

Network for a Healthy California African American Campaign



How Many Cups Do I Need?
and
How Many Minutes Should I get?



How Many Cups Do I Need?

Overview:

- Teaches participants about the recommended amounts of fruits and vegetables based on mypyramid.gov.
- Participants will learn
 - Range of cups of f/v adults need for good health
 - How to determine the amount of f/v they personally need based on age, gender and physical activity level.
 - Introduces the concepts of eating measured cups of f/v.



Learning Objective 1:

Identify the recommended cups of fruits and vegetables they should eat each day for good health. The recommendations are:

- 3½ to 6½ cups of fruits and vegetables every day for good health.
- Amount needed depends on:
 - Age
 - Gender
 - Physical activity level
- Ask participants to find out how many cups of fruits and vegetables they need.



Learning Objective 2:

Recognize how different quantities of fruits and vegetables add up to the recommended daily amount.

What Counts as 1 Cup?

- 2 medium carrots
- 1 large tomato
- 3 broccoli spears

What Counts as Half a Cup?

- 1 watermelon wedge
- 10 string beans
- 1 medium orange



Learning Objective 2 cont...

All fruits and vegetables count:

- Fresh = 1 cup raw leafy greens
- Dried = 1/4 cup of dried fruit
- 100% juice = 3/4 cup(6oz) of fruit or vegetable juice
- Frozen
- Canned fruits and vegetables



Learning Objective 3:

Recognize the role that fruits and vegetables play in reducing their risk of certain chronic diseases.

Fruits and vegetables help you maintain:

- A healthy heart
- Vision health
- A lower risk of some cancers



Learning Objective 4:

Recognize fruit and vegetable consumption as an important element of a healthy lifestyle.

They also help you:

- Control your weight
- Look and feel great
- Boost your energy level



Learning Objective 5:

Use the Fruit and Vegetable Scoreboard handout to track their progress toward meeting their recommended cups of fruits and vegetables.

- Ask participants to set weekly goals
- Ask participants to keep track of their progress
- Mention how social support can make it easier



Preparation

- Photo copy handouts
- Display the *Energize Your Body with Fruits and Vegetables!* poster



Materials and Handouts

- *The Recommended Cups of Fruits and Vegetables for Adults* handout (p. H - 1)
- *The What's in a Cup?* handout (p. H – 2)
- *The Health Benefits of Fruits and Vegetables* handout (p. H – 3)
- *The Fruit and Vegetable Scoreboard* handout (p. H – 4)
- *Energize Your Body with Fruits and Vegetables!* Poster



Conducting the Class

- Go over recommended amounts of fruits and vegetables
- Go through an example: Age = 30-years-old, Gender = Woman, Physical activity = 30 to 60 minutes each day
- Ask class to determine how much she needs?
- Review Answer: 2 cups of fruit and 2 ½ cups of vegetables every day



Conducting the Class

- Make class interactive
- Ask participants:
 - How many cups of fruits should you eat every day?
 - How many cups of vegetables should you eat every day?
 - How many total cups of fruits and vegetables should you eat every day?
 - Does eating the recommended cups of fruits and vegetables sound easy or hard? Why?



Conducting the Class

- Distribute What's in a Cup handout (H-2)
 - Reiterate range of recommended fv ($3\frac{1}{2}$ - $6\frac{1}{2}$)
 - Point out that it can come in many forms (i.e. fresh, juice, dried, canned, and frozen)
- Ask them to come up with combinations to reach their recommended amounts of fruits and vegetables?



Conducting the Class

- Introduce the *Energize Your Body with Fruits and Vegetable!* Poster to demonstrate different amounts of fruits and vegetables using your hands.
- Ask participants:
 - What does a $\frac{1}{2}$ cup of fruit look like?
 - What does 1 cup of vegetables look like?
 - Does eating the recommended amount of fruits and vegetables every day seem easier or harder? Why?



Conducting the Class

- Distribute the *Health Benefits of Eating Fruits and Vegetables* handout (H-3) and go over health benefits
- Ask them to use the *Fruit and Vegetable Scoreboard* handout (H-4) to track their progress and discuss tips to assist them in meeting their goals.



Key Messages

- Adults need 3 ½ to 6 ½ cups of fruits and vegetables every day for good health. They should be able to find their personal recommendation amount.
- Reiterate the health benefits of fruits and vegetables
- Prepare and measure ½ cup of fruits and vegetables in recipes

How Many Minutes Should I Get?



Overview:

- Teaches participants about the recommended levels of physical activity based on mypyramid.gov.
- Participants should learn:
 - Amount of physical activity needed for good health.
 - Benefits of 30-60-90 minutes of physical activity.
 - Introduces the concept of moderate vs. vigorous intensity physical activity



Learning Objective 1

Identify the recommended minutes of daily physical activity they should do for good health.

- Recall the physical activity recommendations
 - 30 minutes of moderate-intensity physical activity = helps maintain good health and reduces risk for chronic disease.
 - 60 minutes of moderate- to vigorous-intensity physical activity = weight loss.
 - 60 to 90 minutes of moderate-intensity physical activity = weight maintenance.



Learning Objective 1:

Review the definitions of:

What is moderate-intensity physical activity?

- Activity that gets you up and moving and makes your heart beat faster.
Brisk walking, biking, taking the stairs, dancing, and raking leaves.

What is vigorous-intensity physical activity?

- Activity that makes you breathe hard and sweat. Running, jogging, playing soccer, fast dancing, and fast biking.



Learning Objective 2

Recognize the role that physical activity plays in reducing their risk of certain chronic diseases.

- Adults need at least 30 minutes of moderate-intensity physical activity every day to reduce the risk of chronic diseases.
- Doing moderate-intensity physical activity on a regular basis:
 - Lowers your risk for type 2 diabetes, high blood pressure, heart disease, stroke, and certain types of cancer.



Learning Objective 3

Recognize physical activity as an important element of a healthy lifestyle.

- Name three health benefits of physical activity(H-7)
 - Makes you look and feel great
 - Gives you more energy
 - Lowers stress and helps you relax
 - Lowers your risk of type 2 diabetes
 - Helps achieve and maintain a healthy body weight
 - Helps build and keep healthy bones, muscles, and joints



Learning Objective 4:

- Use the Physical Activity Scoreboard handouts to help create a weekly physical activity routine.(H-8)
 - Ask participants to set weekly goals
 - Ask participants to keep track of their progress
 - Mention how social support can make it easier



Preparation

- Photo copy handouts
- Display the *Energize Your Body with Fruits and Vegetables* poster



Handouts

- The *Recommended Minutes of Physical Activity for Adults* handout (p. H – 6)
- The *Health Benefits of Physical Activity* handout (p. H – 7)
- The *Physical Activity Scoreboard* handout (p. H – 8)



Conducting the Class

- Go over physical activity recommendations
- Explain the different levels of physical activity
 - Sedentary = being active for less than 30 minutes a day
 - Moderately Active = being active for 30 to 60 minutes a day
 - Active = being active for more than 60 minutes a day



Conducting the Class

- Make class interactive.
- Ask participants
 - How many minutes of physical activity should you get every day?
 - What counts as physical activity?
 - If you aren't physically active every day, why aren't you?
 - What makes you want or not want to be physically active?



Conducting the Class

- Ask participants
 - What types of physical activity do they like to do?
 - What are ways they can get more physical activity every day?
- Identify three ways to be physically active at home and at work
 - Ask participants to share ideas



Key Messages

- Understand the recommended minutes of physical activity for good health.
 - Describe the benefits of 30-60-90 minutes of physical activity
 - Differentiate between moderate-intensity and vigorous-intensity physical activity
- Adults need 30 minutes of moderate-intensity physical activity to reduce their risk of chronic diseases
- Reiterate the health benefits of physical activity as an important element of a healthy lifestyle
- Use the Physical Activity Scoreboard to track progress toward their physical activity goals



Things to remember

- Repetition is our friend
 - Reiterate what they have learned
- Share what they are going to learn next week
 - Show it builds on what they have just learned