SKILLS FOR LIFE

SESSION 12

Suggested Agenda

8:30 a.m.	Arrival of Participants
9:00 a.m.	Welcome
9:05 a.m.	Session Overview
9:10 a.m.	Club Sessions in Review
10:00 a.m.	Break
10:05 a.m.	Snack Attack
11:10 a.m.	Break
11:15 a.m.	Graduation Ceremony
11:45 a.m.	Cooking Demonstration: Pasta Salad
12:00 p.m.	Lunch
12:45 p.m.	This is Your Life; The Year in Review
1:05 p.m.	Closing and Evaluations
1:35 p.m.	Graduation Party

Materials	Handouts
Flipchart Paper or Blackboard	H76 Session Agenda
Markers or Chalk	H77 Muncher's Guide
Handouts (76-79)	H78 Graduation Certificate
Sample Snack Foods	H79 Pasta, Vegetable, and Tuna Salad
Information About Fast Foods	
Pencils	

SKILLS FOR LIFE

TRAINING GUIDE

Participant Objectives and Activities: Successful participants will be able to:

1. Describe this session's goals and objectives.

• Review the goals and objectives listed below with participants. Pass out the Session Agenda. (Handout 76). (Time: 5 min.)

GOALS:
1. Enjoy ourselves.
2. Become healthier and happier.
3. LMA food, nutrition, and cooking.
4. LMA other issues of interest.

OBJECTIVES:
1. Review food and nutrition topics from previous Club sessions.
2. Identify 10 healthy snacks.
3. Describe characteristics of fast foods.
4. Participate in a Club graduation ceremony.
5. Describe the steps in preparing Chicken and Pasta Salads.

2. Review food and nutrition and other topics from previous sessions.

• Beginning with Session One, review back through each session highlighting important material. Ask participants what is the most important thing they learned in each session. (Time: 50 min.)

3. Identify 10 healthy snacks.

• Ask participants for types of snacks they commonly eat. Discuss their characteristics: fast, easy, high in fat, high in sugar, expensive, etc. (5 min.)

• Provide participants with information about healthy snacks (Handout 77) and discuss in large group. Have them circle snacks they commonly eat. Discuss their nutritional characteristics. Identify healthy snacks on the list. Review snack preparation tips including:

1. Plan snacks for approximately 2 hours before a meal so they won't ruin it.
2. Keep ready-to-eat snacks in the refrigerator: cut up fruit and vegetables, plain lowfat yogurt, lean deli meats, unsweetened fruit juices

3. Keep ready-to-eat snacks in the pantry: assortment of breads, lowfat crackers, graham snacks, pretzels, bread sticks, and ready-to-eat cereals.
4. Make sauces and dips with nonfat plain yogurt rather than sour cream or other high-fat alternatives. (20 min.)

• Provide samples and recipes of healthy snacks for participants (e.g., rice cakes, graham crackers). Perhaps ask participants at previous Club sessions to bring their favorite snacks to this session. Critique them together looking at nutritional values, etc. Choose the healthiest snacks. (10 min.) (Time: 35 min.)

• Demonstrate recipes for healthy snacks (optional).

4. Identify and describe the characteristics of fast foods.

• Ask participants for a show of hands if they eat junk food or fast foods. Obtain handouts from fast-food restaurants that provide nutritional information. Quiz participants on these facts. Are these healthy food items that we should be eating on a regular basis? (10 min.)

• These types of foods often provide high levels of fat and relatively low levels of nutrients. If you must eat these foods, try to limit the fat intake: for example, avoid mayonnaise and cheese and take the skin off chicken. Grilled chicken sandwiches, roast beef, and salads with lowfat dressings are often the best choices nutritionally. Check Consumer Reports which periodically compares and contrasts fast foods. (15 min.)

• Fast food also tends to be expensive relative to home-prepared foods, another good reason to avoid or minimize. Discuss salad bars and good and bad choices. Importance of lowfat toppings and salad dressings should be stressed. (5 min.) (Time: 30 min.)

5. Participate in a Club Graduation ceremony.

• Invite a local elected official such as the Mayor to present certificates (Handout 71) to participants. The official should give examples of how Club members might become more involved in the community. Club members should be recognized for the involvement they have already shown as part of this Club. (Time: 30 min.)

6. Describe the procedures for preparing a recipe item and prepare the meal at home.

• Discuss the ingredients, equipment, and procedures for preparing the menu item (Handouts 79). Discuss substitutions and variations. (Time: 15 min.)

7. Evaluate success of participants in achieving personal goals during the Club.

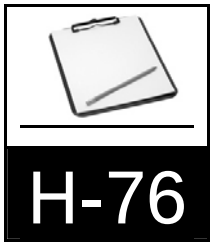
- **In large group, have participants review their goal/objective sheets to evaluate their success. Ask individuals to state the reasons why they accomplished certain objectives and not others. (Time: 20 min.)**

8. Participant Evaluation:

- **Participants complete a final evaluation form for all the sessions. (SEE Appendix 15 for a sample form.) (Time: 30 min.)**

SKILLS FOR LIFE

SESSION AGENDA



SESSION OVERVIEW

CLUB SESSIONS IN REVIEW
We will review previous Club sessions. Think about one thing you have learned in each.

SNACKS AND JUNK FOOD
Have you ever eaten a snack or junk food? We will talk about what's healthy and what's not.

GRADUATION CEREMONY
Celebrate a job well done!

THE COOK'S CORNER
We will prepare Tuna-Pasta Salad.

LUNCH
Try it. You'll like it.

THIS IS YOUR LIFE: THE YEAR IN REVIEW
Think back over the goals you have set for yourself. What worked? What didn't? Why?

CLOSING AND EVALUATION

NEXT CLUB MEETING IS ON

MUNCHER'S GUIDE

Approximate Amount Per Serving
CA = Calories; F = Fat (grams); CH = Cholesterol (milligrams); SO= Sodium (milligrams); T = Trace Amount

FOOD	CA	F	CH	SO
BREADS, CEREALS, AND OTHER GRAIN PRODUCTS				
½ cup corn chips	70	4	0	108
1 cup popcorn, unsalted, plain	30	T	0	T
1 cup popcorn, salted and buttered	50	2	5	213
2 graham cracker squares, plain	60	1	0	86
4 whole-wheat crackers, 2 inches square	70	4	0	118
16 cheese crackers, 1" sq.	80	5	10	179
4 regular saltine crackers	50	1	4	165
4 round snack crackers	60	4	0	120
2 bread sticks, unsalted	75	1	1	140
1 slice whole-wheat toast	70	1	0	180
Bagel, 3 ½" Diameter	200	2	0	245
Blueberry muffin, 2½" D	135	5	19	198
Bran muffin, 2½" D	125	6	24	189
10 thin salted pretzel sticks	10	T	0	48
¼ cup snack mix	150	9	0	12
1/8 15" cheese pizza	290	9	56	699

FOOD	CA	F	CH	SO
VEGETABLES				
½ cup zucchini slices	10	T	0	2
2 carrot and 2 celery sticks	5	T	0	10
3 broccoli florets	10	T	0	9
4 cauliflower florets	10	T	0	7
½ cup marinated vegetables, drained	60	5	0	116
½ cup vegetables marinated in no-oil dressing, drained	25	1	T	75
6 fluid ounces tomato juice	30	T	0	658
6 fluid ounces tomato juice `no salt added'	30	T	0	18
1 medium dill pickle	5	T	0	928
10 potato chips	105	7	0	94
10 salted french fries	160	8	0	108
FRUITS				
Small apple	60	T	0	0
¼ cantaloupe	45	T	0	12
Banana	105	1	0	1
6 fluid ounces orange juice	85	T	0	2
1 small box raisins, (about 2-3 tbsp.)	40	T	0	2
4 dried apricot halves	35	T	0	1

Source: USDA, Human Nutrition Information Service, Home and Garden Bulletin No. 232-9, *Making Bag Lunches, Snacks, and Desserts,* p. 7-8.

Approximate Amount Per Serving
CA = Calories; F = Fat (grams); CH = Cholesterol (milligrams); SO= Sodium (milligrams); T = Trace Amount

FOOD	CA	F	CH	SO
MILK, CHEESE, YOGURT				
1 ounce Swiss cheese	105	8	26	74
1 ounce Cheddar cheese	115	9	30	176
1 ounce process American	105	9	27	406
1 cup skim milk	90	1	5	130
1 cup lowfat milk, 2% fat	125	5	18	128
1 cup whole milk	150	8	33	120
8-ounce plain lowfat yogurt	145	4	14	159
8-ounce lowfat yogurt with fruit	230	2	10	133
NUTS AND SEEDS				
¼ cup salted, roasted peanuts	210	18	0	156
¼ cup unsalted, roasted peanuts	210	18	0	2
¼ cup salted, dry-roasted peanuts	210	18	0	293
2 tbsp. peanut butter	190	16	0	153
¼ cup salted, roasted sunflower seeds	210	20	0	205

BEVERAGES	CA	F	SUGAR
12 ounces diet cola	T	0	0
12 ounces regular cola	160	0	39
12 ounces lite beer	95	0	2
12 ounces beer	150	0	2

FOOD	CA	F	CH	SO
DESSERTS				
½ cup frozen yogurt	105	2	8	50
½ cup sherbet	135	2	7	44
½ cup ice milk	90	3	9	52
½ cup regular ice cream	135	7	30	58
½ cup chocolate pudding (with lowfat milk & dry mix)	145	3	9	169
2 chocolate chip cookies	90	6	9	41
Frosted brownie, 1½" by 1 3/4" by 7/8 " thick	100	4	14	59
2 chocolate or vanilla sandwich-type cookies	100	4	0	94
2 fig bars	105	2	14	90
2 oatmeal-raisin cookies, 2 5/8" in diameter	120	5	1	74
Chocolate-frosted cupcake	120	4	19	92
Frosted cream-filled cupcake	160	4	26	194
1/12 10" round angel food cake	125	T	0	269
1/6 9" apple pie	405	18	0	476
Cake-type doughnut	210	12	20	192
Raised doughnut	235	13	21	222

Source: USDA, Home and Garden Bulletin No. 232-9, *Making Bag Lunches, Snacks, and Desserts,* p. 7-8.

Certificate of Participation

is presented to

_____

For completion of _____ hours in the
Community Food Club Program

_____
Director

_____ _____
Program Coordinator Date

SKILLS FOR LIFE

PASTA, VEGETABLE AND TUNA SALAD

Serves 4 - 6 people

INGREDIENTS

- 1/4 cup of vinegar
- 1/4 cup of oil
- 1-2 cups of chopped vegetables (celery, green pepper, onion)
- 1-2 cans tuna
- 1 tablespoon of sugar
- 2 cups of cooked macaroni
- 1/2 teaspoon of salt
- Pepper to taste

EQUIPMENT

- 1 large bowl
- 1 small bowl

DIRECTIONS

1. Cook macaroni according to directions.
2. Mix together vinegar, sugar, oil, salt and pepper in small bowl. Set aside.
3. Mix together cooked macaroni and chopped vegetables in large bowl.
4. Add vinegar mixture to macaroni and vegetables and blend well.
5. Store in refrigerator overnight to blend flavors.
6. ENJOY!

Source: Adapted from Michigan Bean Commission, St. Johns, Minnesota