

## Leader's Guide No. 6



### GETTING READY

Children learn much by watching and copying adults. Some youth need more chances to see men or women who are happy and helpful. Is this true of children in your group? You might ask the boys and girls if they would like to invite some adults to future meetings. Suggest some persons who enjoy their work and who like boys and girls. Name people with qualities you would like the children to copy.

### PURPOSES OF MEETING

At this meeting you can help the children:

Feel proud of what they have learned.

Decide how they will use what they have learned to help themselves and their families.

Name vitamin A foods.

Tell one reason why they need vitamin A.

Show how much fruit or vegetable counts as one serving from the Fruit and Vegetable Group.

### A SUGGESTED PLAN

1. As children arrive, greet each one. Let the children go through the "cafeteria," which you set up before they arrived. Ask each child to pick out a dinner he would like and which would help keep him healthy. Keep each child's selections separate.

Hand back the sack or paper saved from the first meeting. Help each child fill out page 3 of the Funsheet.

Give the youngsters a chance to report on their progress.

2. Ask what they have done at home since the last meeting. Ask what is meant by enriched.

LD  
5655  
A762  
no.348-116  
VPI  
Spec

3. Play "Sad Sack, Happy Sack" to help the youth review the Bread and Cereal Group.

Before the meeting, hide wrappers and boxes from foods made from grains. Be sure that some say whole grain and some enriched.

Divide the group into two teams. Give one team a grocery sack with a sad face drawn on it. Give the other team a sack with a smiling face. The Happy Sack Team is to look for labels of foods which say whole grain or enriched. The Sad Sack Team is to find the labels which do not say whole grain or enriched.

Give 10 points for each correct label. Take away 5 points for any label that should have been left for the other team.

4. Help the youth learn which foods contain vitamin A. Find pictures of foods which supply vitamin A. Magazines and seed catalogs are good places to look for pictures. These are some of the foods which have vitamin A.

Apricots	Peppers
Broccoli	Pumpkin
Cantaloupe	Spinach
Carrots	Sweet potatoes
Kale	Turnip greens
Mustard greens	Winter squash
	Liver

All of these foods except liver are dark green or deep yellow in color and are in the Fruit and Vegetable Group.

5. Teach them to sing the song on the front of the Funsheet. The tune is similar to "Twinkle, Twinkle Little Star." After the group has learned the song, let half sing the questions and the other half sing the answers.
6. Show servings of fruits and vegetables. Have the children help you. (Remind them to wash their hands.) Show one medium potato which has been baked or boiled until soft. Tell them it is one serving from the Fruit and Vegetable Group. Ask what other fruits and vegetables of medium size would be one serving. (banana, orange, peach, pear, tomato, etc.)

Let one child peel the potato and mash it with a fork. Pack the potato into a glass measuring cup. (It should be about  $\frac{1}{2}$  cup.) Ask if they can tell from this how many cups make one serving from the Fruit and Vegetable Group. (Usually  $\frac{1}{2}$  cup)

Let someone measure  $\frac{1}{2}$  cup of peas or corn and pour them on to a plate for all to see. Let someone else measure  $\frac{1}{2}$  cup of orange or tomato juice and pour it into a glass. Ask how many servings one cup would be. (It would count as two servings.) Point out that many people like to eat several servings of one food.

7. Make and Eat. You can teach children to:  
Cook vegetables to protect nutrients.

Taste vegetables prepared new ways.

Go over the tips for cooking vegetables on page 2 of the Funsheet. Cook some vegetables that contain vitamin A.

Carrots: Let the children prepare some carrots to eat raw and some to cook. Tell them to stop cooking the carrots when the vegetables are soft enough to stick a fork into, but still a little crunchy.

Broccoli or greens: The children should stop cooking these before the vegetables become mushy.

Try one or two of the ideas for extra good taste from the Funsheet.

You might let some of the children prepare other vitamin A foods to be eaten without cooking. Green pepper strips or rings, wedges of cantaloupe, and raw or dried apricots would be good choices.

\*\*\*\*\*

Safety tips. Wash fresh vegetables. Remind the children how to use a paring knife. Also review safety measures regarding handling hot pans.

\*\*\*\*\*

Encourage each child to taste everything. But don't force anyone to eat. Sometimes children say no just to get attention.

Clean-up. Cover and refrigerate leftover vegetables.

8. Have the children work the puzzle on page 4 of the Funsheet. You might draw a larger copy on a piece of poster board or a brown sack. Then the children can work on the puzzle together.

Answers: 1. proteins, 2. thiamine, 3. calcium, 4. vitamin C,  
5. iron

9. To do at home. Review the suggestions of things to do at home on page 2 of the Funsheet.

10. Make plans for the next meeting.

## THINKING IT OVER

Are you enjoying working with the children? Can you see changes? Have some of the children learned to eat new foods? Have they told others in the family what they've learned? Do the children work together? Is it now easier to get cooperation?



VIRGINIA TECH AND VIRGINIA STATE • VIRGINIA'S LAND-GRANT UNIVERSITIES

Virginia Cooperative Extension Service programs, activities, and employment opportunities are available to all people regardless of race, color, religion, sex, age, national origin, handicap, or political affiliation. An equal opportunity/affirmative action employer.

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, and September 30, 1977, in cooperation with the U.S. Department of Agriculture. Mitchell R. Geasler, Director, Virginia Cooperative Extension Service, and Vice Provost for Extension, Virginia Polytechnic Institute and State University, Blacksburg, Virginia 24061; M. C. Harding, Sr., Administrator, 1890 Extension Program, Virginia State University, Petersburg, Virginia 23803.