutrition Message

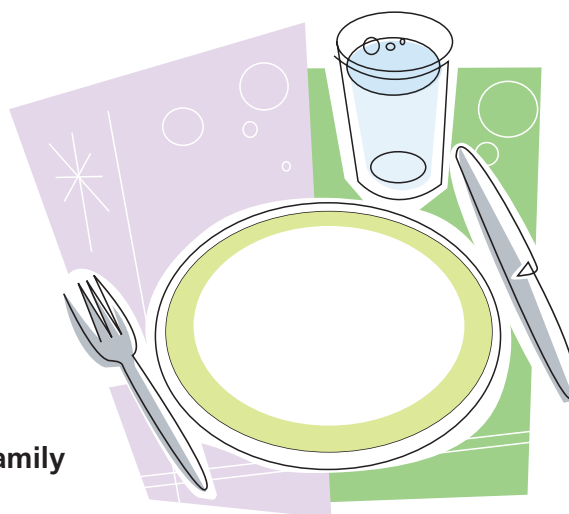
Lunch is a great opportunity to enjoy a healthy meal, a chance to get a serving of vegetables, and to re-energize and reset in the middle of the day. You can prepare a healthy lunch in minutes that tastes great and can be taken to go!

Workshop Overview

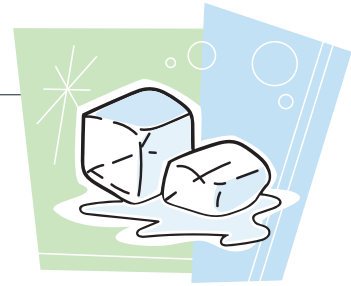
Having something prepared ahead of time, or having an easy, adaptable recipe in your back pocket can help save money and time. The recipe for the workshop is the *Veggie Roll-up*, which can be made ahead of time to take to work, school, or practice, can be easily modified for individuals food preferences or allergies and can utilize available ingredients or leftovers.

Talking Points about Lunch

- **Lunch is important to give you energy and help you focus for the rest of the afternoon**
- **It gives you energy for your favorite activities**
 - Use the analogy that putting gas in a car helps it run, and the same is true for lunch. Healthy food gives our bodies energy to run so we can do the things we need to do and want to do.
- **Great opportunity to eat whole grains, fruits and vegetables**
 - Keeps your energy up for longer
 - Keeps you fuller for longer
 - Keeps you healthy
- **Lunch can be:**
 - Quick and easy to prepare
 - Made with your favorite foods
 - Made ahead of time
 - Made to go
- **Lunch can be enjoyed with friends and family**
- **Trying something new can be enjoyable**



Icebreaker



- Introduce yourself and any helpers
- Open up the session by asking participants questions about lunch. Suggested questions include:

- ✓ Who thinks eating lunch is important?
- ✓ What do you eat for lunch?
- ✓ Who makes your lunch/where do you get lunch?
- ✓ What do you feel when you don't eat lunch?
 - Tired, hungry, angry, dizzy
- ✓ What are some reasons a healthy lunch may be important?
 - To stay awake, feel alert, have energy for favorite activities, feel good, eat healthy

Interest-Focused Questions

Athletes

- How can eating a healthy lunch help you with your sport?
 - Run faster/longer, lift heavier weights, swim faster/longer
- What do you like to eat for lunch when you have training?
- Do you eat lunch with your teammates?

Families

- Does everyone in the family like different foods?
- What do your family members eat for lunch?
- Do you eat lunch together on weekdays? Weekends?

Tasting Activity

GOAL: To learn about and experience different types of vegetables, while also being introduced to ingredients in the lunch recipe.

Prep Prior to Workshop

- Display all of the ingredients you have chosen from the *Veggie Roll-up* recipe in bowls or clear cups with a serving spoon/scoop for each.
- Have tasting cups available.



Activity

- **Start by introducing each ingredient** you are providing for the tasting activity. This is a simple step of pointing to or holding up each ingredient and naming it.
- **Distribute the recipe handout and pen or pencil to each participant.**
- **Ask everyone to come up with a tasting cup and choose an ingredient** they like or are excited to eat.
- **Ask everyone to use their senses to experience the food:**

✓ Look at the food

- What color is it?
- Is the color bright, dull, light, dark?
- What shape is it?
- Does it have any interesting characteristics?

✓ Touch the food

- How does it feel (e.g., feel soft or hard)?

✓ Smell the food

- Does it have a smell?
- How does it smell (e.g., sweet, nutty, fruity)?

✓ Taste the food

- How does it taste (e.g., sweet, sour)?
- How does it feel in your mouth (e.g., crunchy, soft, chewy)?

- **Now ask everyone to pick a food they have never tried before and repeat the tasting steps above.** At the end, include the questions, "How do you like this new food? Do you think you will try it again?"
- **Encourage everyone to circle the ingredients they liked** on the recipe handout.
- **Once the tasting activity is finished, transition to the recipe-making activity:**
Everyone has different foods they like and you can use your favorites to make your own lunch!

Recipe-Making Activity

Workshop Recipe:

Veggie Roll-ups

Ingredients:

- **1 whole wheat tortilla** (about 8" wide or wide enough to roll) **or whole wheat pita:** Corn or rice alternatives available for allergies/sensitivities
- **2 tablespoons cream cheese or hummus:** Plain or flavor options
(Provide both as options if possible. Available in individual packets. Provide lactose-free cream cheese alternatives if any participants are lactose intolerant)
- **1/2 cup vegetables sliced into thin sticks* or chopped**

Suggestions: Cucumbers, bell peppers (red, yellow, orange), spinach, lettuce, cherry tomatoes, carrots, green beans

**Available pre-cut in most major supermarkets*

Materials:

- Cup or bowl for each ingredient
- Spoon/scoop for each ingredient
- For participants:
 - Disposable plate
 - Plastic knife

Directions:

- Spread the cream cheese or hummus in a thin layer on the tortilla or in the pita
- Lay out veggies in a line across one side of the tortilla
- Starting at the end with the fillings, roll up the tortilla
- Cut in half, in pieces for snacks, or leave as one long wrap

Ingredient and combination ideas listed in recipe handout

Group Recipe Making Instructions

- **Pass out a plate with tortilla or pita to each participant.**
- **Pass out either hummus or cream cheese packet and have everyone spread a thin layer on the tortilla or pita.** If you are using containers of hummus or cream cheese, invite participants up to scoop a spoonful on plate.
- **Have everyone choose at least one vegetable to layer over spread** in the middle of the tortilla, or place in pita pocket.
- **Have everyone roll up the tortilla;** they can also be folded in half if that is easier.
- **Once they are done adding the ingredients they would like, they can taste what they made!**
- Invite everyone to taste a sample of the combination you prepared ahead of time.

Discussion & Wrap-up

- **Ask anyone if they want to share what ingredients they used or go around and have everyone share.**
- **Ask participants if they would make this recipe again.**
 - If not – ask why? (e.g., too hard or they didn't like it)
 - If possible, provide suggestions or alternatives.

✓ **Reinforce takeaway message:**

You can prepare a healthy lunch in minutes that tastes great and can be taken to go!

- **Offer to-go bags with favorite ingredients.** If taking vegetables, provide separate Ziploc bag.

Recipe Handout

Ideas for a healthy lunch in minutes that tastes great and can be taken to go!

Workshop Recipe:

Prep Time: 5 minutes

Total Time: 5 minutes

Veggie Roll-ups

Servings: 1 Person

Ingredients:

- **1 whole wheat tortilla**
(about 8" wide or wide enough to roll)
or
whole wheat pita:
Corn or rice alternatives available for allergies/sensitivities
- **2 tablespoons cream cheese or hummus:** Plain or flavor options
Available in individual packets.
- **1/2 cup vegetables sliced into thin sticks* or chopped**

Suggestions: Cucumbers, bell peppers (red, yellow, orange), spinach, lettuce, cherry tomatoes, carrots, green beans

**Available pre-cut in most major supermarkets*

Equipment:

- Plate
- Knife



Directions:

- Spread the cream cheese or hummus in a thin layer on the tortilla or in the pita
- Lay out veggies in a line across one side of the tortilla
- Starting at the end with the fillings, roll up the tortilla
- Cut in half, in pieces for snacks, or leave as one long wrap
- Enjoy!

Combo Ideas:

Cream cheese, cucumber, bell peppers
Cream cheese, cherry tomatoes, cucumbers
Hummus, carrots, spinach
Hummus, cherry tomatoes, cucumbers

Simple Snacking

Main Nutrition Message

Enjoying a small healthy snack is a great opportunity to keep energy high for daily activities, incorporate ingredients from different food groups, and have something to look forward to. You can have fun preparing a quick and easy snack with your favorite healthy ingredients!

Workshop Overview

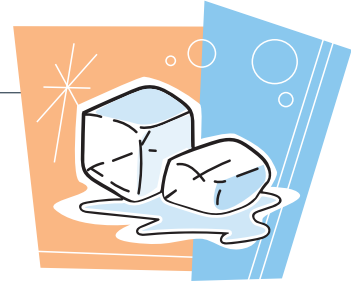
Preparing healthy snacks ahead of time and bringing them with you to work or school can help you avoid eating less healthy snacks because you're hungry (e.g., candy bars or chips). The recipe for the workshop is *Creative Crackers*, which provides many options to mix and match, can be made ahead of time or to eat immediately, and provides a serving of veggies!

Talking Points About Healthy Snacks

- **Healthy snacks can prevent hunger between meals; being hungry without healthy snack choices can lead to choosing unhealthy foods**
- **Provide energy for your favorite activities or needed extra energy for athletes**
- **Great opportunity to eat whole grains, fruits and vegetables, low-fat dairy**
 - Keeps your energy up for longer
 - Keeps you fuller for longer
 - Keeps you healthy
- **Can be quick and easy to make**
- **Can be made ahead of time**
- **Can be made to go**
- **Can be made with your favorite foods**
- **Can switch out ingredients to provide variety**



Icebreaker



- Introduce yourself and any helpers
- Open up the session by asking participants questions about snacking. Suggested questions include:

- ✓ Who enjoys eating snacks?
- ✓ What snacks do you like to eat?
- ✓ Who makes your snack/where do you get snacks?
- ✓ What do you feel when you don't have a snack?
 - Tired, hungry, angry, dizzy
- ✓ What are some reasons healthy snacks may be important?
 - Stay awake, feel alert, have energy for favorite activities, feel good, eat healthy

Interest-Focused Questions

Athletes

- How can eating healthy snacks help you with your sport?
 - Run or swim faster/longer, lift heavier weights, feel stronger/faster
- What do you like to snack on before or after training/a game?

Families

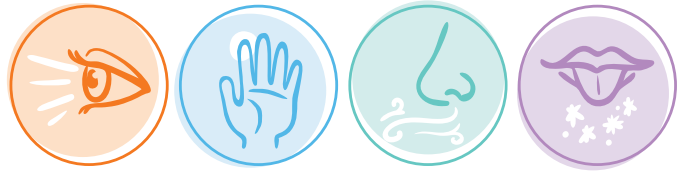
- Does everyone in the family like different snack foods?
- What do your family members eat for snacks?

Tasting Activity

GOAL: To learn about and experience different types of snacks, while also being introduced to ingredients in the snacking recipe.

Prep Prior to Workshop

- Display all of the ingredients you have chosen from the *Creative Crackers* recipe in separate bowls or clear cups with a serving spoon/scoop for each.
- Have tasting cups available.



Activity

- **Start by introducing each ingredient** you are providing for the tasting activity. This is a simple step of pointing to or holding up each ingredient and naming it.
- **Distribute the recipe handout and pen or pencil to each participant.**
- **Ask everyone to come up with a tasting cup and choose an ingredient** they like or are excited to eat.
- **Ask everyone to use their senses to experience the food:**

✓ Look at the food

- What color is it?
- Is the color bright, dull, light, dark?
- What shape is it?
- Does it have any interesting characteristics?

✓ Touch the food

- How does it feel (e.g., feel soft or hard)?

✓ Smell the food

- Does it have a smell?
- How does it smell (e.g., sweet, nutty, fruity)?

✓ Taste the food

- How does it taste (e.g., sweet, sour)?
- How does it feel in your mouth (e.g., crunchy, soft, chewy)?

- **Now ask everyone to pick a food they have never tried before and repeat the tasting steps above.** At the end, include the questions, "How do you like this new food? Do you think you will try it again?"
- **Encourage everyone to circle the ingredients they liked** on the recipe handout.
- **Once tasting activity is finished, transition to recipe-making activity:** *Everyone has different foods they like and you can make a snack with your favorites!*

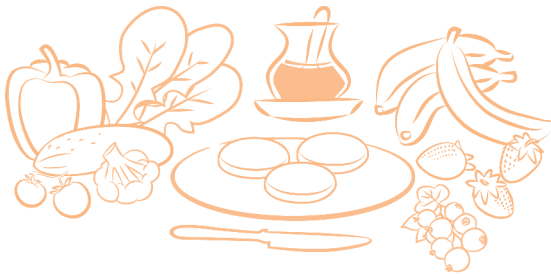
Recipe-Making Activity

Workshop Recipe:

Creative Crackers

Ingredients:

- Whole wheat crackers, rice cakes, or rice crackers
- Base and topping options



Materials:

- Cup or bowl for each ingredient
- Spoon/scoop for each ingredient
- For participants:
 - Disposable plate
 - Plastic knife

Directions:

- Place crackers or rice cake on plate
- Add base and toppings
- **Enjoy!**

Ingredient and combination ideas listed in recipe handout

Group Recipe Making Instructions

- Pass out plate with crackers or rice cakes to each participant
- Ask each person to come up one at a time and place at least one ingredient on top of the cracker or rice cake
 - They can start with a suggested base or choose any ingredient or combination
- Once they are done adding the ingredients they would like, they can taste what they made!
- Invite everyone to taste a sample of the combination you prepared ahead of time

Discussion & Wrap-up

- **Ask anyone if they want to share what ingredients they used or go around and ask everyone to show and/or tell what they chose for their recipe.**
- **Ask participants if they would make this recipe again**
 - If not – ask why? (e.g., too hard or they didn't like it)?
 - If possible, provide some suggestions, which may include the alternative recipe in the handout.

✓ **Reinforce takeaway message:**

You can have fun preparing a quick and healthy snack with your favorite flavors!

- **Offer to go bags with favorite ingredients to make recipe at home.**

Recipe Handout

Snacking recipes you can make how *you* like and *are* healthy for you...in just a few minutes!

Workshop Recipe:

Prep Time: 5 minutes

Total Time: 5 minutes

Creative Crackers

Servings: 1 Person

Ingredients:

- Whole wheat crackers, rice cakes, or rice crackers
- Base and topping options

Suggestions:

Base: Slice of cheese or thin layer of spread (hummus, nut butter, guacamole)

Topping: Veggie or fruit toppings (pre-chopped or sliced into bite sized pieces)

Equipment:

- Plate
- Knife

Directions:

- Place crackers or rice cake on plate
- Spread base or slice of cheese
- Add veggie or fruit topping
- **Enjoy!**

Base and Topping Options:

Base

Sliced cheese
(cheddar or swiss)
Nut butter
Hummus
Guacamole
(can buy pre-made)

Topping: Vegetable

Cucumber
Broccoli
(cooked for softness)
Bell peppers
Spinach
Cherry tomatoes

Topping: Fruit

Banana
Blueberries or
strawberries
Apples

Combo Ideas:

- Broccoli and cheddar cheese
- Nut butter and banana slices
- Hummus and cucumbers
- Broccoli and hummus
- Guacamole and bell peppers
- Nut butter and blueberries or strawberries
- Cheese slice and sliced apples
- Cucumber and cheese slice

Recipe Handout

Additional Recipe:

Prep Time: 5 minutes

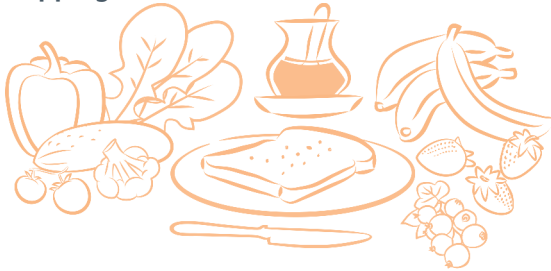
Total Time: 5 minutes

Fancy Toast

Servings: 1 Person

Ingredients:

- **Bread or english muffin** (1 or 2 slices)
- **Toppings**



Equipment:

- Plate
- Knife or spoon

Directions:

- Toast or defrost bread slices
- Choose toppings and spread on bread
- **Enjoy!**

Topping Suggestions:

Nut butter and banana
Cream cheese and strawberries
Avocado and hardboiled egg

Smashingly Healthy Hydration

Main Nutrition Message

Drinking throughout the day is important to keep your body hydrated. Keeping your body hydrated means making sure it has enough water to function well. It is easy to make a delicious version of your favorite drink that is healthy and refreshing!

Workshop Overview

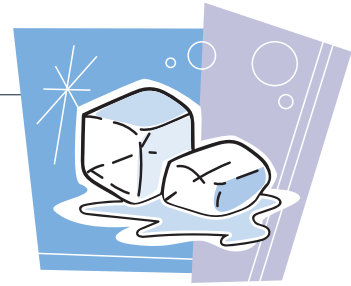
It is easy and fun to make healthy drinks at home by adding delicious flavors with fresh fruits, vegetables, and herbs. Drinking healthy beverages will help you avoid choosing drinks with a lot of added sugar, such as soda, when you're thirsty. The recipe for this workshop is *Infused Water*, which includes smashing fruits and vegetables for flavor, sweetness, and refreshing hydration. The recipe can be made ahead of time to enjoy throughout the day or can be ready to enjoy immediately.

Talking Points About Healthy Beverages

- You can make your own drinks that are low in sugar but have just as much flavor
- If you like fizzy drinks – you can make them fizzy with seltzer
- Healthy beverages keep you hydrated
- Staying hydrated is important for your body to:
 - Prevent dry mouth
 - Keep your heart healthy
 - Help your body keep itself cool
 - Keep your muscles and joints working well
- Can be refreshing and a good source of liquid when you're thirsty
- Helps avoid muscle cramps during exercising and sports



Icebreaker



- Introduce yourself and any helpers
- Open up the session by asking participants questions about drinks and hydration. Some suggested questions and answers include:

- ✓ Who thinks staying hydrated is important?
- ✓ What do you like to drink?
 - Water, fruit juice, fruit punch, milk, soda
- ✓ When do you like to have a drink?
 - Before or after sports, when you wake up, with meals
- ✓ What drinks contain a lot of sugar?
 - Soda or fruit juice both have a lot of sugar
- ✓ What are some reasons it may be good to stay hydrated?
 - Good for energy, avoid cramps
- ✓ Why might fruits that taste sweet and have sugar be better for you than soda and candy?
 - They have vitamins, minerals and fiber

Interest-Focused Questions

Athletes

- How can staying hydrated help you with your favorite sport?
 - Run faster/longer, avoid cramps, prevents dry mouth, keeps your body cool
- What do you like to drink before or after you practice or perform?

Families

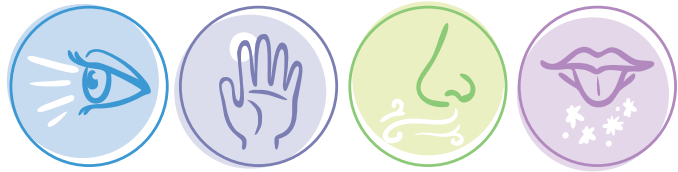
- What do your family members like to drink?
- What drinks do you have in your fridge or cabinets at home?

Tasting Activity

GOAL: To learn about and experience different types of fruits.

Prep Prior to Workshop

- Display all of the ingredients you have chosen from the *Infused Water* recipe in separate bowls or clear cups with a serving spoon/scoop for each.
- Have tasting cups available.



Activity

- **Start by introducing each ingredient** you are providing for the tasting activity. This is a simple step of pointing to or holding up each ingredient and naming it.
- **Distribute the recipe handout and pen or pencil to each participant.**
- **Ask everyone to come up with a tasting cup and choose an ingredient** they like or are excited to eat.
- **Ask everyone to use their senses to experience the food:**

✓ Look at the food

- What color is it?
- Is the color bright, dull, light, dark?
- What shape is it?
- Does it have any interesting characteristics?

✓ Touch the food

- How does it feel (e.g., feel soft or hard)?

✓ Smell the food

- Does it have a smell?
- How does it smell (e.g., sweet, nutty, fruity)?

✓ Taste the food

- How does it taste (e.g., sweet, sour)?
- How does it feel in your mouth (e.g., crunchy, soft, chewy)?

- **Now ask everyone to pick a food they have never tried before and repeat the tasting steps above.** At the end, include the questions, "How do you like this new food? Do you think you will try it again?"
- **Encourage everyone to circle the ingredients they liked** on the recipe handout.
- **Once tasting activity is finished, transition to recipe-making activity:** *Everyone has different foods they like and you can make a delicious drink with your favorites!*

Optional Activity

Hidden Sugar in Your Favorite Drinks

Materials:

- Container with sugar (at least ½ cup)
- Spoon
- Tall, clear glass of water

Activity

- **Hold up a spoonful of sugar** (teaspoon size)
- **Ask everyone to guess how many spoonfuls of sugar are in a can of soda.**
Have a soda can available to demonstrate the size.
If you would like to use a different sized bottle of soda, you can adjust the amount of sugar with the equation: 1 teaspoon = about 4 grams of sugar
- **Have everyone count along with you as you scoop sugar into the glass of water,** one teaspoon at a time
- **Pause every 2 teaspoons and ask if you should keep going**
- **Pour in a total of 9 teaspoons of sugar**
- **Stir and show how disappears** into the drink
- **Scoop same amount onto a plate** – ask everyone if it would be good to eat the whole plate
Can mention amounts in other popular beverages:
 - 7 teaspoons in 12 oz of fruit juice
 - 8 teaspoons in serving of Capri Sun
- **Transition to recipe making activity.** *You can enjoy great tasting drinks with less sugar.*

Recipe-Making Activity

Workshop Recipe:

Infused Water

Ingredients:

- Chopped fruit/vegetable
- Fresh herbs
- Seltzer water or still water
- Ice

Materials:

- Cup or bowl for each ingredient
- Spoon/scoop for each ingredient
- For participants:
 - Disposable cup (12 oz)
 - Plastic spoon

Directions:

- Scoop a spoonful or desired amount of fresh/ canned/frozen fruit and/or vegetable into cup
- Option to add pinch/sprig of fresh herbs
- Use spoon or other utensil to smash mixture at bottom of cup to release juices and blend flavors
- Add a scoop of ice, if desired
- Fill cup with seltzer or still water
- Mix with spoon
- **Enjoy!**

Note to Instructor: Have a pitcher of pre-made recipe for participants to try.

Ingredient and combination ideas listed in recipe handout

Group Recipe Making Instructions

- **Pass out cup and spoon to everyone**
- **Have everyone choose about a scoop of fruit/vegetable** to fill the bottom of the cup as well as any other flavors (like lemon or herb)
- **Have everyone take spoons or other utensil and smash ingredients at bottom of cup**
- **Add ice**
- **Have everyone fill rest of cup with seltzer (or still) water.**
- **Mix and enjoy!**
- Invite everyone to taste a sample of your combination

Discussion & Wrap-up

- **Ask anyone if they want to share what ingredients they used or go around and ask everyone to show and/or tell what they chose for their recipe.**
- Ask everyone how their drink tastes and if they would drink this instead of soda or pure fruit juice
- **Ask participants if they would make this recipe again**
 - If not – ask why? (e.g., too hard or they didn't like it)?
 - If possible, provide some suggestions, which may include the alternative recipe in the handout.

✓ **Reinforce takeaway message:**

It is easy to make a delicious version of your favorite drink that is healthy and refreshing!

- **Offer to go bags with favorite ingredients.** If taking fruit, provide separate Ziploc bag.

Smashingly Healthy Hydration

Recipe Handout

Hydrating recipes you can make how *you* like and *are* healthy for you...ready immediately or infused for at least 2 hours.

Workshop Recipe:

Prep Time: 5 minutes

Total Time: 5 minutes or 2 hours

Infused Water

Servings: 1 Person

Ingredients:

- **1 cup of chopped fruit/vegetable**
(frozen, fresh or canned fruit)
- **Pinch of fresh herbs (optional)**
- **4 cups of water**
(seltzer can be used if drinking right away)
- **Ice (optional):** Add before serving



Equipment:

- Cup or pitcher
- Spoon

Directions:

- Add fruit and/or vegetable to cup
- Add pinch/sprig of fresh herbs (optional)
- Use spoon or other utensil to smash mixture at bottom of cup to release juices and blend flavors
- Fill cup with seltzer or still water
- Mix with spoon
- **Add a scoop of ice, if desired, to enjoy immediately or enjoy in 2 hours after infused!**

Ingredient Options:

Fruit			Herbs	Vegetable
Strawberries	Watermelon	Pineapple	Mint	Cucumber
Raspberries	Lemon	Orange	Basil	
Blueberries	Lime	Peach		
		Kiwi		
		Grapes		
		Cherries (remove pits)		

Combo Ideas:

- | | |
|----------------------|------------------------|
| Cucumber and mint | Orange and blueberries |
| Watermelon and basil | Grape and orange |
| Cucumber and lemon | Strawberry and lemon |
| Peach and cherry | Lemon and lime |

Recipe Handout

Additional Recipe:

Prep Time: 5 minutes

Total Time: 5 minutes

Fruit Juice Soda

Servings: 1 Person

Ingredients:

Version 1:

- ½ cup of 100% fruit juice
(apple, grape, pear, pineapple, orange, grapefruit)
- ½ cup seltzer water
- Ice

Version 2:

- 2 tablespoons pureed fresh fruit
- 1 cup seltzer water
- Ice

Equipment:

- Cup
- Spoon

Directions:

- Mix juice with water and ice
- **Enjoy!**

