



Parent Educator Guide



Parent Curriculum Table of Contents



Lesson #	Curriculum Topic	Page Number
1	Introduction to TX Sprouts <i>Corn and Black Bean Salad</i> <i>Cucumber-Lemon Aquas Fresca</i>	1
2	Sugar Sweetened Beverages <i>Vegetable Quesadillas</i> <i>Mint Cucumber Aquas Fresca</i>	9
3	Fruits and Vegetables <i>Vegetable Stir-fry</i> <i>Strawberry-Mint Aquas Fresca</i>	19
4	Fiber and Whole Grains <i>Whole Wheat Pasta with Vegetables</i> <i>Cinnamon Spice Herbal Tea</i>	28
5	Food Groups and Meal Planning <i>Winter Salad</i> <i>Mint, Lime, and Club Soda Aquas Fresca</i>	37
6	Shopping, Cooking, and Eating as a Family <i>Breakfast Taco</i> <i>Orange-Basil Aquas Fresca</i>	45
7	Gardening on Your Own <i>Ultimate Sandwich</i> <i>Agua de Jamaica</i>	59
8	Eating Healthy on the Go <i>Snack Mixture: Lime Toasted Pepitas, Cucumber Radish Bites,</i> <i>Fruit Rainbow Skewers</i> <i>Watermelon Basil Aquas Fresca</i>	70
9	Program Review <i>Juicy Jicama Salad</i> <i>Strawberry-Mint Aquas Fresca</i>	82

Lesson 1: Introduction to TX Sprouts

Recipe: Corn and Black Bean Salad



Learning Outcomes

- Provide an introduction to the TX Sprouts program
- Describe how TX Sprouts is a family intervention and what the role of the parent is in the program
- Identify the purpose of the Garden Leadership Coalition (GLC)

Preparation

Prep Beforehand	<input type="checkbox"/> Cucumber-Lemon Agua Fresca <input type="checkbox"/> Wash all vegetables <input type="checkbox"/> Recipe prep - see below for details	<input type="checkbox"/> Clipboards with TX Sprouts Parent Handouts <input type="checkbox"/> Nametags	
Other Items to Bring			
General	<input type="checkbox"/> Lesson report form <input type="checkbox"/> Pencils <input type="checkbox"/> Trash bags <input type="checkbox"/> Vinegar cleaning solution <input type="checkbox"/> 2 buckets/bins (1 trash; 1 compost)	<input type="checkbox"/> 2 tables for instruction <input type="checkbox"/> Tape <input type="checkbox"/> Paper towel roll <input type="checkbox"/> Dry erase markers/eraser <input type="checkbox"/> TX Sprouts handouts	
Activity 1	<input type="checkbox"/> Markers	<input type="checkbox"/> Nametags	
Agua Fresca	<input type="checkbox"/> 3 gallons cold water <input type="checkbox"/> Pitcher <input type="checkbox"/> Cups	<u>Recipe ingredients:</u> <input type="checkbox"/> Cucumber <input type="checkbox"/> Lemon	
Cooking Activity	<input type="checkbox"/> 5 parent tables <input type="checkbox"/> Hand sanitizer <input type="checkbox"/> Compost bin <input type="checkbox"/> Cooking directions <input type="checkbox"/> Table numbers <input type="checkbox"/> Recipe cards <input type="checkbox"/> 9 cutting boards <input type="checkbox"/> Strainer <input type="checkbox"/> Can opener <input type="checkbox"/> 9 knives <input type="checkbox"/> Plates and utensils	<input type="checkbox"/> 5 medium bowls <input type="checkbox"/> 1 large bowl <input type="checkbox"/> 1 large cooking/serving spoon <input type="checkbox"/> Measuring spoons and cups <input type="checkbox"/> Voting beans & jars <input type="checkbox"/> Hose/bucket/sink for washing veggies <input type="checkbox"/> Vegetable peeler	<u>Recipe ingredients:</u> <input type="checkbox"/> Beans <input type="checkbox"/> Corn <input type="checkbox"/> Bell peppers <input type="checkbox"/> Avocados <input type="checkbox"/> Green onion <input type="checkbox"/> Cilantro <input type="checkbox"/> Lime <input type="checkbox"/> Cucumbers <input type="checkbox"/> Salt & pepper
To Set Up/Prep in the Garden	<input type="checkbox"/> Set up tables: number tables & set out recipe cards, plates, utensils and cups for each parent <input type="checkbox"/> Educator table: stack of post-it notes, pencils <input type="checkbox"/> Write objectives/recipe/agua fresca on the board		
Optional	<input type="checkbox"/> Projector <input type="checkbox"/> Projector Screen <input type="checkbox"/> TX Sprouts Intro Slides		

Lesson 1: Introduction to TX Sprouts

Recipe: Corn and Black Bean Salad



Optional: As parents are checking in with TX Sprouts staff (completing their parent questionnaires and body measurements), have a small seating area for other parents to view pictures from their school's build day and the first several lessons of the children's TX Sprouts classes.

Activity 1: Introductions

1. Introduce yourself to the group and explain your role in the program.
2. Make nametags: Everyone writes their name on a sticker nametag and puts it on. Depending on the size of the group, have parents introduce themselves and their child to the whole group or in small groups if there are a lot of people.

Discussion 1: Agenda

1. Explain to the parents the agenda for the day by going over the learning outcomes, recipe and agua fresca. Remind parents that everyone should complete the parent questionnaire and body measurements prior to leaving.
2. Every parent that completes measurements should receive and sign for the incentive.

Discussion 2: Program Overview

1. Explain to parents the purpose of the TX Sprouts Program: The TX Sprouts Parent Program consists of 9 sixty-minute monthly sessions in which TX Sprouts parents come together to learn about nutrition, gardening, and cooking. We are also coming to teach twice as many classes to your children as well.
2. Tell parents: This program mirrors what your child is learning in the classroom. We'll equip you with the tools and tips to create or enhance a healthy environment for you, your child, and all of your family.
3. Ask parents: Have any of your children come home talking about what they have learned or cooked so far with Texas Sprouts?
4. Tell parents: During the monthly sessions you'll learn about:
 - a. Sugar Sweetened Beverages
 - b. Food Groups and Portions
 - c. Fiber and Whole Grains
 - d. Meal Planning and Family Eating
 - e. Shopping and Cooking as a Family
 - f. Gardening on Your Own
 - g. Eating Healthy on the Go
 - h. And so much more!

Lesson 1: Introduction to TX Sprouts

Recipe: Corn and Black Bean Salad



Discussion 3: The Role of Parents in the TX Sprouts Program

1. Explain to parents: The TX Sprouts is a family intervention. At the 9 monthly TX Sprouts meetings you'll learn tips that can impact you and your entire family. Your role as the parent is the power to create options that promote a healthy family.
2. Ask parents: What do you all do already to encourage healthy eating with your family? Call on a couple of parents to share.
3. Tell parents: There are several things you can do at home to make the most out of this program for your family.
 - a. We'll be giving you lots of healthy eating tips. Try some of these tips at home!
 - b. Talk with your child about what they're learning in your weekly TX Sprouts classes.
 - c. Discuss ways with your family to make healthy changes; this is a great way to start a conversation with your family members.
 - d. Share and discuss your experiences and tips with other TX Sprouts parents; this is a great way to learn even more ways to make changes at home.
 - e. Visit our website at www.txsprouts.com for more program information.

Discussion 4: What is the GLC?

1. Tell parents: A Garden Leadership Committee (GLC) is being established at your school. The GLCs include interested teachers, school staff, parents interested in improving your child's school garden. The GLCs meet about once a month for 45-minute meetings after school.
2. Explain that becoming part of the GLC is a great way to get involved in the TX Sprouts program and make an impact at their child's school.
3. Explain to parents: If you are interested in getting active in the GLC, you can contact your child's school GLC Committee Contact. Provide parents with the information below and allow them to write this down on page 2 of your parent handout.

GLC Committee Contact: _____

Email: _____

Cooking Activity

1. Ask parents to open your workbooks to the Corn & Black Bean Salad recipe on page 3.
2. Tell parents: Your child prepared or will prepare this recipe in their class too!
3. Talk about the meal they will prepare by going over ingredients, quantities and basic preparation.
4. Encourage all parents to at least "try" the recipe.

Lesson 1: Introduction to TX Sprouts

Recipe: Corn and Black Bean Salad



Cooking Preparation

Table #	Item to Prep	Materials Needed	Directions on Table
1	Beans and Corn Avocado	1 cutting board 1 can opener 1 strainer 1 medium bowl 1 knife	1. Open cans. 2. Strain over compost bin. Add to bowl. 3. Remove avocado from skin and remove seed. 4. Slice avocado into quarters then dice into medium sized pieces.
2	Bell Pepper (2)	2 cutting boards 2 knives 1 medium bowl	1. Cut off stem. 2. Remove seeds. 3. Cut in half, then strips. Final pieces about ¼ inch long.
3	Green Onions	2 cutting boards 2 knives 1 medium bowl	1. Cut off root. 2. Cut in ½ inch pieces.
4	Cucumber (2)	2 cutting boards 2 knives 1 vegetable peeler 1 medium bowl	1. Peel cucumber. 2. Cut into four even pieces. 3. Then, cut each piece in half and into small cubes.
5	Cilantro and Lime	2 cutting boards 2 knives 1 medium bowl 1 citrus juicer	1. Tear leaves off of the stems. If leaf is really big, tear in half. 2. Discard stems into compost bucket. 3. Slice limes in half. 4. Use citrus juicer to juice limes.

Cooking Assistant Directions

Assist parents completing their task. Some parents may need to be shown how to properly cut certain vegetables. When parents are finished, collect all of your ingredients, toss, and serve.

Recipe & Agua Fresca Tasting

Assistants should serve a small sample on each plate, pour a serving of the agua fresca in each cup, and help distribute to parents.

Voting On The Recipe & Agua Fresca

1. Pass out two beans to each parent.
2. Assistant walks around to each table with two cups and instructs the parents to place the bean in the “yes” cup if they liked the recipe and in the “no” cup if they did not like the recipe.
 - a. Repeat for voting on the agua fresca.
 - b. Record results on the lesson report form

Lesson 1: Introduction to TX Sprouts



Recipe: Corn and Black Bean Salad





Conclusion

- Tell parents: Thank you for coming out this week! Our next TX Sprouts Meeting will be on _____ and we will be learning about sugar and sugary drinks and cooking vegetable quesadillas! Encourage parents to write this date down on page **XX** of their handouts.

Recipes

 Corn & Black Bean Salad	
<p>Ingredients</p> <p>1 cup cooked sweet corn 1 cup cooked black beans 1 red bell pepper, chopped 1 avocado, chopped ½ cup green onions, chopped Cilantro Juice of 1 lime Salt and pepper, to taste</p> <p>Time: 15 minutes Serving size: ½ cup Servings per recipe: 8</p>	 <p><i>Per serving:</i> Carbohydrates: 11 grams Fiber: 4 grams Added Sugar: 0 grams Protein: 3 grams</p>
<p>Directions</p> <p>1. Combine all ingredients in bowl, and toss.</p>	

 Cucumber-Lemon Agua Fresca	
<p>Ingredients</p> <p>1 pitcher of filtered water 1 cucumber 2 lemons</p> <p>Time: 10 minutes Serving size: 1 cup (8 fluid ounces) Servings per recipe: one pitcher</p>	 <p><i>Per serving:</i> Carbohydrates: 0 grams Fiber: 0 grams Added Sugar: 0 grams Protein: 0 grams</p>
<p>Directions</p> <p>1. Cut cucumber in half, slice it lengthwise into 4 sections, and place in pitcher. 2. Cut lemons into thin slices, and add to pitcher. 3. Fill pitcher with water, and chill in refrigerator. 4. To serve, pour water into glasses, leaving the lemon and cucumber in pitcher. Refill the pitcher and reuse the lemon and cucumber a few times. They will stay fresh for 2 days if kept cold.</p>	

Lesson 1: Introduction to TX Sprouts


Recipe: Corn and Black Bean Salad



Cooking Instructions For Each Table

Table 1	
Supplies	Directions
<ul style="list-style-type: none"><input type="checkbox"/> Beans and corn<input type="checkbox"/> 1 Avocado<input type="checkbox"/> 1 cutting board<input type="checkbox"/> 1 can opener<input type="checkbox"/> 1 strainer<input type="checkbox"/> Medium bowl<input type="checkbox"/> 1 knife <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none">1. Open cans.2. Strain over compost bin.3. Remove avocado from skin and remove seed.4. Slice avocado into quarters then dice into medium sized pieces.5. Place all items into bowl.



Table 2	
Supplies	Directions
<ul style="list-style-type: none"><input type="checkbox"/> 2 bell peppers<input type="checkbox"/> 2 cutting boards<input type="checkbox"/> 2 knives<input type="checkbox"/> Medium bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none">1. Cut off stem and cut in half.2. Remove seeds.3. Slice into strips and then into cubes, as  pictured.



Lesson 1: Introduction to TX Sprouts

Recipe: Corn and Black Bean Salad




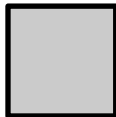
Table 3	
Supplies	Directions
<ul style="list-style-type: none"><input type="checkbox"/> Green onions<input type="checkbox"/> 2 cutting boards<input type="checkbox"/> 2 knives<input type="checkbox"/> Medium bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none">1. Cut off root.2. Cut into small pieces, as pictured. 



Table 4	
Supplies	Directions
<ul style="list-style-type: none"><input type="checkbox"/> 2 cucumbers<input type="checkbox"/> 4 cutting boards<input type="checkbox"/> 4 knives<input type="checkbox"/> Vegetable peeler<input type="checkbox"/> Medium bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none">1. Peel cucumber.2. Cut into 4 even pieces.3. Then cut each piece in half and into cubes, as pictured. 



Lesson 1: Introduction to TX Sprouts

Recipe: Corn and Black Bean Salad



Supplies	Directions
<ul style="list-style-type: none">□ Cilantro□ 2 cutting boards□ 2 knives□ Medium bowl□ Lime□ Citrus juicer <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none">1. Tear leaves off of the stems. If leaf is really big, tear in half.2. Discard stems into compost bucket.3. Slice limes into halves.4. Use citrus juicer to juice limes.



Lesson 2: Sugar Sweetened Beverages

Recipe: Vegetable Quesadilla with Salsa



Learning Outcomes

1. Describe the difference between natural and added sugars
2. Explain why it is important to limit added sugar and how it affects the body
3. Identify beverages high in added sugar
4. Calculate the teaspoons of sugar in different foods and beverages
5. Recognize alternatives to sugar-sweetened beverages and how to make naturally sweetened drinks without sugar

Preparation

Prep Beforehand	<input type="checkbox"/> Cucumber-Mint Agua Fresca <input type="checkbox"/> Wash all vegetables <input type="checkbox"/> Recipe prep – see below for details <input type="checkbox"/> Clipboards and TX Sprouts Parent Handouts		
Other Items to Bring			
General	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <input type="checkbox"/> Lesson report form <input type="checkbox"/> Texas Sprouts workbook <input type="checkbox"/> Trash bags <input type="checkbox"/> Paper towel roll <input type="checkbox"/> Pencils <input type="checkbox"/> 2 buckets/bins (1 trash; 1 compost) </td> <td style="width: 50%; vertical-align: top;"> <input type="checkbox"/> Dry erase markers/eraser <input type="checkbox"/> Vinegar cleaning solution <input type="checkbox"/> Tape <input type="checkbox"/> 2 tables for instruction </td> </tr> </table>	<input type="checkbox"/> Lesson report form <input type="checkbox"/> Texas Sprouts workbook <input type="checkbox"/> Trash bags <input type="checkbox"/> Paper towel roll <input type="checkbox"/> Pencils <input type="checkbox"/> 2 buckets/bins (1 trash; 1 compost)	<input type="checkbox"/> Dry erase markers/eraser <input type="checkbox"/> Vinegar cleaning solution <input type="checkbox"/> Tape <input type="checkbox"/> 2 tables for instruction
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Discussion 1	<input type="checkbox"/> Piece of fruit and soda for demo <input type="checkbox"/> Pictures of foods with natural and added sugars		
Activity 2	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <input type="checkbox"/> 20-oz coca cola <input type="checkbox"/> 20-oz Gatorade <input type="checkbox"/> 7-Eleven Super Big Gulp <input type="checkbox"/> Can of Arizona Lemon Iced Tea </td> <td style="width: 50%; vertical-align: top;"> <input type="checkbox"/> Measuring spoons <input type="checkbox"/> Colored paper plates <input type="checkbox"/> Nutrition labels <input type="checkbox"/> Bag of sugar </td> </tr> </table>	<input type="checkbox"/> 20-oz coca cola <input type="checkbox"/> 20-oz Gatorade <input type="checkbox"/> 7-Eleven Super Big Gulp <input type="checkbox"/> Can of Arizona Lemon Iced Tea	<input type="checkbox"/> Measuring spoons <input type="checkbox"/> Colored paper plates <input type="checkbox"/> Nutrition labels <input type="checkbox"/> Bag of sugar
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Discussion 5	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <input type="checkbox"/> Yogurt <input type="checkbox"/> Granola Bars <input type="checkbox"/> Breakfast Cereal <input type="checkbox"/> Cereal Bars <input type="checkbox"/> Canned Fruit <input type="checkbox"/> Instant Oatmeal </td> <td style="width: 50%; vertical-align: top;"> <input type="checkbox"/> Dried Fruit <input type="checkbox"/> Bottled Spaghetti Sauce <input type="checkbox"/> Pudding <input type="checkbox"/> Barbeque Sauce <input type="checkbox"/> Pop Tarts <input type="checkbox"/> Ketchup </td> </tr> </table>	<input type="checkbox"/> Yogurt <input type="checkbox"/> Granola Bars <input type="checkbox"/> Breakfast Cereal <input type="checkbox"/> Cereal Bars <input type="checkbox"/> Canned Fruit <input type="checkbox"/> Instant Oatmeal	<input type="checkbox"/> Dried Fruit <input type="checkbox"/> Bottled Spaghetti Sauce <input type="checkbox"/> Pudding <input type="checkbox"/> Barbeque Sauce <input type="checkbox"/> Pop Tarts <input type="checkbox"/> Ketchup
<input type="checkbox"/> Yogurt <input type="checkbox"/> Granola Bars <input type="checkbox"/> Breakfast Cereal <input type="checkbox"/> Cereal Bars <input type="checkbox"/> Canned Fruit <input type="checkbox"/> Instant Oatmeal	<input type="checkbox"/> Dried Fruit <input type="checkbox"/> Bottled Spaghetti Sauce <input type="checkbox"/> Pudding <input type="checkbox"/> Barbeque Sauce <input type="checkbox"/> Pop Tarts <input type="checkbox"/> Ketchup		
Aqua Fresca	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <input type="checkbox"/> Cups <input type="checkbox"/> Ice <input type="checkbox"/> Water (1.5 gallons/class) </td> <td style="width: 50%; vertical-align: top;"> <u>Recipe Ingredients:</u> <input type="checkbox"/> Cucumber <input type="checkbox"/> Mint </td> </tr> </table>	<input type="checkbox"/> Cups <input type="checkbox"/> Ice <input type="checkbox"/> Water (1.5 gallons/class)	<u>Recipe Ingredients:</u> <input type="checkbox"/> Cucumber <input type="checkbox"/> Mint
<input type="checkbox"/> Cups <input type="checkbox"/> Ice <input type="checkbox"/> Water (1.5 gallons/class)	<u>Recipe Ingredients:</u> <input type="checkbox"/> Cucumber <input type="checkbox"/> Mint		
Cooking Activity	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <input type="checkbox"/> 7 parent cooking tables <input type="checkbox"/> Hand sanitizer <input type="checkbox"/> Cooking Directions </td> <td style="width: 50%; vertical-align: top;"> <u>Recipe Ingredients:</u> <input type="checkbox"/> Summer squash <input type="checkbox"/> Spinach </td> </tr> </table>	<input type="checkbox"/> 7 parent cooking tables <input type="checkbox"/> Hand sanitizer <input type="checkbox"/> Cooking Directions	<u>Recipe Ingredients:</u> <input type="checkbox"/> Summer squash <input type="checkbox"/> Spinach
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Lesson 2: Sugar Sweetened Beverages



Recipe: Vegetable Quesadilla with Salsa

	<ul style="list-style-type: none"> <input type="checkbox"/> Measuring spoons and cups <input type="checkbox"/> Voting beans & jars <input type="checkbox"/> Hose/bucket/sink for washing veggies <input type="checkbox"/> Table numbers <input type="checkbox"/> Recipe cards <input type="checkbox"/> 9 cutting boards <input type="checkbox"/> 8 knives <input type="checkbox"/> Plates and utensils <input type="checkbox"/> 5 medium bowls <input type="checkbox"/> 1 large bowl <input type="checkbox"/> 1 large cooking/serving spoon <input type="checkbox"/> Sautee pan <input type="checkbox"/> Propane and stove <input type="checkbox"/> Lighter/matches <input type="checkbox"/> Green Onion <input type="checkbox"/> Cheese <input type="checkbox"/> Cilantro <input type="checkbox"/> Mushrooms <input type="checkbox"/> Tortillas <input type="checkbox"/> Tomato <input type="checkbox"/> Onion <input type="checkbox"/> Jalapeno <input type="checkbox"/> Cilantro
<p>To Set Up/Prep in the Garden</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Set up tables: number tables & set out recipe cards, utensils and cups for tasting for each parent <input type="checkbox"/> Write objectives/recipe/agua fresca on the board

Introduction

Welcome parents back and go over the learning outcomes for the class and the recipe/agua fresca.

Discussion 1: Natural Versus Added Sugar

1. Hold up a piece of fruit in one hand and a soft drink in another. Tell parents: Both of these have sugar in them, but one is a natural sugar and the other has added sugar.
2. Ask parents to raise their hands to vote on which one has natural sugar.
3. Tell parents: All fruit has natural sugar and that type of sugar is not bad for you. Other foods with natural sugar include milk, plain yogurt, raisins and frozen fruit. However, added sugar is not good for you. In a soda, for example, sugar is added to make it very sweet- this is called added sugar. Basically, if something doesn't have a nutrition facts label, its sweetness comes from natural sugar.

Lesson 2: Sugar Sweetened Beverages

Recipe: Vegetable Quesadilla with Salsa



Discussion 2: Why Added Sugar Is Bad For Your Health

1. Ask parents: Why do you think drinking soda is bad for you? What do you think it does to your body?
2. Write down answers on the board as parents give them. Fill in with answers they do not give.
 - a. *Answers:*
 - i. Gives “false” energy, which is very quick (sugar rush) and goes away quickly leaving you feeling tired
 - ii. Soda calories are “empty” which means they do not have any nutritional benefit yet it takes up space in your body making you feel as if you don’t need to eat anything that would give you nutrition.
 - iii. Sugar and acidity in soda is very bad for your teeth (rot, cavities), skin (break out) and stomach (stomach ache)
 - iv. Difficult to learn and concentrate, can lead to bad behavior
 - v. Headaches
 - vi. Drinking soda can actually make you feel thirstier. (Soda is a diuretic, meaning it dehydrates you and makes you urinate, causing you to get rid of MORE fluid than you put in. The more soda you drink the thirstier you feel.)

Activity 1: How Much Sugar in Sugary Drinks?

1. Tell parents: Now we are going to see just how much sugar is in our drinks.
2. Tell parents to open their handouts to page 1. Ask them to look at the sample nutrition label and circle the serving size and where it says ‘sugars’. Since many people might not know how much a gram is, we are going to do some math to convert grams into teaspoons. Hold up a teaspoon and tell parents that 4 grams equals 1 teaspoon of sugar. Ask them to write that into their handouts.
3. Do the example of a bag of M&M’s on the board together, showing them how to convert the total amount of grams to teaspoons of sugar. Round 63 grams to 64 to make the calculation easier. Have parents do the calculations for the other beverages and write the answers in the handout.

Activity 2: Visual of How Much Sugar is in Soda

1. Have parents open to page 2 in their Parent Handouts.
2. Ask parents to come up to the front, one at a time, to measure out the teaspoons of sugar in the Coca-Cola can onto a colored plate. Continue doing this for all the beverages in Activity 1. Parents will take turns adding teaspoons and counting as a class until they reach the number they calculated.

Beverage	Grams of Sugar	Teaspoons of Sugar
Coca Cola (20 ounces)	64	16
Gatorade (20 ounces)	34	8.5
7-Eleven Super Big Gulp	128	32
Arizona Lemon Iced Tea (20 ounces)	35	8.75

Lesson 2: Sugar Sweetened Beverages



Recipe: Vegetable Quesadilla with Salsa

3. Finally, go back to sample nutrition label of M&Ms and point out that a soda can have MORE sugar than a bag of M&Ms.
4. Ask parents to notice how much sugar is in Gatorade and the bottle of iced tea. Point out that there is still a lot of sugar in those drinks and they are not much healthier than drinking soda.

Discussion 3: Daily Recommendation of Sugar Intake

1. Tell parents: You should try to eat less than 50 grams of added sugar per day-ask them to write this number on their handout. Put a star next to each of the drinks that has more than 50 grams of sugar. Have you ever thought of soda as liquid candy? Really, that's all it is! It is hard to think of sodas as candy because we drink them, but they have just as much sugar, if not more.

Discussion 4: Unexpected Places for Sugar in Drinks

Tell parents: It's not just soda that can be bad for you. Juices and fruit drinks can be unhealthy too as they often unexpectedly contain lots of sugar.

1. Drinks like Sunny Delight, Capri Sun, and even some juice boxes only contain 5-10% fruit juice.
2. The best juice is 100% fruit juice that contains no added sugar.
 - a. 100% juice is the juice of fruit or vegetable without the added sugar, but it still has a lot of natural sugars, so it is still not the best choice.
 - b. A ½ cup (4 ounces) of fruit juice equals one serving from the fruit or vegetable group.
 - c. Be Careful: Juice does not have fiber that whole fruits and vegetables have, and a lot of juice can provide excessive amounts of calories and may cause weight gain.
3. Try to avoid having sugar-sweetened beverages in your house, you will help the whole family consume less sugar and be healthier.

Discussion 5: Unexpected Places For Sugar in Foods

Tell parents: It's pretty obvious that cake, cookies, ice cream and soda have a lot of sugar. But, you may be surprised to find a lot of added sugar in foods that you don't necessarily think of as sweets. Hold up each of these items (listed in chart below) one by one and ask parents to fill in the chart on their handouts. Emphasize that alternatives to some of these items are things like plain fruit, plain yogurt and oatmeal that you can sweeten yourself, cereals like Cheerios and Rice Krispies, pasta sauce, etc.

Yogurt	Dried fruit	Granola Bars	Packaged Spaghetti Sauce
Breakfast Cereal	Pudding	Cereal Bars	Barbeque Sauce
Canned fruit	Pop Tarts	Instant Oatmeal	Ketchup

Discussion 6: What About Aguas Frescas?

1. Ask parents: Do you remember the drink we had last time with black bean salad?
2. Tell parents: Homemade aguas frescas (without added sugar) are a great way to have a tasty low calorie beverage.
3. They are better than 100% fruit juice, and both of these are better than fruit drinks.

Lesson 2: Sugar Sweetened Beverages

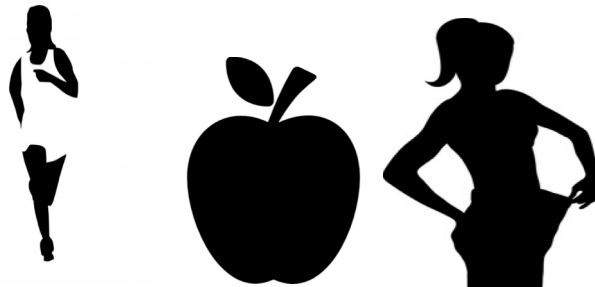
Recipe: Vegetable Quesadilla with Salsa



Discussion 7: Type 2 Diabetes

1. Ask parents: Can anyone tell me what diabetes is? Clarify with the following definition if necessary:
 - Diabetes is a problem with your body that causes blood glucose (sugar) levels to rise higher than normal. This is also called hyperglycemia. Type 2 diabetes is the most common form of diabetes. Eating too many processed foods, empty carbohydrates (like soda) can contribute to diabetes.
2. Ask parents: Do you know of a family member that has been diagnosed with diabetes?
 - What are some of the problems that they experienced?
 - Point out the graphic below (also in their handouts) and talk about how diabetes can be PREVENTED and COMPLETELY REVERSED with diet and exercise.

Did You Know: Type 2 Diabetes is completely reversible with exercise and diet.



For more information about diabetes (including diet and exercise ideas), you can visit the American Diabetes Association website (www.diabetes.org).

Cooking Activity

1. Ask parents to open your workbooks to the Vegetable Quesadilla with Salsa recipe on page 5-6.
2. Tell parents: Your child prepared or will prepare this recipe in their class too!
3. Talk about the meal they will prepare by going over ingredients, quantities and basic preparation.
4. Encourage all parents to at least “try” the recipe.
5. Ask them to read the directions on the tables and sanitize their hands.

Cooking Directions

Parents prepare ingredients as described below. Salsa can be made ahead of time by the cooking assistant. After parents chop ingredients, the assistant will cook quesadillas on propane stove and cut into pieces to serve. If time allows, parents can assist with cooking. Make sure to cook vegetables first to soften for a couple of minutes, drain, set aside and then assemble quesadillas. Cut into six pieces to portion out and serve with a spoon of salsa on the side.

Lesson 2: Sugar Sweetened Beverages

Recipe: Vegetable Quesadilla with Salsa



Cooking Preparation

Table #	Item to Prep	Materials Needed	Directions on Table
1	2 Summer squash	2 cutting boards 2 knives	1. Cut ends of summer squash, and put into compost bucket. 2. Cut zucchini in half. 3. Cut into small cubes.
2	Spinach	1 medium bowl 1 cutting boards	1. Tear into bite size pieces.
3	2 Bell peppers	2 cutting boards 2 knives 1 medium bowl	1. Cut off stem 2. Remove seeds 3. Cut in half, then strips. Final pieces about ¼ inch long.
4	Broccoli	2 cutting boards 2 knives 1 medium bowl	1. Cut off stalk of broccoli. 2. Tear off each floret, and cut into bite-sized pieces.
5	Green onions	2 cutting boards 2 knives 1 medium bowl	1. Cut off root. 2. Cut in ½ inch pieces.

Cooking Assistant Directions

Prepare the salsa ahead of time before cooking begins. Assist parents completing their task. Some parents may need to be shown how to properly cut certain vegetables. Heat olive oil in a pan and sauté veggies in this order: bell pepper, broccoli, squash, green onion and spinach. Sauté veggies until softened, but not mushy – this should take about five minutes total. Then, remove the veggies from the pan and set aside. Add a little more olive oil to the pan. Add one tortilla and cover with ¼ cup of cheese and half a cup of veggie mixture. Place tortilla on top and press down firmly with a spatula. After the cheese begins to melt, about one minute, flip to the other side until tortilla is slightly browned. Repeat with the remainder of tortillas, cheese and veggie mix.

Recipe & Agua Fresca Tasting

Assistants should serve a small sample on each plate, pour a serving of the agua fresca in each cup, and help distribute to parents.

Voting On The Recipe & Agua Fresca

1. Pass out two beans to each parent.
2. Assistant walks around to each table with two cups and instructs the parents to place the bean in the “yes” cup if they liked the recipe and in the “no” cup if they did not like the recipe.
 - a. Repeat for voting on the agua fresca.
 - b. Record results on the lesson report form

Conclusion

1. Challenge parents at home to use the skills that they have learned throughout the lesson to read nutrition facts labels on foods and beverages they’re consuming and keep a daily total. Encourage parents to shoot for getting less than 50g of sugar in one day.



Lesson 2: Sugar Sweetened Beverages



Recipe: Vegetable Quesadilla with Salsa

2. Encourage parents to come back next month on _____ to learn tips for incorporating more Fruits and Vegetables into your diet and another delicious recipe!



Recipes

 Vegetable Quesadilla with Salsa	
<p>Ingredients</p> <p><u>Quesadilla:</u> 2 whole wheat flour tortillas (6 inches) 1 oz. cheese (Monterrey jack) ½ cup vegetables (such as spinach, mushroom, green onion, broccoli, bell peppers, squash, etc.) 1 tablespoon olive oil ½ teaspoon taco seasoning</p> <p><u>Salsa:</u> 1 small tomato, diced ¼ onion, diced ½ jalapeño, minced (optional) ½ lime, juiced 2 sprigs cilantro Salt & pepper to taste</p>	<p>Time: 10 minutes Serving size: 1 quesadilla Servings per recipe: 1</p>  <p><u>Per serving:</u> Carbohydrates: 37 grams Fiber: 6 grams Added Sugar: 0 grams Protein: 12 grams</p>
<p>Directions</p> <p><u>Quesadilla:</u></p> <ol style="list-style-type: none">1. Heat olive oil on a skillet; add veggies and sauté for a couple of minutes with taco seasoning.2. Remove veggies, drain any excess liquid and set aside.3. Add half the cheese to entire tortilla.4. Add cooked veggies.5. Top with the rest of the cheese and put the next tortilla on top.6. Cook for 2 minutes, then flip to cook until cheese is melted.7. Remove from skillet and let cool, then slice into triangles, top with salsa and enjoy! <p><u>Salsa:</u></p> <ol style="list-style-type: none">1. Chop tomato, onion, and jalapeño. Put in a small bowl.2. Squeeze lime juice, tear up cilantro, and add salt, and pepper to bowl.3. Mix well with spoon.	


Lesson 2: Sugar Sweetened Beverages

Recipe: Vegetable Quesadilla with Salsa



 <h3 style="text-align: center;">Mint Cucumber Water</h3>	
<p>Ingredients</p> <p>1 pitcher filtered water 1 cucumber Handful of mint leaves Ice</p> <p>Time: 10 minutes Serving size: 1 cup (8 fluid ounces) Servings per recipe: one pitcher</p>	 <p><i>Per serving:</i> Carbohydrates: 0 grams Fiber: 0 grams Added Sugar: 0 grams</p>
<p>Directions</p> <ol style="list-style-type: none"> 1. Cut cucumbers into thin rounds, and crush mint leaves to release oil by pressing with fork. 2. Put cucumbers and mint into pitcher of water, add ice, and serve. 	

Cooking Instructions for Each Table

Table 1	
Supplies	Directions
<ul style="list-style-type: none"> • 2 summer squash • 2 cutting boards • 2 knives • Medium bowl <p style="text-align: center;"><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none"> 1. Cut ends of squash and put into compost bucket. 2. Cut squash in half. 3. Cut into small cubes, as pictured. 

Lesson 2: Sugar Sweetened Beverages

Recipe: Vegetable Quesadilla with Salsa




Table 2	
Supplies	Directions
<ul style="list-style-type: none">• Spinach• Medium bowl• Cutting Board <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none">1. Tear into bite-sized pieces, as pictured. 


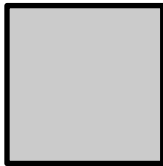

Table 3	
Supplies	Directions
<ul style="list-style-type: none">• 2 bell peppers• 2 cutting boards• 2 knives• Medium bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none">2. Cut off stem and cut in half.3. Remove seeds.4. Slice into strips and then into cubes, as pictured. 

Table 4	
Supplies	Directions
<ul style="list-style-type: none">• 1 head broccoli• 2 cutting boards• 2 knives• Medium bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ul style="list-style-type: none">□ Cut off stalk of broccoli.□ Cut off or tear off each floret.□ Cut each piece into bite-sized pieces, as pictured. 

Lesson 2: Sugar Sweetened Beverages

Recipe: Vegetable Quesadilla with Salsa



Supplies	Directions
<ul style="list-style-type: none">• Green onions• 2 cutting boards• 2 knives• Vegetable peeler• Medium bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none">1. Cut off root.2. Cut into small pieces, as pictured. 



Lesson 3: Fruits and Vegetables

Recipe: Vegetable Stir-Fry



Learning Outcomes:

1. Describe the benefits of eating fruits and vegetables
2. Identify the benefits of eating the skin on fruits and vegetables
3. Name vegetable and fruit daily recommendations
4. Explain that eating a variety of fruits and vegetables is important to keep the whole body healthy
5. Identify ways to eat help your family eat more fruit everyday
6. Describe ways to include more fruits and vegetables in traditional holiday meals

Preparation

Prep Beforehand	<input type="checkbox"/> Strawberry-Mint Agua Fresca <input type="checkbox"/> Wash all fruits & vegetables	<input type="checkbox"/> Pre-cook tofu <input type="checkbox"/> Pre-cook brown rice	
To Set Up/Prep in the Garden:	<input type="checkbox"/> Set up tables: recipe cards <input type="checkbox"/> Write objectives/recipe/agua fresca on the board <input type="checkbox"/> Clipboards and TX Sprouts Parent Handouts		
Other Items to Bring			
General	<input type="checkbox"/> Lesson report form <input type="checkbox"/> Texas Sprouts handout <input type="checkbox"/> Pencils <input type="checkbox"/> Dry erase markers/eraser <input type="checkbox"/> Trash bags <input type="checkbox"/> 2 buckets/bins (1 trash; 1 compost)	<input type="checkbox"/> Paper towel roll <input type="checkbox"/> Vinegar cleaning solution <input type="checkbox"/> Tape <input type="checkbox"/> Lesson report form <input type="checkbox"/> 2 tables for instruction	
Discussion 1	<u>Serving size samples:</u> <input type="checkbox"/> 1 Apple <input type="checkbox"/> 1 cup of blueberries <input type="checkbox"/> 1 banana <input type="checkbox"/> 2 cups spinach		
Agua Fresca	<input type="checkbox"/> 3 liters filtered water <input type="checkbox"/> Pitcher <input type="checkbox"/> Cups <input type="checkbox"/> Ice	<u>Recipe Ingredients:</u> <input type="checkbox"/> 1 Bag Frozen Strawberries <input type="checkbox"/> 3 sprigs of mint	
Cooking Activity	<input type="checkbox"/> 5 parent tables <input type="checkbox"/> Hand sanitizer <input type="checkbox"/> Cooking directions <input type="checkbox"/> Table numbers <input type="checkbox"/> Recipe cards <input type="checkbox"/> 10 cutting boards <input type="checkbox"/> 10 knives <input type="checkbox"/> Plates and utensils <input type="checkbox"/> Measuring spoons and cups	<input type="checkbox"/> Voting beans & jars <input type="checkbox"/> Propane stove <input type="checkbox"/> Large skillet <input type="checkbox"/> Hose/bucket/sink for washing vegetables <u>Recipe Ingredients:</u> <input type="checkbox"/> Brown rice <input type="checkbox"/> Olive oil <input type="checkbox"/> Bell pepper <input type="checkbox"/> Red onion	<input type="checkbox"/> Broccoli <input type="checkbox"/> Garlic <input type="checkbox"/> Tofu <input type="checkbox"/> Teriyaki sauce <input type="checkbox"/> Cabbage <input type="checkbox"/> Bean sprouts <input type="checkbox"/> Snow Peas <input type="checkbox"/> Black pepper <input type="checkbox"/> Salt

Lesson 3: Fruits and Vegetables

Recipe: Vegetable Stir-Fry



Introduction

Welcome parents back and go over the learning outcomes for the class and the recipe/agua fresca.

Discussion 1: Why are Fruits and Vegetables Good For You? How much do you need?

1. Tell parents: Eating a lot of fruits and vegetables is good for your health. Who can tell me what some of the benefits are of eating them? Call on parents to answer and fill in with the following reasons that are not mentioned. Write reasons on the board:
 - a. Contain vitamins and minerals to keep organs functioning well
 - b. Contain fiber to help digestion
 - c. Boost immune system to help fight off sickness
 - d. Can help prevent different types of cancer
 - e. Reduce risk of heart disease
 - f. Low in sugar and calories, fill you up and contain a lot of nutrition
2. Tell parents: You should eat 2-3 servings of fruit daily. One serving of fruit is one cup of fruit.
3. Hold up the following examples: 1 cup of fruit is 1 whole fruit, like an apple or a banana, or two cupped handfuls, like two handfuls of blueberries.
4. Eat 2-3 servings of vegetables daily
 - a. One serving of vegetables is 1 cup of raw or cooked vegetables.
 - b. Or, one serving of vegetables is 2 cups of raw leafy greens. These greens are less dense so you need to eat more in order to get the same nutrients.

Discussion 2: Eating Colorful Fruit and Vegetables:

1. Tell parents: It is important to eat fruits and vegetables of all different colors. Different colored foods have different nutrients. Add:
 - a. You should also choose fruits and vegetables that have bright colors, like reds and oranges, or dark leafy greens. These foods will have the most vitamins and minerals.
2. Ask parents: Do you think it's better or worse to eat fruits and vegetables with the skin? Why or why not? Depending on how they answer, supplement by explaining that there are many benefits to eating the skin on your fruits and vegetables. For example, you can eat skin on apples, cucumbers and peaches. It's good for you because, the skin contains:
 - a. Vitamins and minerals
 - b. Fiber
 - c. Antioxidants

Discussion 3: The Healthy Plate

1. Draw a picture of the TX Sprouts Healthy Plate on the whiteboard.
2. Tell parents: Here is an example of what a healthy plate should look like. Half of your plate should be filled with fruits and vegetables.

Lesson 3: Fruits and Vegetables

Recipe: Vegetable Stir-Fry



Discussion 4: How Can I Help My Family to Eat More Fruit and Vegetables?

1. Ask parents to share ways that could help their family eat more fruit. Supplement as needed with the following suggestions:
 - a. Give fruit as a snack.
 - b. Have fresh cut fruit ready in the fridge.
 - c. Let your kids pick out fruit when you're at the market together.
 - d. Add fruit to meals, such as putting berries or bananas on cereal or oatmeal in the morning.
 - e. What are some other ways?
2. Ask parents to share ways that could help their family eat more vegetables. Supplement as needed with the following suggestions:
 - a. Let your kids pick which vegetables they'd like to eat.
 - b. Have vegetables as a snack, like baby carrots, bell peppers or cucumber with dip.
 - c. Add vegetables to meals, by putting them on a pizza or in a sandwich.
 - d. Play vegetable games at the grocery store, such as asking kids to pick out two orange vegetables to take home.
 - e. Try some of the TX Sprouts recipes at home.
 - f. What are some other ways?

TX Sprouts Tip: Bulking Up Burgers with Vegetables

Try adding sautéed onions, peppers or mushrooms to ground beef recipes. Add leafy greens, sprouts, tomatoes or avocado as burger toppings. From hamburgers to meatloaf, a few extra veggies can go a long way!

Lesson 3: Fruits and Vegetables

Recipe: Vegetable Stir-Fry



Discussion 5: Ways to Get Your Fruits and Vegetables

1. Ask parents: Where can you get your fruits and vegetables? Supplement as needed with the following suggestions:
 - a. Buy fruits and vegetables that are in season, this way they will be less expensive and tastier.
 - b. Grow fruits or vegetables at home in yards, planters, pots, or community garden plots.
 - c. Shop at a local farmers market, or sign up for a CSA (Community Supported Agriculture) box.
 - d. Join the GLC at the school; help take care of the garden.

Activity 1: Designing a Healthier Plate

1. Ask parents to open your handouts to page 5.
2. Tell parents: With the holidays coming up, there is always temptation to eat unhealthy foods – foods that are high in calories, fat, sodium, sugar, or are heavily processed. In this next activity, we'll give two typical holiday meals, and we'll discuss ways in which we can make healthier options.
3. Think of three traditional meals that you regularly prepare for your family. Think about the ingredients that you use to cook to prepare the meal.
4. Tell parents: Using your handout, write ways to add more fruits and vegetables into the meals.

Cooking Activity

1. Ask parents to open your handouts to the Vegetable Stir-Fry recipe on page 6.
2. Tell parents: Your child prepared or will prepare this recipe in their class too!
3. Talk about the meal they will prepare by going over ingredients, quantities and basic preparation.
4. Encourage all parents to at least "try" the recipe.

Cooking Preparation

Table #	Item to Prep	Materials Needed	Directions on Table
1	2 Red bell pepper	2 cutting boards 2 knives Medium bowl	1. Cut off stem 2. Remove seeds 3. Cut in half, then strips. Final pieces about ¼ inch long.
2	Green onions	2 cutting boards 2 knives Medium bowl	1. Cut off root. 2. Cut in ½ inch pieces.
3	Head of broccoli	2 cutting boards 2 knives Medium bowl	1. Cut off stalk of broccoli. 2. Tear off each floret, and cut into bite-sized pieces.
4	½ head of cabbage	2 cutting boards 2 knives Medium bowl	1. Lay the flat side of the cabbage down, and slice into very thin strips.
5	½ head cabbage	2 cutting boards 2 knives Medium bowl	1. Lay the flat side of the cabbage down, and slice into very thin strips.

Lesson 3: Fruits and Vegetables

Recipe: Vegetable Stir-Fry



Cooking Assistant Directions

Assist parents completing their task. Some parents may need to be shown how to properly cut certain vegetables. Heat large skillet over high heat on propane stove. Add oil and garlic, and cook for 1-2 minutes. Once parents are finished chopping, collect vegetables and cook according to recipe card. Serve over brown rice.

Recipe & Agua Fresca Tasting

Assistants should serve a small sample on each plate, pour a serving of the agua fresca in each cup, and help distribute to parents.

Voting On The Recipe & Agua Fresca

1. Pass out two beans to each parent.
2. Assistant walks around to each table with two cups and instructs the parents to place the bean in the “yes” cup if they liked the recipe and in the “no” cup if they did not like the recipe.
 - a. Repeat for voting on the agua fresca.
 - b. Record results on the lesson report form

Conclusion





1. Challenge parents at home to use the skills that they have learned throughout the lesson to think about an attainable goal for themselves and their family over the next month that would help increase their fruit and vegetable consumption. Ask them: What are some strategies you will use to achieve this goal?
2. Encourage parents to come back next month on _____ to learn tips for Fiber and Whole Grains and another delicious recipe!

Lesson 3: Fruits and Vegetables

Recipe: Vegetable Stir-Fry

Recipes



 Vegetable Stir-Fry	
Ingredients 1.5 cups brown rice 2 tablespoons canola oil 1 red bell pepper, cored, seeded and sliced 1 red onion, sliced thinly 1 head of broccoli, cut in florets 1 clove garlic, minced 8 ounces firm tofu, cut into large chunks ½ cup teriyaki sauce (check the label: no more than 2 grams of sugar per serving) ½ head of cabbage, sliced ½ cup bean sprouts ½ cup snow peas ¼ teaspoon black pepper ¼ teaspoon salt	Time: 10 min Serving size: 2 cups Servings per recipe: 6  <i>Per serving:</i> Carbohydrates: 15 grams Fiber: 4 grams Added Sugar: 0 grams Protein: 7 grams
Directions <ol style="list-style-type: none">1. Cook the brown rice according to directions on package and set aside. Then, chop veggies.2. Heat a wok or large skillet over high heat.3. Add oil, onions and garlic and cook for one or two minutes.4. Add bell pepper, broccoli and tofu and cook for two minutes.5. Add cabbage and snow peas and cook for one minute.6. Add bean sprouts and teriyaki sauce and cook for two minutes. Serve over brown rice.	
 Strawberry-Mint Agua Fresca	
Ingredients Filtered water 5 strawberries, sliced Handful of mint leaves Ice Time: 10 minutes Serving size: 1 cup (8 fluid ounces) Servings per recipe: one pitcher	 <i>Per serving:</i> Carbohydrates: 0 grams Fiber: 0 grams Added Sugar: 0 grams
Directions <ol style="list-style-type: none">1. Crush or mull mint leaves.2. Combine water, strawberries, and crushed mint leaves with ice and mix.	

Lesson 3: Fruits and Vegetables

Recipe: Vegetable Stir-Fry



Cooking Instructions For Each Table



Table 1	
Supplies	Directions
<ul style="list-style-type: none">• 2 bell peppers• 2 cutting boards• 2 knives• Medium bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none">1. Cut off stem and cut in half.2. Remove seeds.3. Slice into strips and then into cubes, as pictured. 



Table 2	
Supplies	Directions
<ul style="list-style-type: none">• Green onions• 2 cutting boards• 2 knives• Medium bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none">1. Cut off root.2. Cut into small pieces, as pictured. 



Lesson 3: Fruits and Vegetables

Recipe: Vegetable Stir-Fry



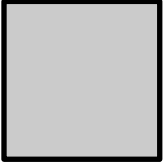
Table 3	
Supplies	Directions
<ul style="list-style-type: none">• 1 head broccoli• 2 cutting boards• 2 knives• Medium bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none">1. Cut off stalk of broccoli.2. Cut off or tear off each floret.3. Cut each piece into bite-sized pieces, as pictured. 



Table 4	
Supplies	Directions
<ul style="list-style-type: none">• ½ head cabbage• 2 cutting boards• 2 knives• Medium bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none">1. Lay the flat side of the cabbage down, and slice into very thin strips.




Lesson 3: Fruits and Vegetables

Recipe: Vegetable Stir-Fry



Table 5	
Supplies	Directions
<ul style="list-style-type: none">• ½ head cabbage• 2 cutting boards• 2 knives• Medium bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none">1. Lay the flat side of the cabbage down, and slice into very thin strips.



Lesson 4: Fiber and Whole Grains



Recipe: Whole Wheat Pasta with Vegetables

Learning Outcomes

1. Explain the benefits of eating dietary fiber
2. Describe the different sources of dietary fiber
3. Find fiber on a nutrition label
4. Identify how much dietary fiber is needed each day
5. Describe ways to eat more fiber every day
6. Compare taste of various whole grains
7. Define the meaning of “whole food”
8. Describe the difference between whole food and processed food
9. Discuss why whole food is healthier than processed food

Preparation

Prep Beforehand	<input type="checkbox"/> Prepare Lemon-Lime Agua Fresca <input type="checkbox"/> Precook and prepare items for taste test: whole wheat bread, Corn Bran Crunch cereal, Quaker Oatmeal Squares cereal, quinoa (cooked in chicken broth, add salt to taste) and whole wheat pasta (with some olive oil and salt) <input type="checkbox"/> Clipboards and TX Sprouts Parent Handouts	
Other Items to Bring		
General	<input type="checkbox"/> Lesson report form <input type="checkbox"/> Paper towel roll <input type="checkbox"/> Pencils <input type="checkbox"/> Vinegar cleaning solution <input type="checkbox"/> Dry erase markers/eraser <input type="checkbox"/> Tape <input type="checkbox"/> Trash bags <input type="checkbox"/> Lesson report form <input type="checkbox"/> 2 baskets/bins (1 trash; 1 compost) <input type="checkbox"/> 2 tables for instruction	
Activity 1 – Taste Test	<input type="checkbox"/> Recipe ingredients <input type="checkbox"/> Recipe cards <input type="checkbox"/> Hose/bucket/sink for washing veggies <input type="checkbox"/> Voting beans & jars <input type="checkbox"/> 5 parent tables <input type="checkbox"/> Plates and utensils <input type="checkbox"/> Hand sanitizer <input type="checkbox"/> 5 small bowls with: whole wheat bread, Corn Bran Crunch Cereal, Quaker Oatmeal Squares, quinoa and whole wheat pasta <input type="checkbox"/> Table numbers	
Agua Fresca	<input type="checkbox"/> 3 gallons cold water <input type="checkbox"/> Cups <input type="checkbox"/> Pitcher	<u>Recipe Ingredients</u> <input type="checkbox"/> Watermelon <input type="checkbox"/> Basil

Lesson 4: Fiber and Whole Grains

Recipe: Whole Wheat Pasta with Vegetables



Cooking Activity	<input type="checkbox"/> 5 parent tables <input type="checkbox"/> Hand sanitizer <input type="checkbox"/> Cooking directions <input type="checkbox"/> Table numbers <input type="checkbox"/> Recipe cards <input type="checkbox"/> 10 cutting boards <input type="checkbox"/> Strainer <input type="checkbox"/> 8 knives <input type="checkbox"/> Plates and utensils <input type="checkbox"/> 1 large cooking/serving spoon <input type="checkbox"/> 5 medium bowls <input type="checkbox"/> 1 large bowl <input type="checkbox"/> Sautee Pan <input type="checkbox"/> Propane and stove	<u>Recipe Ingredients:</u> <input type="checkbox"/> 2 tomatoes <input type="checkbox"/> Garlic <input type="checkbox"/> 1 zucchini <input type="checkbox"/> 1 bell pepper <input type="checkbox"/> 1 eggplant <input type="checkbox"/> Fresh basil/oregano <input type="checkbox"/> Parmesan cheese
To Set Up/Prep in the Garden	<ul style="list-style-type: none"> • Set up tables: recipe cards • Write objectives & agua fresca on the board • Set up orange fiber demo • Set up taste test for grains 	

Introduction

Welcome parents back and go over the learning outcomes for the class and the recipe/agua fresca.

Discussion 1: What is Fiber?

1. Ask parents what they think fiber is and then go over the definition below (also on their handout):

Fiber is found in the plants we eat. It is the part of plant that we cannot digest. It is important to have a high fiber diet to maintain good health.

Fiber helps lower blood cholesterol and blood sugar levels. It also improves digestion. Eating more fiber helps you feel full, so you don't overeat.

Discussion 2: Where Can You Find Fiber?

1. Ask parents: Can you tell me what foods have a lot of fiber? Call on a few parents to share. Fill in with foods they do not mention.
 - a. *Answers: 100% whole grain breads, pasta, cereals, tortillas; fruits and vegetables, especially in the peel*, legumes and nuts (beans, peas, and almonds for example)*

Nutrition Facts	
Serving Size 2 crackers (14 g)	
Servings Per Container About 21	
Amount Per Serving	
Calories 60	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber Less than 1g	3%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	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
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Lesson 4: Fiber and Whole Grains



Recipe: Whole Wheat Pasta with Vegetables

2. Ask parents to look at the nutrition label in their handout and point out where fiber is located on the label. Tell them that good fiber foods have 3-5 grams per serving and high fiber foods have 5 grams or more per serving.
3. Tell parents: You should be having between 25-30 grams of fiber per day; the Average American consumes less than 15 grams.
4. Go over the examples on their handouts of the amount of fiber in foods (listed below):

Examples of the Amount of Fiber in Foods:

- ½ cup of cooked green peas
 - 4 grams of fiber.
- 1 apple with skin
 - 3 grams of fiber.
- ½ cup of baked beans
 - 6 grams of fiber.

DISCUSSION 3: Adding Fiber to Your Family's Diet is Easy.

1. Tell parents: There are several easy ways to add fiber to your families diet. Read over the list below and then ask parents if they can think of anything else to add.
 - a. A bowl of oatmeal or high fiber cereal is good for breakfast.
 - b. Try whole grains, like brown rice instead of white rice.
 - c. Use 100% whole grain bread for sandwiches.
 - d. Have more fresh fruits, like raspberries or apples, as a healthy snack.
 - e. Add more vegetables, like broccoli or peas, to meals.

Activity 1: Do You Like Whole Grains?

1. Tell parents: Now we are going to taste some whole grain foods that contain a lot of fiber. Turn to page 3 in your handouts to review how each one tastes and how much fiber is in it.
2. Explain to parents that they will start by tasting the item that is on their table first and recording their opinions in their handouts. Then, assistants will rotate with different whole grain items. They will taste each one, look at the nutrition label to see how much fiber is in a serving and record it in their handouts.
3. Wrap up this activity by calling on parents to share which foods they had never tried before, their favorites, etc.
4. Tell parents: Eating whole grains like whole grain pasta instead of regular pasta is a great way to get more fiber in your diet. Tell them the difference in the amount of fiber whole grain and regular pasta has per serving: 1 cup regular pasta = 1-2 grams of fiber; 1 cup whole-wheat pasta = 6.3 grams of fiber.

Lesson 4: Fiber and Whole Grains

Recipe: Whole Wheat Pasta with Vegetables



Discussion 4: Whole vs. Processed Foods

1. Tell parents: Think for a moment about the food that you prepare for your family and that you eat. How close to its original form is the food? Food can also change a lot from the time it is picked on the garden/farm to when we eat it.
2. Ask parents to open their handouts to page 4. Ask them to look at the statements and write a W next to the whole foods or a P next to the processed foods.
3. Read each description aloud, randomly alternating between the columns, and ask ALL parents to call out if the definition is for a whole or processed food.

Whole Food	Processed/Packaged Food
<ul style="list-style-type: none">• Simple and Fresh• Doesn't have artificial (or "fake") flavors or ingredients• Has more nutrients per serving• Doesn't have a long ingredient list• Better for your health	<ul style="list-style-type: none">• Comes in a package• Has preservatives added so it stays fresher longer• Has a lot of unknown or unnatural ingredients to increase flavor• Has fewer nutrients per serving

4. Conclude by telling parents that eating too many processed foods has been identified as one of the major reasons for the recent rise in obesity in our country. To lead into the next activity, tell parents that they will look at the ingredients label on a processed packaged food often consumed by kids.

Activity 2: Flamin' Hot Cheetos

1. Open handouts to Flamin' Hot Cheetos activity on page 5.
2. Ask parents how many ingredients are in this food.
3. Ask them to circle the ingredients they don't recognize. Ask parents: does this surprise you?
4. Conclude by telling parents: Try to choose foods that have few ingredients. If they have fewer ingredients, they are less processed.

Cooking Activity

1. Ask parents to open their workbooks to the Whole Grain Pasta with Vegetables recipe on page 6.
2. Tell parents: Your child prepared or will prepare this recipe in their class too!
3. Talk about the meal they will prepare by going over ingredients, quantities and basic preparation.
4. Encourage all parents to at least "try" the recipe.

Lesson 4: Fiber and Whole Grains

Recipe: Whole Wheat Pasta with Vegetables



Cooking Preparation

Table #	Item to Prep	Materials Needed	Directions on Table
1	Tomatoes (2)	2 cutting boards 2 knives 1 medium bowl	1. Cut off ends of tomatoes. 2. Cut into small pieces.
2	Bell pepper	2 cutting boards 2 knives 1 medium bowl	1. Cut off stem. Remove seeds. 2. Cut in half, then strips. 3. Final pieces about ¼ inch long.
3	Zucchini	2 cutting boards 2 knives 1 medium bowl	1. Cut off ends of squash and put into compost bucket. 2. Cut squash in half. 3. Cut into small cubes.
4	Eggplant	2 cutting boards 2 knives 1 medium bowl	1. Cut off top of eggplant and put into compost bucket. 2. Cut eggplant in half. 3. Cut into small cubes.
5	Basil or cilantro	2 cutting boards 1 medium bowl	1. Tear leaves off of the stems. 2. If leaf is really big, tear in half. 3. Discard stems into compost bucket.

Cooking Assistant Directions

Assist parents completing their task. Some parents may need to be shown how to properly cut certain vegetables. While parents complete the lesson, sauté garlic in one tablespoon olive oil over medium heat for 30 seconds until you can smell it. Add tomatoes and bring to simmer. Add in the rest of the vegetables. Let cook for five minutes, breaking up tomato chunks with a spoon, if necessary. Season with salt and pepper. Toss pasta, vegetables, and sauce together. Top with herbs and cheese.

Recipe & Agua Fresca Tasting

Assistants should serve a small sample on each plate, pour a serving of the agua fresca in each cup, and help distribute to parents.

Voting On The Recipe & Agua Fresca

1. Pass out two beans to each parent.
2. Assistant walks around to each table with two cups and instructs the parents to place the bean in the “yes” cup if they liked the recipe and in the “no” cup if they did not like the recipe.
 - a. Repeat for voting on the agua fresca.
 - b. Record results on the lesson report form

Lesson 4: Fiber and Whole Grains



Recipe: Whole Wheat Pasta with Vegetables



Conclusion

1. Tell parents: We challenge you to use the skills that you have learned throughout the lesson to think about an attainable goal for yourself and your family over the next month that would help you eat more fiber and whole grains? What are some strategies you will use to achieve this goal?
2. Encourage parents to come back next month on _____ to learn tips for Food Groups and Meal Planning and another delicious recipe!



Recipes

 Whole Grain Pasta With Veggies	
<p>Ingredients</p> <p>1 cup whole wheat pasta, uncooked 2 cups fresh tomatoes, chopped 1 clove garlic 1-2 tsp. olive oil 2 cups vegetables (such as zucchini, eggplant, spinach, peppers) ¼ cup Parmesan cheese 1 stem fresh basil or oregano, chopped (dried is ok if you don't have fresh herbs) Salt and pepper, to taste</p> <p>Time: 20 minutes Serving size: ½ cup Servings per recipe: 4</p>	 <p><i>Per serving:</i> Carbohydrates: 26 grams Fiber: 4 grams Added Sugar: 0 grams Protein: 8 grams</p>
<p>Directions</p> <ol style="list-style-type: none">1. Cook pasta according to package directions.2. To make tomato sauce, sauté garlic in 1 tsp. olive oil over medium heat for 30 seconds until you can smell it. Add tomatoes and bring to simmer. Add in the rest of the vegetables. Let cook for 5 minutes, breaking up tomato chunks with a spoon, if necessary. Season with salt and pepper.3. Toss pasta, vegetables, and sauce together. Top with herbs and cheese, if desired.	

Lesson 4: Fiber and Whole Grains

Recipe: Whole Wheat Pasta with Vegetables



 <h3 style="text-align: center;">Cinnamon Spice Herbal Tea</h3>	
<p>Ingredients</p> <p>1 cup water 1 teabag (cinnamon flavor) 1 cinnamon stick Ice</p> <p>Time: 10 minutes Serving size: 1 cup (8 fluid ounces) Servings per recipe: 1</p>	 <p><i>Per serving:</i> Carbohydrates: 0 grams Fiber: 0 grams Added Sugar: 0 grams</p>
<p>Directions</p> <ol style="list-style-type: none"> 1. Boil water, and pour boiling water into cup. Steep tea bag in water for 5-10 minutes. 2. Pour mixture over ice, and add cinnamon stick. 	

Cooking Directions For Each Table

Table 1	
Supplies	Directions
<ul style="list-style-type: none"> • 2 tomatoes • 2 cutting boards • 2 knives • 1 medium bowl <p style="text-align: center;"><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none"> 1. Cut off ends of tomatoes. 2. Cut into small pieces.

Lesson 4: Fiber and Whole Grains

Recipe: Whole Wheat Pasta with Vegetables



Table 2	
Supplies	Directions
<ul style="list-style-type: none">• Bell pepper• 2 cutting boards• 2 knives• 1 medium bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none">1. Cut off stem. Remove seeds.2. Cut in half, then strips.3. Final pieces about $\frac{1}{4}$ inch long.



Table 3	
Supplies	Directions
<ul style="list-style-type: none">• Zucchini• 2 cutting boards• 2 knives• 1 medium bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none">1. Cut off ends of squash and put into compost bucket.2. Cut squash in half.3. Cut into small cubes.



Lesson 4: Fiber and Whole Grains

Recipe: Whole Wheat Pasta with Vegetables



Table 4	
Supplies	Directions
<ul style="list-style-type: none">• Eggplant• 2 cutting boards• 2 knives• 1 medium bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none">1. Cut off top of eggplant and put into compost bucket.2. Cut eggplant in half.3. Cut into small cubes.



Table 5	
Supplies	Directions
<ul style="list-style-type: none">• Basil or cilantro• 2 cutting boards• 1 medium bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none">1. Tear leaves off of the stems.2. If leaf is really big, tear in half.3. Discard stems into compost bucket.



Lesson 5: Food Groups and Meal Planning

Recipe: Winter Salad



Learning Outcomes

1. Identify all of the food groups
2. Describe how combination foods fit into the basic food groups
3. Redesign a family favorite meal to meet the guidelines of the Healthy Plate
4. Describe the importance of meal planning
5. Create a meal plan for each meal (breakfast, lunch, dinner, and snacks) for one week

Preparation

Prep Beforehand	<input type="checkbox"/> Cucumber Mint Agua Fresca <input type="checkbox"/> Wash all fruits & vegetables	<input type="checkbox"/> Clipboards and TX Sprouts Parent Handouts	
To Set Up/Prep in the Garden	<input type="checkbox"/> Set up tables: food models with foods from different food groups in bags <input type="checkbox"/> Food group bins in the front of the room <input type="checkbox"/> Write objectives /agua fresca on the board		
Other Items to Bring			
General	<input type="checkbox"/> Lesson report form <input type="checkbox"/> Pencils <input type="checkbox"/> Trash bags <input type="checkbox"/> Vinegar cleaning solution <input type="checkbox"/> 2 buckets/bins (1trash; 1 compost)	<input type="checkbox"/> 2 tables for instruction <input type="checkbox"/> Tape <input type="checkbox"/> Paper towel roll <input type="checkbox"/> Dry erase markers/eraser <input type="checkbox"/> TX Sprouts workbooks	
Activity 1	<input type="checkbox"/> Food models – separated into 5 bags <input type="checkbox"/> Food group bins (5 clear bins with labels)	<input type="checkbox"/> 7 parent tables	
Activity 2	<input type="checkbox"/> Burger and fries paper ingredients	<input type="checkbox"/> Tacos paper ingredients	
Activity 3	<input type="checkbox"/> TX Sprouts Parent Handouts		
Activity 4	<input type="checkbox"/> TX Sprouts Parent Handouts		
Winter Salad	<input type="checkbox"/> 5 parent tables <input type="checkbox"/> Hand sanitizer <input type="checkbox"/> Cooking directions <input type="checkbox"/> Table numbers <input type="checkbox"/> Recipe cards <input type="checkbox"/> 12 cutting boards <input type="checkbox"/> 12 knives <input type="checkbox"/> Plates and utensils <input type="checkbox"/> Measuring spoons and cups	<input type="checkbox"/> Voting beans & jars <input type="checkbox"/> Hose/bucket/sink for washing fruit <input type="checkbox"/> 6 Bowls <u>Recipe ingredients:</u> <input type="checkbox"/> Seasonal greens <input type="checkbox"/> Radishes <input type="checkbox"/> Orange or pear <input type="checkbox"/> Cilantro <input type="checkbox"/> Nuts or seeds <input type="checkbox"/> Cotija cheese	<u>Dressing ingredients:</u> <input type="checkbox"/> Olive oil <input type="checkbox"/> Apple cider vinegar <input type="checkbox"/> Salt <input type="checkbox"/> Powdered sugar <input type="checkbox"/> Dry mustard <input type="checkbox"/> Paprika <input type="checkbox"/> Pepper

Lesson 5: Food Groups and Meal Planning



Recipe: Winter Salad

Agua Fresca	<input type="checkbox"/> Pitcher <input type="checkbox"/> Cups	<u>Recipe Ingredients:</u> <input type="checkbox"/> 3 liters soda water <input type="checkbox"/> Limes	<input type="checkbox"/> Fresh mint <input type="checkbox"/> Ice
Workbook	<input type="checkbox"/> Healthy Plate Illustration		

Introduction

Welcome parents back, go over objectives for the lesson, and point out the agua fresca for the day.

Activity 1: Food Group Race

1. Tell parents: Today, we are going to talk about each of the food groups. We are going to start off by seeing how familiar you are with them and do a little race. You will find some food models on your table. Your goal as a group is to get the food models in the correct bin at the front of the room [Grains, Protein, Fruits, Vegetables and Dairy]. If you're not sure which one it goes into, talk to your table members and take a guess. Once you have put all of the food items on your table in a bin, go back to your table.
2. Look in each bin and go over what is in them. Confirm the items that are correctly placed and elaborate on ones that are in the wrong bin and why. Make sure to discuss that beans can be vegetables and protein.

Activity 2: Combination Foods and the Healthy Plate

1. Remind parents of the Healthy Plate- $\frac{1}{2}$ the plate is fruits and vegetables, $\frac{1}{4}$ are grains and the other $\frac{1}{4}$ is protein.
2. Tell parents: Some meals we eat contain combination foods such as burgers, pizza and tacos. We are going to put the parts of a burger/fries and taco/chips on the board and see how they fit on the Healthy Plate.
3. Call on parent volunteers to come up and put each piece in the appropriate section. Do the same for the taco. Then, discuss by asking parents what there is too much of and what is missing.
Answer: Slightly too much meat, twice as many grains (include potatoes in grains), half as many fruits/veggies
4. Brainstorm ideas of how to eat those foods (if you have to), but make changes so that it more closely resembles the Healthy Plate.
Answer: if at a fast food restaurant or any restaurant, choose the smaller burger, don't get the fries or chips, add more veggies to the burger or taco; if fruit or salad is an option, choose that instead

Lesson 5: Food Groups and Meal Planning

Recipe: Winter Salad



Activity 3: Design a Healthy Plate

1. Have parents use the **first page in Lesson 5** of their Parent Handouts.
2. Tell parents: Think of a meal that you regularly cook for your family. Does your meal match up with the Healthy Plate? In the space, redesign your family meal making sure it has the right amounts of all the food groups!
3. Have one or two parents share how they designed their plates.

Discussion 1: Importance of Meal Planning

1. Ask parents:
 - a. How many of you regularly plan your meals?
 - b. If you do meal plan, how do you like to do it? What tips do you have for other parents?
 - c. If you do not meal plan, what are some potential reasons that you don't?
2. Describe the three reasons for why meal planning is important (refer to handbook)-eat healthier, save money and make shopping easier.
3. Ask parents to make a commitment
 - a. How often during a typical week does your family eat a healthy meal that you prepared? For the next week, make a goal for the number of healthy meals you would like to prepare for your family.
 - b. How often do your children help decide what meals to eat as a family? For the next week, make a goal for your children to help you with a certain number of meals.

Activity 4: Meal Planning Activity (If time permits. If not, describe the activity and encourage parents to try the activity at home over the next month)

1. Have parents open to **page 5 of Lesson 5** in their Parent Handouts.
2. Tell parents: Using the Healthy Plate as a guide, create a meal plan for your family for the next week. Make sure to include
 - Lots of fresh vegetables and fruit
 - Whole grains and foods high in fiber (whole grain pasta, bread, beans, veggies, nuts and seeds)
 - Snacks that are healthy and have low sugar or no sugar
3. Ask a few parents to share their thoughts on how their meal planning went. Was it difficult? Easy? What tips do they have for other parents?

Cooking Activity

1. Ask parents to open **page 6** of their handout for Lesson 5 and read over recipe.
2. Ask parents which of these vegetables they have tried before and hold up each one as you go over them.
3. Release them to their cooking prep tables. Ask them to read the directions on the tables and hand sanitize.

Lesson 5: Food Groups and Meal Planning

Recipe: Winter Salad



Cooking Activity Preparation

Table #	Item to Prep	Materials Needed	Directions on Table
1	Radishes	2 cutting boards 2 knives 1 medium bowl	1. Cut tops off of radishes and put into compost bucket. 2. Cut radishes in half. 3. Slice thinly and put in bowl.
2	Cotija cheese	3 cutting boards 3 knives 2 medium bowl	1. Cut block of cheese into 4 or 5 parts-one part per parent. 2. Carefully crumble cheese into bowl.
3	2 pears	2 cutting boards 2 knives 1 medium bowl	1. Cut pears in half. 2. Each parent cuts a half-pear into small pieces, as shown.
4	6 oranges	2 cutting boards 2 knives 1 medium bowl	1. Remove peel from oranges and put into compost bin. 2. Separate orange slices. 3. Cut each slice into 3 pieces and put into bowl.
5	Spinach Bunch		1. Cut off stem part of bunch and put into compost bin. 2. Cut spinach into 1 inch pieces and put into bowl.

Cooking Assistant Directions

Assist parents completing each task. Some parents may need to be shown how to properly cut certain vegetables. While parents are chopping, prepare dressing. When parents are finished chopping, collect all of their ingredients, combine in large bowl with dressing, and toss.

Recipe & Agua Fresca Tasting

Assistants should serve a small sample on each plate, pour a serving of the agua fresca in each cup, and help distribute to parents.

Voting on the Recipe & Agua Fresca

1. Pass out two beans to each parent.
2. Assistant walks around to each table with two cups and instructs the parents to place the bean in the “yes” cup if they liked the recipe and in the “no” cup if they did not like the recipe.
 - a. Repeat for voting on the agua fresca.
 - b. Record results on the lesson report form

Conclusion



1. Challenge parents at home to use the skills that they have learned throughout the lesson to set a goal for a number of meals over the next month that they’d like to meal plan for.
2. Encourage parents to come back next month on _____ to learn tips for Shopping, Cooking, and Eating as a Family and another delicious recipe!



Lesson 5: Food Groups and Meal Planning

Recipe: Winter Salad



Recipes

 Winter Salad	
<p>Ingredients</p> <p>2 bunches seasonal greens: such as kale, Swiss chard, spinach or lettuce 1/2 bunch radishes 1 orange or pear sliced 1/4 cup cilantro 1/3 cup nuts or seeds, such as pepitas 1/3 cup crumbled cotija cheese (optional)</p> <p>Dressing:</p> <p>½ cup olive oil ¼ cup apple cider vinegar 1 teaspoon salt ½ teaspoon powdered sugar ¼ teaspoon dry mustard ½ teaspoon paprika ½ teaspoon pepper</p>	<p>Time: 5 minutes Serving size: ½ cup Servings per recipe: 5</p> <div style="text-align: center;">  </div> <p><i>Per Serving:</i></p> <p>Carbohydrates: 21 grams Fiber: 5 grams Added Sugar: .5 grams Protein: 11 grams</p>
<p>Directions</p> <ol style="list-style-type: none"> 1. Chop all greens into bit-size pieces or ribbons and place in a large mixing bowl. 2. Thinly slice radishes and fruit, and add them to the bowl. 3. Add cilantro leaves and nuts to the bowl. Toast nuts if desired. 4. Make the salad dressing. Mix salt, powdered sugar, dry mustard, paprika and pepper together. Add vinegar and stir well. Slowly add olive oil and mix well. 5. Toss everything together, and top with cheese (if desired). 	

 Mint, Lime & Club Soda Agua	
<p>Ingredients</p> <p>Club soda Juice from 3 limes Handful of mint leaves Ice</p> <p>Time: 10 minutes Serving size: 1 cup (8 fluid ounces) Servings per recipe: one pitcher</p>	<div style="text-align: center;">  </div> <p><i>Per serving:</i></p> <p>Carbohydrates: 0 grams Fiber: 0 grams Added Sugar: 0 grams</p>
<p>Directions</p> <ol style="list-style-type: none"> 1. Crush or mull mint leaves. 2. Combine club soda, lime juice, and crushed mint leaves with ice and mix. 	

Lesson 5: Food Groups and Meal Planning

Recipe: Winter Salad

Cooking Instructions For Each Table



Table 1	
Supplies	Directions
<ul style="list-style-type: none">• Radishes• 2 cutting boards• 2 knives• 1 Medium bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none">1. Cut tops off of radishes and put into compost bucket.2. Cut radishes in half.3. Slice thinly and put in bowl.



Table 2	
Supplies	Directions
<ul style="list-style-type: none">• Cotija cheese• 3 cutting boards• 3 knives• 1 small bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none">1. Cut block of cheese into 4/5 parts-one part per parent.2. Carefully crumble cheese into bowl.



Lesson 5: Food Groups and Meal Planning

Recipe: Winter Salad




Table 3	
Supplies	Directions
<ul style="list-style-type: none">• 2 pears• 2 cutting boards• 2 knives• 1 Medium bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none">1. Cut pears in half.2. Each parent cuts a half- pear into small pieces, as shown. 



Table 4	
Supplies	Directions
<ul style="list-style-type: none">• 2 seedless oranges• 2 cutting boards• 2 knives• 1 Medium bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none">1. Remove peel from oranges and put into compost bin.2. Separate orange slices.3. Cut each slice into 3 pieces and put into bowl.



Lesson 5: Food Groups and Meal Planning

Recipe: Winter Salad



Table 5

Supplies	Directions
<ul style="list-style-type: none">• Bunched spinach• 3 cutting boards• 3 knives• 1 Medium bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none">1. Cut off stem part of bunch and put into compost bin.2. Cut spinach into 1 inch pieces and put into bowl.



Lesson 6: Shopping, Cooking, and Eating as a Family

Recipe: Breakfast Tacos



Learning Outcomes

1. Identify ways to be prepared before going to the grocery store
2. Describe how a grocery store is usually laid out and which areas to focus on/avoid for healthy shopping
3. Identify some specific ways to get children involved in grocery shopping

Preparation

Prep Beforehand	<input type="checkbox"/> Orange Basil Agua Fresca <input type="checkbox"/> Wash all vegetables	<input type="checkbox"/> Recipe prep – see below for details <input type="checkbox"/> Clipboards and TX Sprouts Parent Handouts
Other Items to Bring		
General	<input type="checkbox"/> Lesson report form <input type="checkbox"/> Texas Sprouts workbooks <input type="checkbox"/> Pencils <input type="checkbox"/> Dry erase markers/eraser <input type="checkbox"/> Trash bags <input type="checkbox"/> Paper towel roll	<input type="checkbox"/> Vinegar cleaning solution <input type="checkbox"/> Dry erase markers/eraser <input type="checkbox"/> Tape <input type="checkbox"/> Lesson report form <input type="checkbox"/> 2 tables for instruction <input type="checkbox"/> 2 buckets/bins (1 trash; 1 compost)
Activity 1	<input type="checkbox"/> Dinner conversation starter cutouts for each table	
Agua Fresca	<input type="checkbox"/> 1 quart filtered water <input type="checkbox"/> Pitcher <input type="checkbox"/> Cups <input type="checkbox"/> Ice	<u>Recipe Ingredients:</u> <input type="checkbox"/> 10 basil leaves <input type="checkbox"/> 2 oranges
Cooking Activity	<input type="checkbox"/> 5 parent tables <input type="checkbox"/> Hand sanitizer <input type="checkbox"/> Cooking directions <input type="checkbox"/> Table numbers <input type="checkbox"/> Recipe cards <input type="checkbox"/> 15 cutting boards <input type="checkbox"/> 12 knives <input type="checkbox"/> Plates and utensils <input type="checkbox"/> Measuring spoons and cups <input type="checkbox"/> Mixing bowl <input type="checkbox"/> Whisk <input type="checkbox"/> Voting beans & jars <input type="checkbox"/> Hose/bucket/sink for washing fruit	<u>Recipe Ingredients:</u> <input type="checkbox"/> Eggs <input type="checkbox"/> Corn tortillas <input type="checkbox"/> Olive Oil <input type="checkbox"/> Vegetables (zucchini, kale, asparagus, peppers) <input type="checkbox"/> Tomato <input type="checkbox"/> Onion <input type="checkbox"/> Lime juice <input type="checkbox"/> Jalapeno <input type="checkbox"/> Cilantro <input type="checkbox"/> Salt and pepper
To Set Up/Prep in the Garden:	<input type="checkbox"/> Set up tables: food models with foods from different food groups in bags <input type="checkbox"/> Food group bins in the front of the room <input type="checkbox"/> Write objectives /agua fresca on the board	

Lesson 6: Shopping, Cooking, and Eating as a Family

Recipe: Breakfast Tacos



Introduction

Welcome parents back and go over the learning outcomes for the class and the recipe/agua fresca.

Discussion 1: Focused Shopping

1. Tell parents: We know you all have plenty of experience shopping at the grocery store. Here are some tips to make shopping trips healthier and more focused.
 - a. Be prepared with the shopping list that you prepared from your meal planning. It will keep you from making those impulse purchases, which are often less healthy.
 - b. Never go grocery shopping if you're hungry. You'll be more tempted to buy items that aren't on your list.
 - c. Have you noticed where most of the processed foods are located in the grocery store? In the center of the store where packaged foods are located. Stick to the outside aisles of the grocery store where you're more likely to find whole foods like fruits, vegetables, meat, and dairy.
2. Point out the Texas Produce Availability Chart on page 3 of their handout. Tell parents that they can save money and eat fresher produce if they buy fruits and vegetables that are in season.

Discussion 2: Grocery Shopping with Children

1. Tell parents: Even though you may think grocery shopping with your child can be difficult, here are a couple tips to make it enjoyable for both of you!
 - a. Let them help! Kids can count out or bag produce, pull the right items off shelves, or even help put things onto the conveyer belt.
 - b. If the kids are old enough to leave your side, give them a portion of the list and see who can gather their items.
 - c. Ask your kids to pick something new to try from the fresh the produce section and make it a family challenge to find a way to prepare it together and try it.
 - d. Kids can track grocery costs with a calculator. Have them "guesstimate" the total cost of the shopping trip before you leave the house or as you are shopping by keeping track of rounded numbers, and see how close they come!
 - e. If your kids are hungry, let them eat an apple or a piece of fruit while you shop. You can use the weigh station and tag it before they eat it and pay for it at the end.



Lesson 6: Shopping, Cooking, and Eating as a Family

Recipe: Breakfast Tacos



- Point out the Supermarket Shopping Challenge on page 2 of the handouts. Tell parents that they can bring this with them to the grocery store and ask their kids to fill it out while they shop. This can help keep kids busy and reinforce some of the lessons they have learned in class. Parents can also offer a small prize for kids to complete it. If it is too long for one trip, they can ask their children to focus on just two or three sections.

Supermarket Shopping Challenge!

Below is a fun activity you and your child can complete on your next trip to the grocery store. Encourage your child to assist you in picking healthy choices for you and your family's meals.

FRUIT

- How many servings of fruit per day should you eat? _____
- Why is fruit good for you (be specific)?

- Find one fruit you would like to try soon and write it down here: _____
- Find three different colored fruits to try at home this week:
1. _____ 2. _____ 3. _____

VEGETABLES

- How many servings of vegetables per day should you eat? _____
- Why are vegetables good for you (be specific)?

- Find one vegetable you would like to try soon and write it down here: _____
- Find three different colored vegetables to try at home this week:
1. _____
2. _____
3. _____

DAIRY

- List the amount of sugar per serving _____.

BREAD

- Pick a loaf of bread.
- Is it whole grain?
- List the amount of fiber per serving _____.

SNACKS

- What is your favorite snack _____.
- How many grams of fiber does it have _____ and how many grams of sugar does it have _____.
- Choose another snack that looks good and healthier than your first choice: _____.
- List the number of calories (let's remove calories and focus solely on sugar and fiber per serving _____ and the grams of sugar per serving _____.

CEREAL

- Find a cereal with less than 10 grams of sugar per serving that you and your family would eat. What cereal is it?
_____.
- List the grams of sugar per serving _____.
- Why did you pick that cereal? _____.
- Rate the cereal that you bought. Did you like it? _____.

Lesson 6: Shopping, Cooking, and Eating as a Family

Recipe: Breakfast Tacos



Discussion 3: Cooking as a Family

1. Tell parents: Cooking with your family teaches and empowers your family members to make healthy food choices through hands-on learning. By incorporating fresh, affordable fruits and vegetables you can create a new spin on your family's favorite meals.
2. Ask parents: How many of you cook as a family sometimes? What are some things you do to get kids involved? Write down tips on the board as parents share and fill in with what they don't mention from the list below.

Discussion 4: Top 8 Tips for Cooking with Children

Adapted from: (<http://www.bbcgoodfood.com/howto/guide/top-10-tips-cooking-kids>)

1. Allow for more time – Set aside a little extra time as it may take a little longer to prepare a meal, especially with younger children; however, as children get more used to cooking they can actually speed up your cooking time! This is time well spent, as you get spend extra time with your kids and teach them how to cook healthy.
2. Plan Ahead – Make sure you have all the necessary ingredients and equipment. Cooking can be a messy business. Plan ahead by putting a plastic tablecloth down on the floor or a tray underneath their work area. Have kids wear clothes than may get a little dirty or have them wear an apron.
3. Proper hygiene - Teach kids about proper food safety and also about washing their hands between steps while preparing certain foods.
4. Touch and taste – Allow your kids to touch and taste as you prepare a meal. This provides a great opportunity to teach them which foods are safe to eat raw.
5. Talk through the recipe – Have your child read through the recipe and talk through the process.
6. Talk about the ingredients – Read through the ingredients and discuss their origins, cooking processes and techniques. Cooking can be a great way to learn about science, geography, math as well as family heritage!
7. Everyone can participate - There are always activities for every child, even if it's just in the sink washing vegetables and containers while grown-ups and older children chop and use the stove. You can also have a plastic serrated knife available for kids to use.
8. Make it fun! – When children assist in the preparation of their meals they're invested in what they're eating.



Lesson 6: Shopping, Cooking, and Eating as a Family

Recipe: Breakfast Tacos



Discussion 5: Eating as a Family

1. Ask parents: Why is family mealtime important? Add the following reasons if they are not mentioned.
 - a. It helps you to connect with your family.
 - b. It is a chance to talk about your day.
 - c. You can learn more about members in your family.
 - d. Eating with family helps you to enjoy your meal more.
 - e. You may also eat more slowly when in a conversation.
 - f. Meals with family typically are healthier.
2. Ask parents: What are some ways to involve your family? Add the following reasons if they are not mentioned.
 - a. Ask other family members to help pick out a dinner recipe.
 - b. Go grocery shopping together.
 - c. Have both kids and parents help cook dinner.
 - d. Eat meals together at a table (without the TV or electronics on).
3. Tell parents: Sometimes getting together for a family meal can be difficult, with many different busy schedules. It's always good to start small when trying to change habits. For example:
 - a. Set small goals for family dinners. For example, try adding just one more night a week to eat together.
 - b. Make family meal time a priority. Sometimes this may mean giving something up, but try to remember why family mealtime is important.

Activity 1: Dinner Conversation Starters

Tell parents: When we talked about eating as a family with the students, we did an activity where the students were given conversation starter cards and asked each other the questions while eating the meal they prepared. We are going to do this activity today while we eat our breakfast tacos! You will find the question cards on your table and there is a copy of the questions on your handouts too (page 6).





TX Sprouts: Dinner Conversation Starters

Here are some suggestions for dinner conversation starters. What other conversation topics can you come up with?

- What is your favorite childhood memory?
- What are your family members' favorite meals?
- If your family could invite any famous person for dinner, who would it be and why?
- If you could travel to any country in the world, where would you go? Why?
- What is something that you have always wanted to do but have not done yet?
- Can you remember one of the times you have laughed the hardest? Tell the story of what made you laugh.
- What is your earliest memory? Can you remember when you were 3 years old? 4 years old? What comes to mind?
- What is your favorite vegetable?
- If you were stranded on a desert island and could only have 2 single foods, what would you choose?
- Can you think of a food that you have never tried but would like to try?
- If you were to write a book, what would it be about?

Conversation Starter Cutouts for Each Table

What is your favorite childhood memory?

What is your favorite meal?

If you could invite any famous person for dinner, who would it be and why?

If you could travel to any country in the world, where would you go and why?

What is something that you have always wanted to do but have not done yet?

Can you remember one of the times you have laughed the hardest? Tell the story of what made you laugh.

If you were a fruit, which one would you be and why?



If you could invite any famous person for dinner, who would it be and why?

What is your favorite vegetable?

If you were stranded on a desert island and could only have 2 single foods, what would you choose?

Can you think of a food that you have never tried but would like to try?

If you were to write a book, what would it be about?

What is your earliest memory? Can you remember when you were 3 or 4 years old? What comes to mind?

If you were a superhero, what power would you want to have?



Cooking Activity

1. Ask parents to open your workbooks to the Breakfast Tacos recipe on page 7.
2. Tell parents: Your child prepared or will prepare this recipe in their class too!
3. Talk about the meal they will prepare by going over ingredients, quantities and basic preparation.
4. Encourage all parents to at least “try” the recipe.

Cooking Preparation

Table #	Item to Prep	Materials Needed	Directions on Table
1	Zucchini Kale Spinach	3 cutting boards 3 knives 1 medium bowl	<ol style="list-style-type: none"> 1. Cut zucchini in half. Then cut into slices about ¼ inch thick. 2. Remove stems from kale. Tear or chop kale into pieces about the size of a quarter. 3. Tear or chop spinach into pieces about the size of the quarter.
2	Asparagus Peppers	2 cutting boards 2 knives 1 medium bowl	<ol style="list-style-type: none"> 1. Cut peppers in half then dice until pieces are the size of the box shown. 2. Snap off the dry ends of the asparagus. 3. Then dice until pieces are the size of the box shown.
3	Tomato (2)	2 cutting boards 2 knives 1 medium bowl	<ol style="list-style-type: none"> 1. Chop tomato in half then dice until pieces are the size of the box shown. 2. Combine ingredients from Tables 3, 4, and 5. Mix well.
4	Onion Lime	1 Juicer 1 Cutting board 2 knives 1 medium bowl	<ol style="list-style-type: none"> 1. Chop onion in half then dice until pieces are the size of the box shown. 2. Measure out ¼ cup of diced onions. 3. Cut lime in half. Squeeze ½ cup of lime juice with juicer.
5	Cilantro Jalapenos	2 cutting boards 2 knives 1 medium bowl	<ol style="list-style-type: none"> 1. Remove cilantro from stems. 2. Chop into small pieces 3. Cut jalapenos in half and then dice. Dice until pieces are the size of the box shown. <p>*After cutting jalapenos, do NOT touch your face and wash hands right away.</p>

Cooking Assistant Directions

Assist parents completing their task. Some parents may need to be shown how to properly cut certain vegetables. When parents are finished, combine ingredients for the salsa and mix. Next, combine vegetables and sauté. Parents can assist if they are finished with their task. Next scramble eggs. Combine cooked eggs with vegetables, place a small amount into each tortilla, and top with salsa. Parents can also assist with this if they are finished with their task.

Recipe & Agua Fresca Tasting

Assistants should serve a small sample on each plate, pour a serving of the agua fresca in each cup, and help distribute to parents.



Voting On The Recipe & Agua Fresca



1. Pass out two beans to each parent.
2. Assistant walks around to each table with two cups and instructs the parents to place the bean in the “yes” cup if they liked the recipe and in the “no” cup if they did not like the recipe.
 - a. Repeat for voting on the agua fresca.
 - b. Record results on the lesson report form

Conclusion

1. Challenge parents at home to use the skills that they have learned throughout the lesson to create three goals to work on over the next month for a number of times they will shop, cook, and eat as a family.
2. Encourage parents to come back next month on _____ to learn tips for Gardening on Your Own and another delicious recipe!

Recipes

 <h2 style="margin: 0;">Breakfast Tacos</h2>	
<p>Ingredients</p> <p>2 cups vegetables like zucchini, kale, spinach, asparagus, peppers 4 eggs 4 corn tortillas 2 teaspoons olive oil</p> <p>Salsa:</p> <p>1 cup tomato, diced ¼ cup onion, diced ½ cup lime juice ¼ cup jalapeno, diced 2 tablespoons cilantro, or to taste Salt and pepper to taste</p>	<p>Time: 20 minutes Serving size: ½ cup Servings per recipe: 4</p>  <p><i>Per Serving:</i> Carbohydrates: 18 grams Fiber: 3 grams Added Sugar: 0 grams Protein: 10 grams</p>
<p>Directions</p> <ol style="list-style-type: none"> Mix all ingredients for salsa. Chop vegetables and sauté with 1 tsp olive oil in a large pan over medium heat, until soft (about 5 minutes). Season with salt and pepper and set aside. Crack eggs into a bowl and whisk with a fork to scramble. Heat 1 tsp olive oil in a sauté pan over medium heat and add eggs. Stir eggs occasionally as they cook, about 3-5 minutes. Warm the tortillas, spoon the vegetables and eggs into them. Top with salsa. 	

 <h2 style="margin: 0;">Orange-Basil Agua Fresca</h2>	
<p>Ingredients</p> <p>1 quart filtered water 2 oranges 10 basil leaves</p> <p>Time: 10 minutes Serving size: 1 cup (8 fluid ounces) Servings per recipe: one pitcher</p>	 <p><i>Per serving:</i> Carbohydrates: 0 grams Fiber: 0 grams Added Sugar: 0 grams</p>
<p>Directions</p> <ol style="list-style-type: none"> Cut oranges into slices and crush basil leaves to release oil by pressing with fork. Put oranges and basil into pitcher of water, add ice, and serve. 	

Cooking Instructions For Each Table

Table 1	
Supplies	Directions
<ul style="list-style-type: none"> • Zucchini • Kale • Spinach • 3 cutting boards • 3 knives • 1 medium bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none"> 1. Cut zucchini in half. Then cut into slices about ¼ inch thick. 2. Remove stems from kale. Tear or chop kale into pieces about the size of a quarter. 3. Tear or chop spinach into pieces about the size of the quarter




Table 2	
Supplies	Directions
<ul style="list-style-type: none"> • Asparagus • Peppers • 2 cutting boards • 2 knives • 1 medium bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none"> 1. Cut peppers in half then dice until pieces are the size of the box shown. 2. Snap off the dry ends of the asparagus. 3. Then dice until pieces are the size of the box shown. 




Table 3	
Supplies	Directions
<ul style="list-style-type: none"> • 2 Tomatoes • 2 cutting boards • 2 knives • 1 medium bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none"> 1. Chop tomato in half then dice until pieces are the size of the box shown. 2. Combine ingredients from Tables 3, 4, and 5. Mix well. 




Table 4	
Supplies	Directions
<ul style="list-style-type: none"> • Onion • Lime • 1 Juicer • 1 Cutting board • 2 knives • 1 medium bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none"> 1. Chop onion in half then dice until pieces are the size of the box shown. 2. Measure out $\frac{1}{4}$ cup of diced onions. 3. Cut lime in half. Squeeze $\frac{1}{2}$ cup of lime juice with juicer. 



Table 5	
Supplies	Directions
<ul style="list-style-type: none"> • Cilantro • Jalapenos • 2 cutting boards • 2 knives • 1 medium bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none"> 1. Remove cilantro from stems. 2. Chop into small pieces 3. Cut jalapenos in half and then dice. Dice until pieces are the size of the box shown. <p>*After cutting jalapenos, do NOT touch your face and wash hands right away.</p>



Lesson 7: Gardening on Your Own

Recipe: Ultimate Sandwich



Learning Outcomes

1. Understand the benefits of having your own garden
2. List gardening requirements for plants
3. Describe compost benefits and understand basics of how to make it
4. Identify strategies to get children involved in home gardens

Preparation

Prep Beforehand	<input type="checkbox"/> Agua de Jamaica <input type="checkbox"/> Wash vegetables <input type="checkbox"/> Recipe prep - see below for details <input type="checkbox"/> TX Sprouts Parent Handouts and Clipboards	
Other Items to Bring		
General	<input type="checkbox"/> Lesson report form <input type="checkbox"/> Texas Sprouts workbooks <input type="checkbox"/> Pencils <input type="checkbox"/> Dry erase markers/eraser <input type="checkbox"/> Trash bags <input type="checkbox"/> 2 baskets/bins (1 trash; 1 compost)	<input type="checkbox"/> Paper towel roll <input type="checkbox"/> Vinegar cleaning solution <input type="checkbox"/> Tape <input type="checkbox"/> Lesson report form <input type="checkbox"/> 2 tables for instruction
Activity 1	<input type="checkbox"/> 4 inch Basil plant/parent	
Discussion 4	<input type="checkbox"/> Examples of compostable materials: leaf, fruit peel, vegetable peel, stick, paper towel, newspaper <input type="checkbox"/> Examples of non-compostable materials: plastic, Styrofoam, metal, bread, meat, foods cooked with oil <input type="checkbox"/> Example of finished compost	
Agua Fresca	<input type="checkbox"/> Ice <input type="checkbox"/> Cups <input type="checkbox"/> Pitcher <input type="checkbox"/> Water (8 cups/class)	<u>Recipe Ingredients</u> <input type="checkbox"/> Dried Jamaica (hibiscus) flowers <input type="checkbox"/> Cinnamon stick (optional) <input type="checkbox"/> Cloves (optional) <input type="checkbox"/> Sprigs fresh mint <input type="checkbox"/> Fresh orange slices
Cooking Activity	<input type="checkbox"/> 5 parent tables <input type="checkbox"/> Hand sanitizer <input type="checkbox"/> Cooking directions <input type="checkbox"/> Table numbers <input type="checkbox"/> Recipe cards <input type="checkbox"/> 10 Cutting boards <input type="checkbox"/> 8 Knives <input type="checkbox"/> Plates and utensils	<u>Recipe ingredients:</u> <input type="checkbox"/> High fiber bread <input type="checkbox"/> Sliced deli turkey <input type="checkbox"/> Sliced Monterrey Jack <input type="checkbox"/> Romaine lettuce <input type="checkbox"/> 2 tomatoes <input type="checkbox"/> 2 cucumbers <input type="checkbox"/> Green onion

Lesson 7: Gardening on Your Own

Recipe: Ultimate Sandwich



	<input type="checkbox"/> Measuring spoons and cups <input type="checkbox"/> 1 large bowl <input type="checkbox"/> 5 medium bowls <input type="checkbox"/> 1 large cooking/serving spoon <input type="checkbox"/> Voting beans & jars	<input type="checkbox"/> 1 container hummus <input type="checkbox"/> 2 bell peppers
To Set Up/Prep in the Garden	<input type="checkbox"/> Set up tables: number tables & set out recipe cards, plates, utensils and cups for each parent, seed poster (poster with different-sized seeds, labeled) <input type="checkbox"/> Teacher table: stack of post-it notes, pencils <input type="checkbox"/> Write objectives/recipe/agua fresca on the board <input type="checkbox"/> Planting pots for each parent	

Introduction

Welcome parents back and go over the learning outcomes for the class and the recipe/agua fresca.

1. Begin by asking parents: How many of you garden? Ask parents to discuss where they garden?
2. Ask parents to discuss the types of fruits or vegetables they garden and how they do so.
3. Then ask parents that do not garden what are some barriers to gardening that they may have?
4. Ask parents to turn to page 1 in their handouts and briefly discuss the benefits of gardening. Mention to parents that they do not have to have a lot of space or a backyard to garden. They can garden in a windowsill, patio, community garden, or at your child's school. At this time you can also explain to the parents that their handouts contain information for resources in the Austin area that can help them grow gardens of a variety of sizes and kinds.

Discussion 1: Planning your Garden

1. Ask parents what are the major things to consider when planning a garden. Allow parents to share these with the group and then fill in with the following:
 - a. Providing the right amount of sunlight. Different plants have different light needs- some need full sun and some can tolerate shade. Vegetables almost always grow stronger and produce more when they are in a location that gets 6-8 hours of full sun.
 - b. Providing the right type of soil. Most plants grow better in nutritious soil. And especially vegetables need soil that provides them with good nutrition. You will probably need to improve the soil that is in your backyard to make it suitable for growing vegetables. You can do that by adding store bought gardening soil and compost.
 - c. Water: Choose a location where you have an available water source such as a hose spigot. Your plants whether ornamental or vegetable will require water.

Lesson 7: Gardening on Your Own

Recipe: Ultimate Sandwich



2. Explain to parents: Like we mentioned before, even if you have no place at your house for a garden, you can still grow your own food!
3. Tell parents the following tips for urban growing:
 - a. You can raise large amounts of many vegetables and even some fruits in containers on a patio, deck, porch or balcony.
 - b. There are a number of compact and dwarf varieties of plants intended to succeed in small spaces.
 - c. Containers also make it easier for you to control the soil, light, water and fertilizer.
4. Ask parents to share any additional tips for growing in small spaces or in urban settings.

Discussion 2: Gardening With Your Kids

1. Tell parents: Gardening with your children doesn't have to be a hassle. Here are some tips for getting your kids involved with planning, planting, harvesting, and maintaining your garden. These tips can be found on page 3.
 - a. Make it kid friendly –there are a variety of tasks in gardening that are easy enough for kids to help!
 - b. Examine the role of bugs and critters in the ecosystem-help your children be fascinated in stead of afraid of these living things that are often helpful to your garden.
 - c. Review what they are learning in garden lessons at school – let your children be the teachers!
2. Handout the Travis County Master Gardener planting calendar to show parents how it tells you exactly when to plant seeds and transplants.
3. Ask parents to share any additional tips for gardening with your kids.

Discussion 3: Growing And Using Herbs

1. Tell parents: Herbs are a great choice to grow in a garden because many of them are drought tolerant and last many years in the ground. Basil and cilantro are two exceptions, which only last for a single season.
2. Harvesting fresh herbs from your garden into your cooking can be an exciting task for children to help with. Whether used by the pinch or by the bunch, fresh herbs pull a recipe together by adding unique aromas and flavors to the dishes you prepare!
3. Ask parents: How many of you use herbs when cooking? Ask a few parents to share which herbs they use and how they use them.

Activity 1: Planting

1. Tell parents that they will be receiving a basil plant to take home today. Note that basil is a single season plant that will die when it freezes. Explain that it can be placed indoors in a sunny window or outdoors where it gets at least six hours of daylight. Parents can leave it in this pot, re-pot into a bigger pot or plant directly in the ground. Point out that if it stays in the pot, it will need to be watered more frequently (at least twice a week) and about once a week (if it doesn't rain) if planted

Lesson 7: Gardening on Your Own

Recipe: Ultimate Sandwich



outdoors. You can know when to water by testing the soil with your finger for dampness about an inch deep.

2. Discuss briefly with parents how they can garden at home and the resources available to them. Refer to page 5 of their handouts for more details.
3. Point out the link to the Travis County Planting Guide on page 5 of their handouts and briefly discuss seasonality.

SFC Spread the Harvest Program

1. Tell parents about the SFC Spread the Harvest program. For low-income families that apply, SFC will give them ten seed packets, six transplants, compost and fertilizer. They just need to fill out an application (see page 5 of the parent handout for more information), fill out a couple of surveys a year and go to the pickup site to get their plants. This year, it will take place on _____ at _____. (For specific dates and times, check SFC website at www.sustainablefoodcenter.org)

Discussion 4: Define Composting

1. Tell parents: Today we are going to talk about composting. Compost is a form of recycling in which we can take some food scraps and mix them with old plant material, such as leaves or grass clippings, to create a soil-like substance that is full of nutrients for our gardens.
2. Ask parents: *What happens to an apple core after you eat it and put it in the trash?*
 - a. Answer: It starts to rot or decompose. Bugs come and eat it.
3. Explain to parents that after any living thing dies; it starts to decompose or break down. If we throw it in the trash, where does it go from there? It goes to the trash dump with so much other stuff. By keeping our food scraps separate from the rest of our trash and adding them into a compost bin, we are keeping extra trash out of landfills and creating something useful to help our gardens grow.
4. Whether you have flowers or vegetables, composting is a great free way to get nutrition for your garden. Once the materials are broken down into compost, they can be added to your garden soil.
5. Point out the compost bin near the garden.
6. Ask parents to open their workbooks to page 6. Here they will write down the rules for how to know if something is compostable. Ask them to fill in the blank: If it comes from a plant and has nothing extra added to it, it is compostable.

Lesson 7: Gardening on Your Own

Recipe: Ultimate Sandwich



7. Show examples of compostable items and ask parents to write them down in their workbooks. As you show them, ask if they come from a plant or not and if anything extra was added. Examples: leaf, fruit peel, vegetable peel, stick, paper towel, newspaper. Also show parents some items that are not compostable like plastic, Styrofoam, metal, meats, breads and foods cooked with oil.
8. Compost is made by adding “greens” (grass clippings, vegetable scraps, eggshells, tea/coffee grounds), “browns”, water and air. Materials will eventually decompose into compost naturally but turning the pile to introduce air into it and adding water help decomposition happen faster.
9. Show examples of homemade compost bins (wooden pallets, barrels and vermicomposting systems) on the PowerPoint.
10. Point out the PDF from the Green Team in their handouts where they can read more about how to compost at home.
11. Point out the link to the City of Austin Composting Rebate program under additional resources and show on PowerPoint Highlight the following:
 - a. Attend a composting class or watch video online to apply
 - b. Submit short application
 - c. Receive \$75 coupon towards composter

Cooking Activity

1. Ask parents to open their workbooks to the Ultimate Sandwich recipe on page 7.
2. Tell parents: Your child prepared or will prepare this recipe in their class too!
3. Talk about the meal they will prepare by going over ingredients, quantities, and basic preparation.
 - a. Specifically point out that the bread is 100% whole wheat and has **XX grams** of dietary fiber (read this from package).
 - b. The great part about this recipe is that it shows how you can add more vegetables into a meal to get kids eating more vegetables.
4. Encourage all parents to at least “try” the recipe.

Lesson 7: Gardening on Your Own

Recipe: Ultimate Sandwich



Cooking Preparation

Table #	Item to Prep	Materials Needed	Directions on Table
1	2 Tomatoes	2 cutting boards 2 knives 1 medium bowl	1. Cut off ends of tomatoes. 2. Cut into slices.
2	2 Bell peppers	2 cutting boards 2 knives 1 medium bowl	1. Cut off stem 2. Remove seeds 3. Cut in half, then strips. Final pieces about ¼ inch long.
3	Green Onions	2 cutting boards 2 knives 1 medium bowl	1. Cut off root. 2. Cut in ½ inch pieces.
4	2 Cucumbers	2 cutting boards 2 knives 1 vegetable peeler 1 medium bowl	1. Peel cucumber. 2. Cut into four even pieces. 3. Then, cut each piece in half and into small cubes.
5	Head of Romaine lettuce	2 cutting boards 1 medium bowl	1. Tear leaves off of the stem. If leaf is really big, tear in half. 2. Discard stems into compost bucket.

Cooking Assistant Directions

Assist parents completing their task. Some may need to be shown how to properly cut certain vegetables. While parents are doing their chopping, prepare 7-8 sandwiches with bread, hummus, turkey, and cheese. As parents finish chopping, collect their veggies and add to sandwiches. Cut sandwiches into quarters, and serve.

Recipe And Agua Fresca Tasting

Assistants should serve a small sample on each plate, pour a serving of the agua fresca in each cup, and help distribute to parents.

Voting On The Recipe & Agua Fresca

1. Pass out two beans to each parent.
2. Assistant walks around to each table with two cups and instructs the parents to place the bean in the “yes” cup if they liked the recipe and in the “no” cup if they did not like the recipe.
 - a. Repeat for voting on the agua fresca.

Conclusion



1. Challenge parents at home to use the skills that they have learned throughout the lesson to plan their own garden. Tell parents that there is a blank space in their handouts where they can sketch the layout of their proposed garden. Remind parents that even if they don't have space for a large outdoor garden, that there are ways to garden indoors or in pots or at community gardens.
2. Encourage parents to come back next month on _____ to learn tips for Eating Healthy on the Go and another delicious recipe!

Lesson 7: Gardening on Your Own

Recipe: Ultimate Sandwich





Recipes

 Ultimate Sandwich	
<p>Ingredients</p> <p>2 slices high fiber bread 2 slices turkey breast or other deli meat 1 slice cheese, such as pepper jack or provolone 1 leaf romaine lettuce ¼ cup sliced tomatoes, peppers, cucumbers, onion, avocado Mustard</p> <p>Time: 10 minutes Serving size: 1 sandwich Servings per recipe: 1</p>	 <p><i>Per Serving:</i> Carbohydrates: 36 grams Fiber: 11 grams Added Sugar: 0 grams Protein: 27 grams</p>
<p>Directions</p> <p>1. Place the turkey and cheese on the bread. Heat in a toaster oven or conventional oven to melt the cheese, if desired. Layer on the avocado, lettuce, other vegetables, and mustard.</p>	

Lesson 7: Gardening on Your Own

Recipe: Ultimate Sandwich



 Agua de Jamaica	
Ingredients 1/3 cup dried jamaica (hibiscus) flowers 1 cinnamon stick (optional) 5 cloves (optional) 5 sprigs fresh mint 8 cups water Fresh orange slices, if desired	Time: 10 minutes Serving size: ½ cup (4 fluid ounces) Servings per recipe: 16  Per serving: Carbohydrates: 0 grams Fiber: 0 grams Added Sugar: 0 grams
Directions <ol style="list-style-type: none">1. Rinse flowers in cold water in a colander.2. Bring the water to a boil in a medium pot.3. Add Jamaica, cinnamon, and cloves.4. Allow to boil for 2-3 minutes, stirring continuously.5. Remove from heat.6. Cover and allow ingredients to steep for at least 30 min.7. Strain into a pitcher, pressing on solids to extract more liquids.8. Add additional cold water to taste, mint, and orange slices, if desired. The tea should be very mild and not bitter. Add water until the taste becomes smooth. Store in the refrigerator. Serve over ice. <p><i>Note: Jamaica will stain so don't use a pitcher that retains color</i></p>	

Lesson 7: Gardening on Your Own

Recipe: Ultimate Sandwich



Cooking Instructions for Each Table


Table 1	
Supplies	Directions
<ul style="list-style-type: none">• 2 tomatoes• 2 cutting boards• 2 knives• 1 medium bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none">1. Cut off ends of tomatoes.2. Cut into slices.  An illustration of a whole tomato and three slices of tomato stacked on top of each other.



Table 2	
Supplies	Directions
<ul style="list-style-type: none">• 2 bell peppers• 2 cutting boards• 2 knives• Medium bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none">1. Cut off stem and cut in half.2. Remove seeds.3. Slice into strips.



Lesson 7: Gardening on Your Own

Recipe: Ultimate Sandwich





Table 3	
Supplies	Directions
<ul style="list-style-type: none">• Green onions• 2 cutting boards• 2 knives• Vegetable peeler• Medium bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none">1. Cut off root.2. Cut into small pieces, as pictured. 



Table 4	
Supplies	Directions
<ul style="list-style-type: none">• 2 cucumbers• 2 cutting boards• 2 knives• Medium bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none">1. Peel cucumber.2. Cut into slices. 



Lesson 7: Gardening on Your Own

Recipe: Ultimate Sandwich



Table 5

Supplies	Directions
<ul style="list-style-type: none">• Romaine lettuce• 2 cutting boards• Medium bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none">1. Tear leaves off of the stem.2. Tear leaf in half.3. Discard stem into compost bucket.



Lesson 8: Eating Healthy on the Go

Recipes: Lime Toasted Pepitas, Cucumber & Radish Bites, and Fruit Rainbow Skewers



Learning Outcomes

1. Identify basic ways to plan ahead to choose healthy foods on the go
2. Choose healthier choices on fast food menus

Preparation

Prep Beforehand	<input type="checkbox"/> Watermelon-Basil Agua Fresca <input type="checkbox"/> Wash vegetables	<input type="checkbox"/> Recipe prep - see below for details <input type="checkbox"/> Clipboards and TX Sprouts Parent Handouts	
Other Items to Bring			
General	<input type="checkbox"/> Lesson report form <input type="checkbox"/> Texas Sprouts Handouts <input type="checkbox"/> Pencils <input type="checkbox"/> Dry erase markers/eraser <input type="checkbox"/> Trash bags <input type="checkbox"/> Paper towel roll	<input type="checkbox"/> Vinegar cleaning solution <input type="checkbox"/> Tape <input type="checkbox"/> Lesson report form <input type="checkbox"/> 2 tables for instruction <input type="checkbox"/> 2 baskets/bins (1 trash; 1 compost)	
Agua Fresca	<input type="checkbox"/> Ice <input type="checkbox"/> Cups <input type="checkbox"/> Pitcher <input type="checkbox"/> Water	<u>Recipe Ingredients</u> <input type="checkbox"/> Watermelon <input type="checkbox"/> Handful of basil leaves	
Cooking Activity	<input type="checkbox"/> 5 parent tables <input type="checkbox"/> Hand sanitizer <input type="checkbox"/> Cooking directions <input type="checkbox"/> Table numbers <input type="checkbox"/> Recipe cards <input type="checkbox"/> 8 Cutting boards <input type="checkbox"/> 8 Knives <input type="checkbox"/> Plates and utensils <input type="checkbox"/> Measuring spoons and cups <input type="checkbox"/> 2 large bowl <input type="checkbox"/> 5 medium bowls <input type="checkbox"/> Skewers	<input type="checkbox"/> 3 large cooking/serving spoon <input type="checkbox"/> 2 large skillets <input type="checkbox"/> 2 juicers <input type="checkbox"/> Voting beans & jars <u>Recipe ingredients:</u> <input type="checkbox"/> Pepitas <input type="checkbox"/> Cayenne pepper <input type="checkbox"/> Freshly ground black pepper <input type="checkbox"/> Salt <input type="checkbox"/> Limes <input type="checkbox"/> Red grapes	<input type="checkbox"/> Blueberries <input type="checkbox"/> Green grapes <input type="checkbox"/> Oranges <input type="checkbox"/> Bananas <input type="checkbox"/> Strawberries <input type="checkbox"/> Radishes <input type="checkbox"/> Cucumber <input type="checkbox"/> Hummus
To Set Up/Prep in the Garden	<input type="checkbox"/> Set up tables: number tables & set out recipe cards, plates, utensils and cups for each parent, seed poster (poster with different-sized seeds, labeled) <input type="checkbox"/> Teacher table: stack of post-it notes, pencils <input type="checkbox"/> Write objectives/recipe/agua fresca on the board <input type="checkbox"/> Planting pots for each parent		

Lesson 8: Eating Healthy on the Go

Recipes: Lime Toasted Pepitas, Cucumber & Radish Bites, and Fruit Rainbow Skewers



Introduction

Welcome parents back and go over the learning outcomes for the class and the recipe/agua fresca.

Discussion 1: Top Three Ways To Eat Healthy On The Go

1. Tell parents: During hectic days when we have a lot going on, we often end up choosing convenient foods and beverages that are high in fat, added sugar and calories.
2. Ask parents what they think they can do to avoid those unhealthy convenience foods. Fill in with the following tips they do not mention themselves.
 - a. Pack healthy foods and snacks ahead of time – Pack healthy snacks in a small cooler or tote bag before you leave. Consider water, fresh fruit or veggies, low-fat cheese sticks, whole-grain crackers, nuts, or a low-sugar cereal in single serving bags.
 - b. Read the labels – When quickly choosing snacks or meals we often forget to read the nutrition facts label leading to unhealthy choices. Take a moment to look at the label. Pick snacks or beverages that are low added sugar and high in dietary fiber. Be careful as some prepackaged foods may look like a single serving but actually contain multiple servings.
 - c. Make healthy choices at fast-food restaurants - Sometimes, fast food is the only option. Try making healthier choices such as choosing water instead of the fountain drink, choosing a salad or soup option, replacing French fries or chips with fruit, and choose grilled meats over fried options.
3. Go over the TX Sprouts tip about preparing ready-to-go snacks in the handout on page 1. Ask them to add any other suggestions they think might be good.

Discussion 2: Making Healthy Choices - Fast Food and the Drive-Thru

1. Tell parents: Eating at fast food restaurants can be very unhealthy. Guess how much one meal at a typical fast food place (burger, fries and coke)?
 - a. On PPT, it will show that one meal has over 2000 calories, 50 grams of fat and 75 grams of sugar? This one meal is more calories, fat and sugar than someone should consume a day!
2. Tell parents: The best thing to do is to avoid or decrease the amount of fast food restaurants you visit, but if they are unavoidable, like when you are a road trip, then try to make some choices to make your meal a little healthier.
3. Ask parents to stand up and tell them: I am going to read out one suggestion at a time and I want you to go to the right of the room if this sounds like something that would be really easy for you to do, to the middle if this sounds doable, but not very easy and to the left if the idea seems like it would be a really hard choice to make.
4. Read the suggestions below (these suggestions are also listed on page 2 of the parent handouts) one by one and ask parents to share the reasoning behind their choices for some of them.
 - Get the regular or child-sized hamburger and load it with lettuce, tomato, and onions.
 - Cut a larger burger or sandwich in half. Eat half now, and refrigerate half for tomorrow's lunch.
 - Get the small size turkey or grilled chicken sub instead of the large one.

Lesson 8: Eating Healthy on the Go



Recipes: Lime Toasted Pepitas, Cucumber & Radish Bites, and Fruit Rainbow Skewers

- Add lots of veggies to your sandwich with veggies—spinach, tomatoes, cucumbers, and onions.
 - Drink water, milk, and 100% juice instead of sugar-sweetened fruit drinks, sports drinks, or a soft drink.
 - Order a side salad or apple slices instead of fries.
 - Share an order of small fries with a friend.
 - Choose the green beans or raw carrots as the side.
 - Order a baked potato with salsa instead of mashed potatoes and gravy.
 - Order a thin-crust vegetable pizza with a side salad instead of a deep-dish pizza or having multiple slices.
 - Save foods like cakes, pies, and brownies as an occasional treat.
 - Order fruit instead of cakes, pies or brownies.
 - Share one dessert between a few people.
5. Conclude by telling parents that as long as they can commit to make some of these changes, they can make a positive impact on improving their health.

Activity 1: Planning Your Meal

1. Tell parents: You are planning to eat at a local fast food restaurant and want to make healthier choices. Look at the two menus on pages 3 and 4 in your handouts. One menu is based on a typical burger joint and the other a pizza place. Plan a meal from each of the following restaurants, thinking about some of the tips we went over earlier.
2. Give parents a few minutes to write down their choices for themselves and their children and then share their choices with a partner.
3. To conclude, ask a couple of parents to share with the group.

Cooking Activity

1. Ask parents to open their workbooks to the recipes starting on page 5.
2. Tell parents: Today we will be making three snacks that you can quickly make when you or your family is on the go.
3. Tell parents: Your child prepared or will prepare this recipe in their class too!
4. Talk about the snacks they will prepare by going over ingredients, quantities and basic preparation.
5. Encourage all parents to at least “try” the recipe.
6. Ask them to read the directions on the tables and sanitize their hands.

Lesson 8: Eating Healthy on the Go

Recipes: Lime Toasted Pepitas, Cucumber & Radish Bites, and Fruit Rainbow Skewers



Cooking Preparation

Table #	Item to Prep	Materials Needed	Directions on Table
1	Pepitas Cayenne Pepper Ground Black Pepper Salt Limes	Large skillet 1 large bowls 1 knives 1 cutting boards 1 juicers 1 spoon	Recipe: Lime Toasted Pepitas 1. Cut limes in half 2. Squeeze limes. Mix, pepper, cayenne, and salt into the lime juice. 3. Combine with Table 2 4. Add pepita seeds to a skillet and cook until golden brown
2	Pepitas Cayenne Pepper Ground Black Pepper Salt Limes	Large skillet 1 large bowls 1 knives 1 cutting boards 1 juicers 1 spoon	Recipe: Lime Toasted Pepitas 1. Cut limes in half 2. Squeeze limes. Mix, pepper, cayenne, and salt into the lime juice. 3. Combine with Table 1 4. Add pepita seeds to a skillet and cook until golden brown
3	Carton of strawberries Bag of green grapes Bag of red grapes	3 medium bowls 15 Skewers 2 cutting boards 2 knives	Recipe: Fruit Rainbow Skewers 1. Cut tops off of strawberries and put into compost bucket. 2. Cut strawberries in half lengthwise and put into bowl. 3. Remove each grape from the vine and put into bowl. 4. Combine fruits with Table 4 and put on a skewer in the order of a rainbow.
4	5 Bananas 3 Mandarin Oranges	2 medium bowls 15 Skewers 2 cutting boards 2 knives	Recipe: Fruit Rainbow Skewers 1. Removes peel from one banana. Place peel into compost bin. 2. Cut bananas into ½ inch slices and put into bowl. 3. Removes peel from two mandarin oranges. Put the peels into the compost bin. 4. Tear orange into slices. 5. Combine fruits with Table 3 and put on a skewer in the order of a rainbow.
5	20 Radishes 3 Cucumbers Hummus	2 knives 2 cutting boards Tsp. measuring spoon	Recipe: Cucumber, Radish, and Hummus Bites 1. Slice radishes and cucumbers into bite-sized round pieces, about ¼ inch. 2. Spread 1 tsp. hummus on cucumber slice 3. Top with radish

Lesson 8: Eating Healthy on the Go

Recipes: Lime Toasted Pepitas, Cucumber & Radish Bites, and Fruit Rainbow Skewers



Cooking Assistant Directions

Assist parents completing their task. Some parents may need to be shown how to properly cut certain vegetables. For the Lime Toasted Pepitas: assist parents with cooking seeds until they turn a golden brown color.

Recipe & Agua Fresca Tasting

Assistants should serve a small sample of each of the snack items on each plate, pour a serving of the agua fresca in each cup, and help distribute to parents.

Voting on the Recipe & Agua Fresca

1. Pass out two beans to each parent.
2. Assistant walks around to each table with two cups and instructs the parents to place the bean in the “yes” cup if they liked the recipe and in the “no” cup if they did not like the recipe.
 - a. Repeat voting for each of the three snacks
 - b. Repeat for voting on the agua fresca.
 - c. Record results on the lesson report form

Conclusion



1. Challenge parents at home to use the skills that they have learned throughout the lesson to plan a space in their home in either a pantry, a drawer in the refrigerator, or even a container on the counter or in the car that contains healthy snacks that you and your children can grab when you’re in a rush and on the go.
2. Encourage parents to come back next month on _____ to review what we have learned this year with a fun game and make another delicious recipe!



Lesson 8: Eating Healthy on the Go

Recipes: Lime Toasted Pepitas, Cucumber & Radish Bites, and Fruit Rainbow Skewers



Recipes


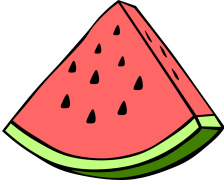
		Lime Toasted Pepitas	
Ingredients 1 1/2 cups pepitas (raw hulled green pumpkin seeds) 1/8 teaspoon cayenne pepper 1/8 teaspoon freshly ground black pepper 1 teaspoon salt 3 tablespoons freshly squeezed lime juice			
Time: 10 min Serving size: ¼ cup Servings per recipe: 6		<i>Per serving:</i> Carbohydrates: 17 grams Fiber: 3 grams Added Sugar: 0 grams Protein: 4 grams	
Directions <ol style="list-style-type: none">1. Mix lime juice, pepper, cayenne and salt in a small bowl, and stir until dissolved.2. Heat a large skillet over medium heat.3. Add pepita seeds and toss frequently until seeds begin to turn light golden.4. Add seasoned lime juice all at once and stir well to coat all seeds.5. Remove from heat and cool in the pan. Serve at room temperature.			

		Fruit Rainbow Skewers	
Ingredients ½ cup purple fruit (red grapes) ½ cup blue fruit (blueberries) ½ cup green fruit (honeydew, kiwi or green grapes) ½ cup orange fruit (oranges or mangoes) ½ cup yellow fruit (pineapple or banana) ½ cup red fruit (raspberries or strawberries)			
Time: 10 minutes Serving size: 1 cup Servings per recipe: 4		Carbohydrates: 21 grams Fiber: 3 grams Added Sugar: 0 grams Protein: 4 grams	
Directions <ol style="list-style-type: none">1. Wash all fruits.2. Cut the larger fruit into cubes, and put on a skewer in order of a rainbow.			

Lesson 8: Eating Healthy on the Go

Recipes: Lime Toasted Pepitas, Cucumber & Radish Bites, and Fruit Rainbow Skewers



 Watermelon Basil Water	
<p>Ingredients</p> <p>1 pitcher filtered water 2 slices of watermelon Handful of basil leaves Ice</p> <p>Time: 10 minutes Serving size: 1 cup (8 fluid ounces) Servings per recipe: one pitcher</p>	 <p><i>Per serving:</i> Carbohydrates: 0 grams Fiber: 0 grams Added Sugar: 0 grams</p>
<p>Directions</p> <ol style="list-style-type: none">1. Cut watermelon slices into cubes and place in pitcher.2. Add basil leaves, water, and ice to pitcher, and serve.	

Lesson 8: Eating Healthy on the Go

Recipes: Lime Toasted Pepitas, Cucumber & Radish Bites, and Fruit Rainbow Skewers



Cooking Instructions for Each Table

Table 1	
Supplies	Directions
<ul style="list-style-type: none">• Large skillet• 1 large bowls• 1 knives• 1 cutting boards• 1 juicers• 1 spoon• Pepitas• Cayenne Pepper• Ground Black Pepper• Salt• Limes	<ol style="list-style-type: none">1. Cut limes in half2. Squeeze limes. Mix, pepper, cayenne, and salt into the lime juice.3. Combine with Table 24. Add pepita seeds to a skillet and cook until golden brown <p><i>Don't forget to use hand sanitizer!</i></p>



Lesson 8: Eating Healthy on the Go

Recipes: Lime Toasted Pepitas, Cucumber & Radish Bites, and Fruit Rainbow Skewers



Supplies	Directions
<ul style="list-style-type: none">• Large skillet• 1 large bowls• 1 knives• 1 cutting boards• 1 juicers• 1 spoon• Pepitas• Cayenne Pepper• Ground Black Pepper• Salt• Limes	<ol style="list-style-type: none">1. Cut limes in half2. Squeeze limes. Mix, pepper, cayenne, and salt into the lime juice.3. Combine with Table 1.4. Add pepita seeds to a skillet and cook until golden brown. <p><i>Don't forget to use hand sanitizer!</i></p>




Lesson 8: Eating Healthy on the Go

Recipes: Lime Toasted Pepitas, Cucumber & Radish Bites, and Fruit Rainbow Skewers



Supplies	Directions
<ul style="list-style-type: none">• 3 medium bowls• Skewers• 2 cutting boards• 2 knives• Carton of strawberries• Bag of green grapes• Bag of red grapes <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none">1. Cut tops off of strawberries and put into compost bucket.2. Cut strawberries in half lengthwise and put into bowl.3. Remove each grape from the vine and put into bowl.4. Combine fruits with Table 4 and put on a skewer in the order of a rainbow.



Lesson 8: Eating Healthy on the Go

Recipes: Lime Toasted Pepitas, Cucumber & Radish Bites, and Fruit Rainbow Skewers



Table 4

Supplies	Directions
<ul style="list-style-type: none">• 2 medium bowls• Skewers• 2 cutting boards• 2 knives• 5 Bananas• 3 Mandarin Oranges <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none">1. Removes peel from one banana. Place peel into compost bin.2. Cut bananas into ½ inch slices and put into bowl.3. Removes peel from two mandarin oranges. Put the peels into the compost bin.4. Tear orange into slices.5. Combine fruits with Table 3 and put on a skewer in the order of a rainbow.



Lesson 8: Eating Healthy on the Go

Recipes: Lime Toasted Pepitas, Cucumber & Radish Bites, and Fruit Rainbow Skewers



Supplies	Directions
<ul style="list-style-type: none">• 2 knives• 2 cutting boards• Tsp measuring spoon• 20 Radishes• 3 Cucumbers• Hummus <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none">1. Slice radishes and cucumbers into bite-sized round pieces, about ¼ inch.2. Spread 1 tsp hummus on cucumber slice.3. Top with radish.



Lesson 9: Program Review

Recipe: Juicy Jicama Salad



Learning Objectives

1. Review information and topics covered in the TX Sprouts Parent curriculum
2. Recall achievements and changes since the start of the program
3. Create goals and identify potential barriers for parents to continue after the program concludes
4. Complete final evaluation material.

Preparation

Prep Beforehand	<input type="checkbox"/> Strawberry-Mint Agua Fresca (1.5 gallons water/class) <input type="checkbox"/> Wash all vegetables <input type="checkbox"/> Recipe prep - see below for details <input type="checkbox"/> Clipboards and TX Sprouts Parent Handouts <input type="checkbox"/> Sign each TX Sprouts Parent Certificate			
Other Items to Bring				
General	<input type="checkbox"/> Lesson report form <input type="checkbox"/> Pencils <input type="checkbox"/> Trash bags <input type="checkbox"/> Tape	<input type="checkbox"/> 2 tables for instruction <input type="checkbox"/> 2 buckets/bins (1 trash; 1 compost) <input type="checkbox"/> Vinegar cleaning solution	<input type="checkbox"/> Paper towel roll <input type="checkbox"/> Dry erase markers/eraser <input type="checkbox"/> TX Sprouts workbooks	
Activity 1	<input type="checkbox"/> 6 sets of laminated ABCD color-coded cards and TRUE/FALSE cards <input type="checkbox"/> Posters with review questions			
TX Sprouts Parent Certificates	<input type="checkbox"/> Signed TX Sprouts Parent Certificates <input type="checkbox"/> Camera			
Agua Fresca	<input type="checkbox"/> 1.5 gallons cold water <input type="checkbox"/> Pitcher <input type="checkbox"/> Cups	<u>Recipe ingredients:</u> <input type="checkbox"/> Strawberries <input type="checkbox"/> Mint		
Cooking Activity	<input type="checkbox"/> 5 parent tables <input type="checkbox"/> Hand sanitizer <input type="checkbox"/> Cooking directions <input type="checkbox"/> Table numbers <input type="checkbox"/> Recipe cards <input type="checkbox"/> 10 cutting boards <input type="checkbox"/> Vegetable peeler <input type="checkbox"/> 12 knives <input type="checkbox"/> Plates and utensils <input type="checkbox"/> 6 medium bowls	<input type="checkbox"/> 1 large bowl <input type="checkbox"/> 1 large cooking/serving spoon <input type="checkbox"/> 2 citrus juicers <input type="checkbox"/> Measuring spoons and cups <input type="checkbox"/> Voting beans & jars <input type="checkbox"/> Hose/bucket/sink for washing fruit <input type="checkbox"/> Whisk	<u>Recipe ingredients:</u> <input type="checkbox"/> 2-3 jicama <input type="checkbox"/> 2 grapefruit <input type="checkbox"/> Green onion <input type="checkbox"/> 2 cucumbers <input type="checkbox"/> Cilantro <input type="checkbox"/> 2 limes <input type="checkbox"/> Olive oil <input type="checkbox"/> Mint <input type="checkbox"/> Salt	
To Set Up/Prep in the Garden	<input type="checkbox"/> Set up tables: number tables & set out recipe cards, plates, utensils and cups for each parent <input type="checkbox"/> Educator table: stack of post-it notes, pencils <input type="checkbox"/> Write objectives/recipe/agua fresca on the board			

Lesson 9: Program Review

Recipe: Juicy Jicama Salad



Introduction

Welcome parents back and go over the learning outcomes for the class and the recipe/agua fresca.

Activity 1: Review Game

Divide the class into five or six groups of four parents each. Pass out the laminated ABCD color-coded cards and True/False cards to each group. Move groups around so that they have some space in between each other and can discuss freely. Explain the rules to parents and begin playing. Ask an assistant to keep score on the board, hold poster up and set timer for answering questions. Emphasize/clarify answers as needed.

Game Rules:

1. You will see 16 questions about the topics that we have covered the last few weeks in our lessons.
2. For each question, you will work together with your groups to choose the correct answer A, B, C or D to each question. You have 30 seconds to choose your answer.
3. When the buzzer goes off, hold up ONE card with the answer you chose.
4. If you hold up the correct card, your team will earn one point.
5. You cannot change your answer once you hold one card up.
6. The team with the highest number of points wins and will receive a TX Sprouts prize.

Activity 1: Review Game Questions/Answers

1. Which of the following is NOT a benefit of eating fiber?
A. Acts like a sponge for sugar B. Helps you feel full
C. Helps build muscles D. Helps digestion
2. What is the maximum amount of sugar we should eat in a day?
A. 200 grams B. 150 grams
C. 100 grams D. 50 grams
3. Which of the following has only NATURAL sugar?
A. Apple B. Apple pie
C. Sour apple candy D. Fruit chews
4. Why is drinking soda bad for you?
A. High in Sugar B. Makes your teeth weaker
C. Gives you false energy D. All of the above
5. How much fiber should we eat a day?
A. 5-10 grams B. 10 -14 grams
C. 15-20 grams D. 25-30 grams
6. Which of the following foods is high in fiber?
A. 100% whole grain breads B. All cereals
C. Soda D. Apple sauce

Lesson 9: Program Review

Recipe: Juicy Jicama Salad



7. TRUE/FALSE. Processed food is healthier than real food.
8. Which of the following does NOT describe a whole food?
 - A. Comes in a package
 - B. Better for your health
 - C. Has more nutrients per serving
 - D. Doesn't need ingredient list
9. Which is better for your health?
 - A. Eating an orange.
 - B. Drinking a glass of orange juice.
10. TRUE/FALSE. All the different components of soil are the same size.
11. Which option is listed from least to most processed?
 - A. Apples, apple sauce, pre-sliced apples, apple juice
 - B. Applesauce, pre-sliced apples, apples, apple juice
 - C. Apples, pre-sliced apples, applesauce, apple juice
 - D. Applesauce, apples, pre-sliced apples, apple juice
12. What is dietary fiber?
 - A. Part of a cloth
 - B. Part of plants we can't digest
 - C. Something unhealthy
 - D. Easily digested
13. Which is a low sugar drinks?
 - A. Soda
 - B. Gatorade
 - C. Water with Lemon
 - D. Orange Juice
14. How many servings of fruits and vegetables should you have daily?
 - A. at least 1 serving
 - B. 2-3 servings
 - C. 4 servings
 - D. > 5 servings
15. What is an important factor when building a garden?
 - A. In a place that has direct sunlight for 6-8 hours
 - B. A large enough space for plants to grow
 - C. A place with water close by
 - D. All of the above
16. What are ways that you can encourage your family to eat more fruits and vegetables?
 - A. Involve children in the shopping
 - B. Have family help with cooking
 - C. Eat together as a family
 - D. All of the above.
16. What is compost?
 - A. Mud
 - B. A natural fertilizer
 - C. A garden tool
 - D. Chemicals

Lesson 9: Program Review

Recipe: Juicy Jicama Salad



Cooking Activity

1. Ask parents to open your workbooks to the Corn & Black Bean Salad recipe on page 3.
2. Tell parents: Your child prepared or will prepare this recipe in their class too!
3. Talk about the meal they will prepare by going over ingredients, quantities and basic preparation.
4. Encourage all parents to at least “try” the recipe.

Cooking Preparation

Table #	Item to Prep	Materials Needed	Directions on Table
1	2 Grapefruits	2 cutting boards 2 knives 1 medium bowl	1. Remove peel from grapefruit and put into compost bin. 2. Separate grapefruit slices. 3. Cut each slice into 3 pieces and put into bowl.
2	2 Oranges	2 cutting boards 2 knives 1 medium bowl	1. Remove peel from oranges and put into compost bin. 2. Separate orange slices. 3. Cut each slice into 3 pieces and put into bowl.
3	Green Onions	2 cutting boards 2 knives 1 medium bowl	1. Cut off root. 2. Cut in ½ inch pieces. 3. Put into bowl.
4	Cucumber	2 cutting boards 2 knives 1 vegetable peeler 1 medium bowl	1. Peel cucumber. 2. Cut into four even pieces. 3. Then, cut each piece in half and into small cubes. 4. Put into bowl.
5	Cilantro and mint 2 Limes	2 cutting boards 2 knives 2 juicers 2 medium bowl	1. Tear leaves off of the stems. If leaf is really big, tear in half. 2. Put leaves in bowl. 3. Discard stems into compost bucket. 4. Cut limes in half. 5. Squeeze limes on juicer by pushing down and turning on the lime. 6. Pour lime juice into small bowl.

Cooking Assistant Directions

Assist parents completing their task. Some parents may need to be shown how to properly cut certain vegetables. Once parents have finished juicing limes and cutting grapefruit, prepare dressing by whisking together olive oil, leftover grapefruit juice, lime juice, and salt in a separate bowl. Once parents are finished chopping, collect their vegetables, add to large bowl, and toss with dressing.

Recipe & Agua Fresca Tasting

Assistants should serve a small sample on each plate, pour a serving of the agua fresca in each cup, and help distribute to parents.

Lesson 9: Program Review

Recipe: Juicy Jicama Salad



Voting On The Recipe & Agua Fresca

1. Pass out two beans to each parent.
2. Assistant walks around to each table with two cups and instructs the parents to place the bean in the “yes” cup if they liked the recipe and in the “no” cup if they did not like the recipe.
 - a. Repeat for voting on the agua fresca.
 - b. Record results on the lesson report form

Measurement Collection

1. Have parents complete post-program questionnaires and body measurements with TX Sprouts Staff.
2. This can be completed after the cooking activity or parents can be split into two groups. While one group is completing the cooking activity the other group can complete measurement activities, then the two groups can switch places.

Optional: As parents are with TX Sprouts staff completing their parent post-program questionnaires and body measurements, have a small seating area for other parents to view pictures from their school’s TX Sprouts child lessons throughout the year and pictures from parent lessons as well.

TX Sprouts Parent Certificates

Distribute TX Sprouts Parent certificates to each parent. Have the cooking assistant take a picture of each parent with the educator

Conclusion and Program Wrap-up

1. Ask parents to think back to the beginning of the school year and compare it to the present. What are some changes they have made for themselves and their families?
2. Ask parents to read over the questions and discuss in small groups their answers. Ask them to share first about the areas in which they have made changes and then comment on areas in which they still need to do some work.
 - Does your family garden?
 - Do your children help meal plan? Shop? Cook?
 - Do you eat as a family?
 - Do you incorporate more fruits and vegetables into meals?
 - Do you and your family consume less sugar? More whole grains?
 - Do you and your family plan ahead with healthy snacks and make healthy choices when on the go?
3. Now ask parents to think about the next month or couple of months and changes they’d like to start making.



Lesson 9: Program Review



Recipe: Juicy Jicama Salad

4. Ask them to read over the questions and discuss in their groups. Then, ask a couple of parents to share aloud (time permitting).
 - What will you continue to do to provide your family with healthy meals?
 - What would you like to start doing more?
 - What is one way you can get more of your family involved in making healthy choices together?
 - Is there anything you'd like to reduce (ex: sugar, salt, processed foods) in you or your families diet?
 - Is there anything you'd like to increase (ex: more colorful vegetables, new fruits, non-sugary beverages) in you or your families diet?



Recipes

 Juicy Jicama Salad	
<p>Ingredients</p> <p>1 jicama, chopped into matchsticks ½ grapefruit, cut in bite size pieces ¼ cup green onion, chopped ½ large cucumber, chopped 3 tablespoon olive oil Juice from 1-2 limes ½ cup cilantro, chopped ¼ cup mint, chopped finely Salt to taste</p> <p>Time: 20 minutes Serving size: ½ cup Servings per recipe: 4</p>	 <p><i>Per serving:</i> Carbohydrates: 21 grams Fiber: 9 grams Added Sugar: 0 grams Protein: 2 grams</p>
<p>Directions</p> <ol style="list-style-type: none">1. Cut jicama, grapefruit, green onions, and cucumber and place in a large bowl.2. In a separate bowl, add olive oil.3. In the same bowl as the olive oil, whisk in juice from limes and any juice left from grapefruit to make the dressing.4. Add salt, cilantro, and mint to dressing and mix well.5. Toss dressing with salad.	

Lesson 9: Program Review

Recipe: Juicy Jicama Salad



 Strawberry-Mint Agua Fresca	
<p>Ingredients Filtered water 5 strawberries, sliced Handful of mint leaves Ice</p> <p>Time: 10 minutes Serving size: 1 cup (8 fluid ounces) Servings per recipe: one pitcher</p>	 <p><i>Per serving:</i> Carbohydrates: 0 grams Fiber: 0 grams Added Sugar: 0 grams</p>
<p>Directions</p> <ol style="list-style-type: none"> 1. Crush or mull mint leaves. 2. Combine water, strawberries, and crushed mint leaves with ice and mix. 	

Cooking Instructions for Each Table

Table 1	
Supplies	Directions
<ul style="list-style-type: none"> • 2 grapefruits • 4 cutting boards • 6 knives • Medium bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none"> 1. Remove peel from grapefruits and put into compost bin. 2. Separate grapefruit slices. 3. Cut each slice into 3 pieces and put into bowl.


Lesson 9: Program Review

Recipe: Juicy Jicama Salad



Table 2	
Supplies	Directions
<ul style="list-style-type: none">• 2 oranges• 4 cutting boards• 6 knives• Medium bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none">1. Remove peel from oranges and put into compost bin.2. Separate orange slices.3. Cut each slice into 3 pieces and put into bowl.



Table 3	
Supplies	Directions
<ul style="list-style-type: none">• Green onions• 4 cutting boards• 4 knives• Medium bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none">1. Cut off root.2. Cut into small pieces, as pictured. 



Lesson 9: Program Review

Recipe: Juicy Jicama Salad



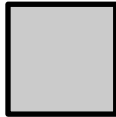
Table 4	
Supplies	Directions
<ul style="list-style-type: none">• 2 cucumbers• 4 cutting boards• 4 knives• Vegetable peeler• Medium bowl <p><i>Don't forget to use hand sanitizer!</i></p>	<ol style="list-style-type: none">1. Peel cucumber.2. Cut into 4 even pieces.3. Then cut each piece in half and into cubes, as pictured. 



Table 5	
Supplies	Directions
<ul style="list-style-type: none">• 2 cutting boards• 2 knives• 2 juicers• 2 medium bowl	<ol style="list-style-type: none">1. Tear leaves off of the stems. If leaf is really big, tear in half.2. Put leaves in bowl.3. Discard stems into compost bucket.4. Cut limes in half.5. Squeeze limes on juicer by pushing down and turning on the lime.6. Pour lime juice into small bowl.



This curriculum was created by:

TX sprouts

