



Session 3: Maniacs Go Wild

Content Learning Objectives:

- To discuss the importance of eating 5 servings of fruits and vegetables for a healthy lifestyle.
- To identify fruits and vegetables that are excellent sources of vitamin C and vitamin A
- To increase awareness and preference for a variety of fruits and vegetable through food sampling and preparation of three recipes.
- Reinforce the importance of healthy eating and physical activity through various fun activities, interactive games and taste testing opportunities.

Key Components:

- Review where fruit and vegetables are located on MyPyramid (Show MyPyramid food guide chart)
- What are serving sizes? A serving size is ½ cup cooked or raw vegetables, one cup of leafy vegetables, or ¾ cup of vegetable juice. (Show food models.)
- Why do you need to eat more fruits and vegetables?
 - A diet high in fruits and vegetables helps reduce the risk of heart disease and cancer.
 - Fruits and vegetables are good sources of fiber, which helps to keep our digestive tract healthy.
 - They are low in fat and calories (except when we add things like cheese, butter, sour cream, or gravy)
 - Fruits and vegetables are important sources of vitamins and minerals such as vitamin A, vitamin C, B vitamins, and potassium. (As an activity, have youth taste different kinds of Vitamin A & C fruits and/or vegetables.)
 - Vitamin A: helps us have healthy skin, hair and tissues. It also helps us to see in dim light. We should eat a fruit or vegetable with Vitamin A 3-4 times a week
 - Good sources: orange vegetables like carrots, sweet potatoes, pumpkin, dark-green leafy vegetables such as spinach, collards, turnips, or mustard greens and orange fruits like cantaloupe, apricots, mangos
 - Vitamin C: helps our connective tissue hold the many structures of our body together. It keeps our capillaries (small blood vessels) healthy so they don't bruise as easily and your gums healthy so they don't bleed. A vitamin C source should be consumed daily.

- Good sources: citrus fruits and juices such as orange, grapefruit, lemons and tangerines, kiwi fruit, strawberries, cantaloupe, blackberries, raspberries, papaya and vegetables such as broccoli, cauliflower, peppers, tomatoes, cabbage, potatoes, Brussels sprouts, and leafy greens.
- What are some ways you can add fruits and vegetables to your diet?
 - Eat baby carrots as a snack.
 - Add lettuce, tomato, and cucumber to your sandwiches.
 - Choose a baked potato over a hamburger for lunch.
 - Add fruit to your cereal.
 - Drink juice instead of soda pop.
- Play “Fruit and Vegetable Olympics” (Directions listed in experiential learning activities section)
- Prepare recipes
- Evaluate session using “Fruits and Vegetables” worksheet

Experiential Learning Activities:

- Test tasting of unusual fruits and vegetables high in vitamins A & C
- Physical Activity: Fruit and Vegetable Olympics
 - *Equipment needed:* Starting line (tape, boxes or cones), one bag unpeeled whole carrots, 4 potatoes, round shaped plastic fruit or vegetables such as grapefruit, orange, apple, pepper, lemon, or eggplant
 - *How to play:*
 - Carrot Hop: Draw a starting line. Place carrots in front of the line. Place the same number of carrots approximately 20 feet from the line. Have the children (same number as number of carrots used) to line up at the line. On “go” signal children to hop like rabbits to the second carrot, pick up the carrot and hop back to the start line. Repeat until all the children have had a turn hopping to the finish line. Make sure children are hopping with both feet instead of running.
 - Potato Relay: Designate and mark 3 lines approximately 10 feet apart. Divide children into two even groups. Have ½ of children at the starting line, ½ at the middle line. Give a potato to the child at the starting line. They are to figure out a way to hold the potato (under their arm, under their chin, etc) without using their hands. Instructors will need to specify the rules. Once they reach the middle line they are to hand their potato to the next child who then

“carries” it to the finish line and runs back to the starting line. The potato is then given to the next child and the relay is repeated until all children have a turn.

- Fruit and Vegetable Shot-Put: Draw a starting line. Using a round shaped fruits or vegetables such as a plastic grapefruit, orange, apple, pepper, lemon, or eggplant, have children line up. Demonstrate proper shot put technique. Have student select the three fruits or vegetables they want to “shot put”. Once thrown have the child run to where they landed and return the items to the starting line for the next participants to choose.
- Sanitize food preparation area, properly wash hands, and prepare recipes
 - Maniacs in the Forest
 - Maniac Monster Salad
 - Wild Things

Handouts:

- MyPyramid Chart
- “Munchin’ Maniacs Go Wild” Recipes
- “Fruits and Vegetables” evaluation worksheet

Lesson Materials:

- MyPyramid Chart at <http://www.mypyramid.gov/>
- Vegetable and fruit food models showing serving sizes
- Vegetables and fruit high in Vitamin C and Vitamin A prepared for tasting
 - Paper plates, knife
 - See list above for suggested produce to taste
- Fruit and Vegetable Olympics
 - 3 plastic carrots
 - Several round shaped plastic fruits and/or vegetables such as: grapefruit, orange, lemon, apple, eggplant, etc.
 - 4-6 potatoes
- Recipe ingredients and equipment

MUNCHIN' MANIACS

Maniacs Go Wild Recipes

MANIACS IN THE FOREST

Makes: 1 broccoli tree

Ingredients-Dipping Sauce:

2 tablespoons plain nonfat yogurt
 2 tablespoons light sour cream
 1 teaspoon spicy brown mustard

Ingredients-Broccoli Trees:

4 carrot sticks or mini peeled carrots
 10 small broccoli florets
 5 grape tomatoes

Directions-Dipping Sauce:

Combine ingredients in a small bowl. Refrigerate until ready to serve (1-2 days).

Directions-Broccoli Trees:

Wash carrots. On a plate, arrange carrot sticks side-by-side to create the tree trunk. Place the broccoli florets around the top of the carrots to form the leaves of the tree. Place the tomatoes in the tree to look like apples. Spoon the dip around the base of the carrots. Serve immediately.

Serving: 1 recipe

Nutrition Analysis per serving: Calories 117 kcal, Protein 7.4 g, Fat 1.1 g, Carbohydrates 26.6 g, Fiber 8.5 g, Calcium 108 mg, Sodium 133 mg

Maniacs in the Forest Shopping List-10 participants Yield: 10 broccoli trees

Ingredients	Purchase	Individual
Carrot sticks	1 bag	4
Broccoli	3 bunches (100 small florets)	10 florets
Grape tomatoes	50	5

Ingredients	Purchase	Groups of 2-3
Plain yogurt	8 ounces	¼ cup
Light sour cream	8 ounces	¼ cup
Spicy brown mustard	8 teaspoons	2 teaspoons

Equipment: (Work Group: 1 participant for trees and 2-3 for dipping sauce)

10 small plates	3 measuring spoons (1 tsp.)
3 small bowls	3 measuring cups (1/4 cup)
3 plastic spoons	paper towels

MANIAC MONSTER SALAD

Makes: 1 monster salad

Ingredients:

½ orange

½ banana

2 teaspoons peanut butter or fat free cream cheese

2 raisins

1 whole almond

2 tablespoons shredded carrot

Creature Directions:

Cut off the rounded edge of the orange half and place on a plate. Carefully push the monster (½ banana) into the center of the orange half. For eyes and nose use a small amount of peanut butter or cream cheese to attach the raisins and the almond to the banana. Place a small amount of peanut butter or cream cheese on top of the monster's head and sprinkle on 1 tablespoon of shredded carrot. Spread remaining shredded carrot around the base of the orange slice. Serve immediately.

Serving: 1 recipe

Nutrition Analysis per serving: Calories 54 kcal, Protein 2 g, Fat 1 g, Carbohydrates 10 g, Fiber 2 g, Calcium 55 mg, Sodium 62 mg

Maniac Monster Salad Shopping List- 10 Participants Yield: 10 salads

Ingredients	Purchase	Individual
Oranges	5 oranges	½ orange
Bananas	5	½ banana
Fat free cream cheese or peanut butter	1 (8 oz) tub (20 teaspoons) or 1 jar (20 teaspoons)	2 teaspoons
Raisins	20	2
Whole almonds	10	1
Shredded carrots	1 bag	Divide between individuals

- Precut bananas into half
- Precut oranges into half and cut bottom rounded end off so orange will sit on plate

Equipment: (Work Group: 1 participant)

10 plastic knives

paper towels

20 paper plates

spoon for cream cheese or peanut butter

WILD THINGS

Makes: 1 wild thing face

Ingredients:

- 1 plain rice cake
- 2 tablespoons prepared sugar free vanilla pudding

Assorted fresh fruit: peaches, apples, kiwi, strawberries, grapes, bananas, pineapple etc.

Directions:

On a cutting board, cut fresh fruit in shapes to create a “wild thing” face. Using a knife spread the pudding mixture over the rice cake. Use the cut up fruit to create a face.

Serving: 1 recipe

Nutrition Analysis per serving: Calories 113 kcal, Protein 2.5 g, Fat 1 g, Carbohydrates 25 g, Fiber 3.5 g, Calcium 52 mg, Sodium 45 mg

Wild Things Shopping List-10 Participants Yield: 10 Wild Things

Ingredients	Purchase	Individual
Vanilla pudding, sugar free	1 small box	2 tbsp prepared pudding
Skim milk	2 cups	
Rice cakes, plain	10	1
Assorted fresh fruit (peaches, apples, kiwi, strawberries, grapes, bananas, pineapple etc.)	Fruit will be used to decorate monster faces.	Several slices of different types of fruit

- Have pudding prepared to share with the participants

Equipment: (Work Group: 1 participant)

- 10 plastic knives
- 10 large plates
- 10 plastic spoons
- 1 liquid measuring cup
- 5 cutting boards
- paper towels



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