

**LEADER'S GUIDE  
VARIETY COUNTS  
LESSON #1**

Virginia Cooperative Extension Service  
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## VARIETY COUNTS

### PURPOSE OF THE MEETING

To provide information about:

- The importance of choosing a variety of nutritious foods
- The number of servings needed daily of different types of foods
- Nutrients found in different types of foods

### BEFORE THE MEETING

Review the activities listed below. Select one or more of the activities to do within your meeting time. You may want to schedule two meetings to use more of the activities. You will need to have copies of the handouts for each member.

### ACTIVITIES

	AGE	ACTIVITY	HANDOUTS
<b>Do This First</b>	A11	1. Cartoons	1. Cartoons
<b>Select One Or More</b>	7-13	2. E.G. Visits Earth	(Leaders only) E.G. Visits Earth (booklet) Food Choices for Variety 2. ...A Food Planner
	A11	3. E.G. Says...	3. E.G. Says...(Poster) Food Stickers
	A11	4. Food Wheel	4. Food Wheel (top) Food Wheel (bottom) Food Stickers Food Choices For Variety ...A Food Planner
<b>Food Preparation</b>	A11	5. Make Taco Pizza	5. Chef Safety 6. Make Taco Pizza 7. Taco Pizza Bar Graph
<b>Do This Last</b>	A11	6. Cartoons	8. Cartoons

**NOTE:** This is the first lesson in the series of six Basic Lessons.

## CARTOONS

### Activity 1

#### MEMBERS SHOULD BE ABLE TO

- Select an answer for each cartoon

#### YOU WILL NEED

- Handout 1: Cartoons pre-test for each member
- Pens, pencils, or crayons
- Stapler (optional)

#### BACKGROUND INFORMATION

Each of the six basic lessons includes 4-5 cartoons. The cartoons can be used to see if a member's food and nutrition knowledge has improved. You will need two sets of cartoons for each member -- one set to use at the beginning of the meeting and one set to use at the end of the meeting. If possible, staple sets of cartoons together before the meeting for each member.

#### WHAT TO DO

1. Write the name, age, sex, and race of each member on the Group Information Form.\*
2. Give each member a set of the cartoons (Handout 1) pre-test. Have participants write their name on the cartoons (or on the first page if pages are stapled together.)
3. Read the cartoons, one at a time, and allow members to mark their answers. You may need to read the cartoons twice.
4. Collect the cartoon pages and explain to members that the answers will be discussed at the end of the meeting.

**\*Note:** The Group Information Form can be found in the folder labeled "Coordinator Materials."

## E.G. VISITS EARTH

### Activity 2

#### MEMBERS SHOULD BE ABLE TO

- Name the different types of food needed daily
- Name one main nutrient in each type of food
- Name a function of each nutrient
- Describe why eating a variety of food daily is important

#### YOU WILL NEED

- "E. G. Visits Earth" booklet for Leaders
- Handout: Food Choices for Variety...A Food Planner for each member

#### BACKGROUND INFORMATION

The following types of food should be eaten daily:

fruits  
vegetables

breads and/or cereals  
meat and/or beans  
milk and/or cheese

Some foods from each food type should be eaten daily since different types of food contain different nutrients. *A nutrient is a substance needed for maintaining good health. There are six nutrient groups: protein, fat, carbohydrates, vitamins, minerals, and water.*

The food types and major nutrients they contain are:

FOOD TYPE	NUTRIENTS
fruits vegetables bread, cereal, and pasta meat, poultry, fish, and eggs dried beans and peas milk and cheese	vitamin C and fiber vitamin A and fiber carbohydrates and B vitamins protein and iron protein and iron calcium and protein

Some foods within each type of food are less expensive than others. The E.G. story mentions one inexpensive food for each type.

## E.G. VISITS EARTH

## Activity 2 (cont.)

WHAT TO DO

1. Read the story aloud or let members take turns reading the story to the group. If available, give each member a copy of the Food Planner and discuss the foods in each area.
2. After reading the story to the group once you may want to go over the story again and have members read and act out the parts of E.G. and Marvin.
3. Ask the group to answer these questions:
  - a. Why did E.G. visit earth?  
**Answer: to see what types of food earth people eat**
  - b. What are the types of food that Marvin told E.G. about?  
**Answer: fruits, vegetables, breads and cereals, beans and meat, milk and**
  - c. How does Marvin's mother save money when buying fruits?  
**Answer: she buys fruits that are in season**
  - d. Why do earth people eat fruits?  
**Answer: they have Vitamin C and fiber. Vitamin C is important for healthy cells**
  - e. Why do earth people eat vegetables?  
**Answer: they have Vitamin A to help us see in the dark and Vitamin C for healthy cells. They also have minerals that do lots of jobs in our bodies**
  - f. Why do earth people eat breads and cereals?  
**Answer: they have B vitamins and carbohydrates for energy**
  - g. Why do earth people eat beans and meats?  
**Answer: they have protein for growth and iron to carry oxygen.**
  - h. Why do earth people eat milk and cheese?  
**Answer: they have calcium for our bones and teeth**
  - i. Why should "other" foods only be eaten once in a while?  
**Answer: they don't have many nutrients in them and they usually cost a lot**
  - j. How many servings of each type of food is needed?  
**Answer: 3 - milk, 1-2 - fruits, 3 - vegetables, 4-5 - breads/cereals, and 2 - meat or bean servings**

## E.G. SAYS...

### Activity 3

#### MEMBERS SHOULD BE ABLE TO

- Name the different types of food
- Name a nutrient found in each type of food
- Name a function of each nutrient
- Name the number of servings needed daily from each type of food

#### YOU WILL NEED

- Handout 3: E.G. Says... poster for each member
- Food Sticker sheet for each member
- Food Sticker answer sheet for the leader

#### BACKGROUND INFORMATION

Listed below are the food types, nutrients they contain, nutrient functions, and number of servings needed daily:

TYPE	NUTRIENTS	# OF SERVINGS
fruits	vitamins C & fiber	1-2
vegetables	vitamins A & fiber	3
bread, cereal, and pasta	carbohydrates & B vitamins	4-5
meat, poultry, fish, and eggs	protein & iron	2
or dried beans & peas	protein & iron	
milk and cheese	calcium & protein	adults - 2 children - 3 teens - 4

NUTRIENTS	FUNCTIONS
Vitamin A	helps eyes adjust to dim light helps keep lining of mouth, nose, throat, and digestive tract healthy
Vitamin C	helps hold body cells together helps wounds heal
Carbohydrates	supply energy





**E.G. SAYS...**

## Activity 3 (cont.)

NUTRIENTS	FUNCTIONS
B Vitamins	help the body use protein, carbohydrates, and fat
Protein	needed for growth and repair of cells
Iron	carries oxygen through the body
Calcium	builds and strengthens bones and teeth
Fiber	although fiber is not a nutrient, it helps food to move through the body

**WHAT TO DO**

1. Give each member a copy of the "E.G. Says..." poster and a sticker sheet.
2. Ask members to place 3 food stickers in each spaceship according to food type.  
The spaceship food types are:
 

fruits	meat, poultry, fish, and eggs
vegetables	dried beans and peas
bread, cereals, and pasta	milk and cheese
	other
3. Discuss the placement of the stickers in the spaceships. Use the leader answer sheet to review foods by food type.
4. Discuss the food and nutrition information in each spaceship. For example:
  - Name the types of food and daily number of servings recommended
  - Discuss the nutrients and their functions
  - Ask members to name additional foods that belong to each food type
  - Ask members to name their favorite foods in each food type
  - Ask members to name foods that they have never tried from each food type
5. Collect the sticker sheets as they will be needed later for the Food Wheel Activity in this lesson.

**NOTE:**

On the leader answer sheet, these abbreviations are used:

**F** - Fruit  
**V** - Vegetable  
**B** - Bread/Cereal

**M** - Milk/Cheese  
**M/B** - Meat/Beans  
**O** - Other

## FOOD WHEEL

### Activity 4

#### MEMBERS SHOULD BE ABLE TO

- Name the number of servings needed from each food type
- Name a nutrient and its function for each food type

#### **YOU WILL NEED**

- Handout 4: Food Wheel (2 pages) for each member
- Food Stickers for each member (from "E.G. Says" - Activity 3) and Food Sticker Answer Sheet for the leader (Same as Activity 3)
- Scissors
- Fastener for Food Wheels
- Handout: Food Choices for Variety...A Food Planner for each member (from "E.G. Visits Earth" - Activity 2)

#### BACKGROUND INFORMATION

This activity summarizes information on different types of foods, the nutrients they contain, the functions of the nutrients, and the number of servings needed daily. Before the meeting, review the information on the Food Wheel.

#### WHAT TO DO

1. Give each member a copy of Handout 4, Food Wheel (2 pages) and if available a paper fastener.
2. Have members cut along dotted lines to cut out the wheels on both pages.
3. Have members name foods that belong to each type of food.
4. Give each member a sticker sheet.
5. Ask members to select foods from the sticker sheet that belong to each food type and place the stickers on the food type wheel. Check the Food Wheels to make sure the foods were placed in the correct categories by using the leader answer sheet.
6. Assemble the Food Wheel by placing the "top" over the food type wheel. Place the fastener through the center hole of both layers of the wheel.
7. Have members quiz a partner about:
  - How many servings are needed daily?
  - Which nutrient is in each food group?
  - Why do we need the nutrients?

#### **NOTE:**

Use the Food Sticker Answer Sheet to see if members have put foods into groups accurately: F - Fruits; V - Vegetables; M/B - Meat & Beans; B- Bread/Cereal; M - Milk/Cheese; O - Other

# MAKE TACO PIZZA

## Activity 5

### MEMBERS SHOULD BE ABLE TO

- Participate in food preparation and clean-up
- Name 3 nutrients taco pizza contains
- Name the food source of each of the 3 nutrients

### YOU WILL NEED

1. Ingredients for Pizza
2. Equipment:
  - pizza pan or cookie sheet
  - can opener, mixing spoon
  - measuring spoons, grater, paring knife
  - oven to cook pizza
3. Handouts for each member
  - Handout 5: Chef Safety
  - Handout 6 & 7: Front & Back  
Make Taco Pizza & Taco Pizza Bar Graph

### BACKGROUND INFORMATION

Pizza is an example of a combination food since it contains foods from more than one food type. Pizza may contain a food from each type. This list identifies the nutrients and the food sources for the nutrients in the taco pizza recipe.

NUTRIENTS	FOODS
protein	hamburger, beans, cheese
calcium	cheese
iron	beans, hamburger
vitamin A	tomatoes
carbohydrates	crust

The calories in this pizza come primarily from the fat in the meat and cheese. Reduce the amount of meat and cheese if a lower calorie pizza is desired.

The bar graph introduces % RDA of the Recommended Dietary Allowances. RDA's are the established recommended dietary allowances for the nutrients needed daily by healthy people.

### WHAT TO DO

1. Before the meeting, obtain and organize the ingredients for one or more pizzas.
2. Preheat the oven and organize the cooking equipment.

**MAKE TACO PIZZA**

## Activity 5 (cont.)

**WHAT TO DO (cont.)**

3. Discuss the importance of food preparation safety using Handout 5, "Chef Safety." Discuss each item. Remind members to keep the work area clean as they prepare the pizza.
4. Discuss and give each member a copy of Handout 6, "Make Taco Pizza." Assign different tasks to members such as:
  - Dough/crust preparers (steps 1-5)
  - Hamburger cooks (steps 6-8)
  - Cheese/vegetable preparers (steps 9-10)
5. Discuss different foods that could be added to a pizza.
6. Give each member a copy of Handout 7, "Taco Pizza Bar Graph." Ask the members to compare the levels of the nutrients in Taco Pizza.

## CARTOONS

### Activity 6

#### MEMBERS SHOULD BE ABLE TO

- Select an answer for each cartoon

#### **YOU WILL NEED**

- Handout 8: Cartoons(Post-test) for each member
- Pens, pencils, or crayons
- Stapler (optional)

#### BACKGROUND INFORMATION

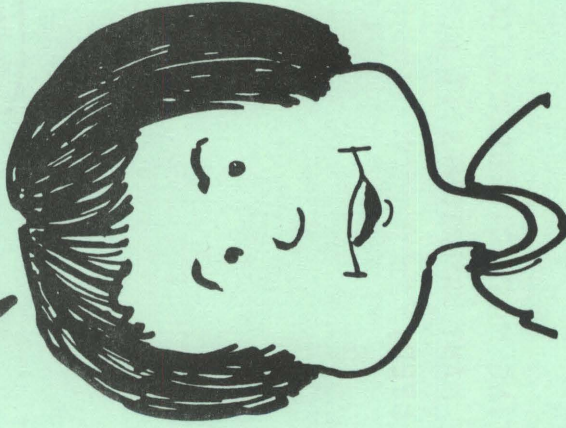
Each of the six basic lessons includes 4-5 cartoons. The cartoons can be used to see if food and nutrition knowledge has improved. You will need two sets of cartoons for each member; one set to use at the beginning of the meeting and one set to use at the end of the meeting. If possible, staple sets of cartoons together before the meeting.

#### WHAT TO DO

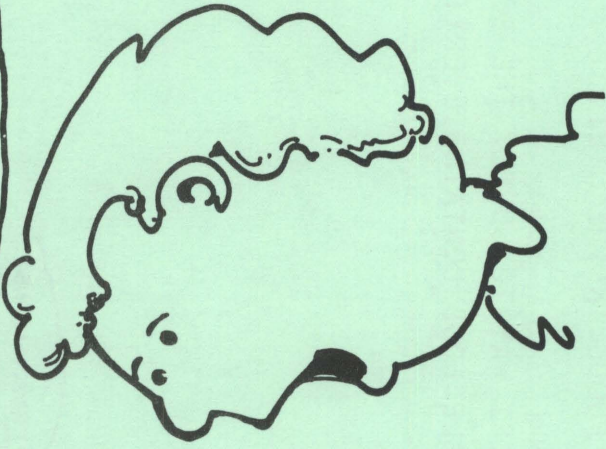
1. Give each member a set of cartoons (Post-test) (Handout 8). Ask them to write their name on the cartoons (or on the first page if pages are stapled together. Explain that you will read each cartoon to them (older members may read the cartoons themselves). They should choose an answer by making an "X" in the box next to the answer they think is best.
2. Read the cartoons, one at a time, and allow members to mark their answers. You may need to read the cartoons twice.
3. Collect the cartoon pages. Use the leader answer sheets to discuss the "right" answers.
4. After the meeting, use the leader answer sheets to check the answers if you are recording scores. You may do this after each lesson or after the completion of the 6 basic lessons. Record the scores on the Group Information Form (if needed) and return the cartoons to the members.
5. Give the Group Information Form to your coordinator (agent, program assistant, or program aide).



I DON'T KNOW WHAT IT  
MEANS TO EAT A VARIETY  
OF FOODS.

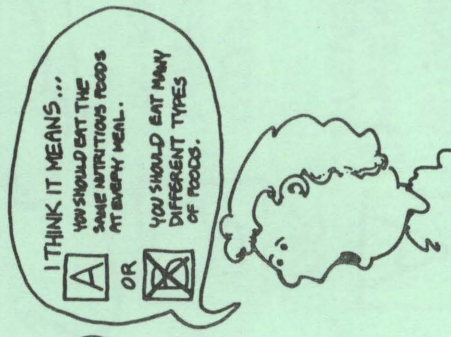


I THINK IT MEANS...  
**A** YOU SHOULD EAT THE  
SAME NUTRITIOUS FOODS  
AT EVERY MEAL.  
OR  
**B** YOU SHOULD EAT MANY  
DIFFERENT TYPES  
OF FOODS.



TOPIC: IMPORTANCE OF INCLUDING A VARIETY OF FOODS IN THE DIET.

EATING MANY DIFFERENT FOODS IS THE BEST WAY TO SUPPLY THE BODY WITH THE MANY NUTRIENTS IT NEEDS. NO SINGLE FOOD CONTAINS EVERYTHING WE NEED.





DIFFERENT FOODS  
GIVE MY GROWING BODY  
DIFFERENT NUTRIENTS. HELP  
ME PICK THE BEST ANSWER.



THESE FOODS HAVE MORE:  
A VITAMIN C  
B CALCIUM



THESE FOODS HAVE MORE:  
C VITAMIN C  
D PROTEIN



THESE FOODS HAVE MORE:  
E IRON  
F CALCIUM



THESE FOODS HAVE MORE:  
G B VITAMINS  
H VITAMIN C



THESE FOODS HAVE MORE:  
I VITAMIN A  
J PROTEIN



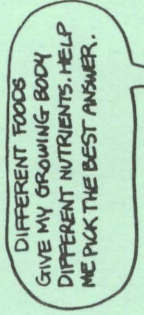
TOPIC: Identifying the five types of food and a nutrient provided by each.

There are five types of food:

- 1. fruits
- 2. vegetables
- 3. meat, poultry, fish, eggs, or dried beans and peas
- 4. milk and cheese
- 5. bread, cereal, and pasta

It is important to eat different foods from each of these types. To answer this item correctly the member needs to identify the type of foods pictured and decide which nutrient the food type contains.

- Strawberries, oranges, and melon (fruits) are high in vitamin C and low in calcium. One-half cup of strawberries, 1/3 cup orange juice, or 1/3 of a small melon (cantaloupe) can give children enough vitamin C for a day.
- Meat and beans are high in protein and very low in vitamin C. Beans and meat are also high in iron.
- Milk and cheese are high in calcium and very low in iron. Children need 3 servings each day. Three servings equals 3 cups of milk or yogurt, 3-1/2 ounces cheese, or 4 slices processed cheese.
- Breads (including rolls and buns), cereals, and pasta are high in carbohydrates and B vitamins and very low in vitamin C. Carbohydrates supply energy.
- Carrots and broccoli (vegetables) contain more vitamin A than protein. They also contain vitamin C. One cup of broccoli contains more than 100% of the R.D.A. (recommended dietary allowances) for vitamin A. One carrot contains twice the amount of vitamin A needed daily for children.



THESE FOODS HAVE MORE:  
 VITAMIN C  
 CALCIUM

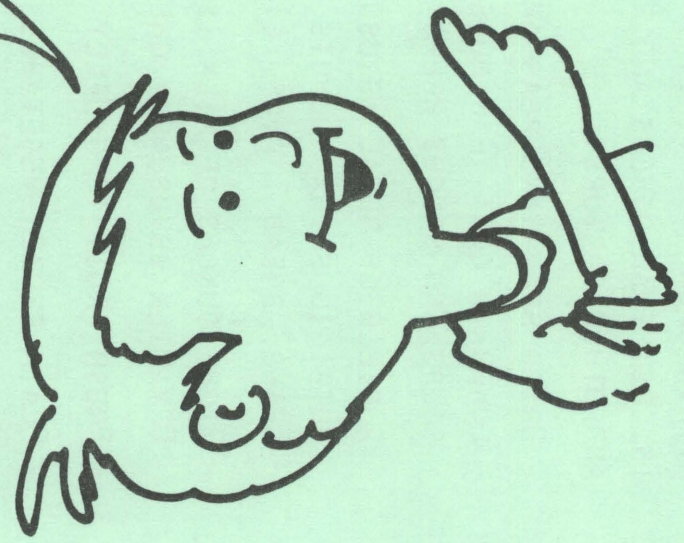
THESE FOODS HAVE MORE:  
 VITAMIN C  
 PROTEIN








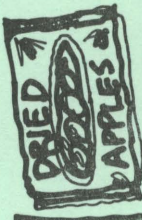


THESE FOODS HAVE MORE:  
 IRON  
 CALCIUM

THESE FOODS HAVE MORE:  
 B VITAMINS  
 H

THESE FOODS HAVE MORE:  
 VITAMIN A  
 PROTEIN

I'M PLANNING A  
LOW COST MEAL. WHICH  
FOOD IN EACH PAIR IS  
USUALLY CHEAPER?

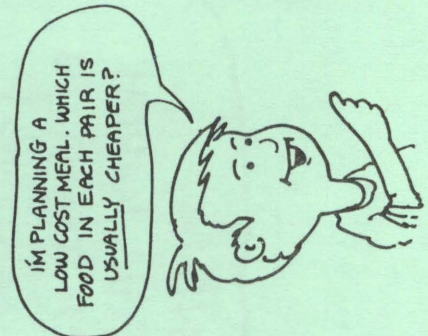


	OR	
	OR	
	OR	
		
	OR	

TOPIC: IDENTIFYING A HIGH AND LOW-COST FOOD FROM EACH OF THE FIVE TYPES OF FOOD.











WITHIN EACH FOOD TYPE, THERE ARE SEVERAL CHOICES. SOME FOODS ARE HIGHER IN COST THAN OTHERS AND PRICES WILL CHANGE BASED ON SEASON, GEOGRAPHIC AREA, AND OTHER FACTORS.

- DRIED BEANS AND PEAS ARE USUALLY CHEAPER THAN MEATS. POULTRY IS USUALLY LOWER IN COST THAN NUTS, BEEF, PORK, OR FISH. USING MEATS IN CASSEROLES, SOUPS, AND SAUCES HELPS "STRETCH" THE AMOUNT OF MEAT USED AND SAVES MONEY.
- A PIECE OF BREAD IS USUALLY CHEAPER THAN A DONUT. BREAD IS ALSO MORE NUTRITIOUS THAN DONUTS. MANY GRAIN FOODS SUCH AS CEREALS, TORTILLAS, BEANS, BREADS, RICE, ETC. ARE LOW IN COST.
- EIGHT OUNCES OF MILK IS USUALLY CHEAPER THAN 8 OUNCES OF PURCHASED YOGURT. DRY MILK IS USUALLY CHEAPER THAN LIQUID MILK.
- FRESH FRUIT IS USUALLY CHEAPER THAN DRIED FRUIT.
- PLAIN FROZEN VEGETABLES ARE USUALLY LOWER IN COST THAN THOSE WITH SAUCES. LOCALLY GROWN FRESH VEGETABLES ARE OFTEN THE "BEST BUY."



	or			
<b>A</b>		<b>B</b>	<b>C</b>	<b>D</b>
	or			
<b>E</b>		<b>F</b>	<b>G</b>	<b>H</b>
	or			
<b>I</b>		<b>J</b>	<b>K</b>	<b>L</b>

I THINK THAT CHILDREN  
SHOULD EAT AT LEAST THIS  
MANY SERVINGS OF FOOD  
EACH DAY.

1-2	FRUITS		
2	VEGETABLES		
4	BREADS		
2	MEATS/BEANS		
3-4	MILK FOODS		

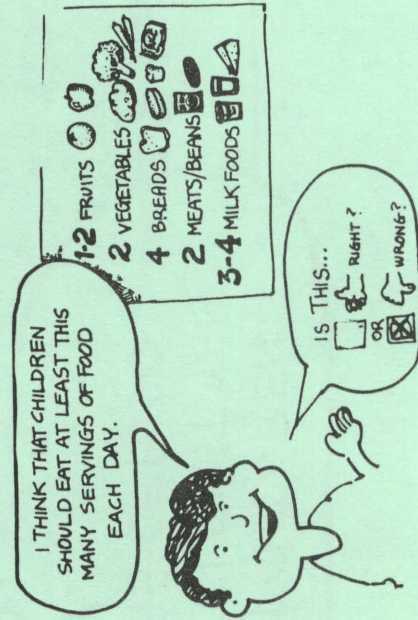


IS THIS...  
 A RIGHT?  
OR  
 B WRONG?

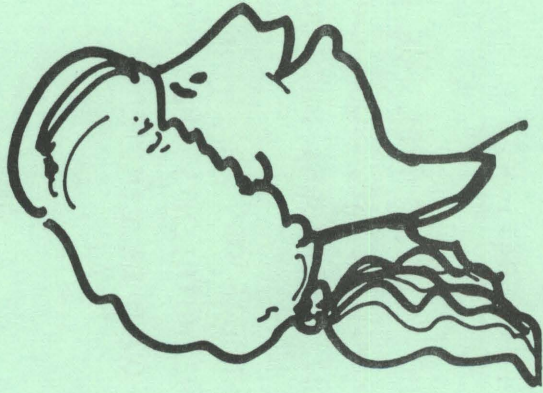
TOPIC: IDENTIFYING THE RECOMMENDED NUMBER OF SERVINGS FOR CHILDREN.

TO SUPPLY THE RECOMMENDED AMOUNTS OF NUTRIENTS NEEDED FOR CHILDREN THE FOLLOWING AMOUNTS OF THESE FOOD TYPES SHOULD BE INCLUDED IN THE DAILY DIET. AN APPROXIMATE SERVING SIZE IS LISTED IN PARENTHESES.

- 1-2 FRUITS (1 MEDIUM ORANGE, 1 PEAR, 1 PIECE OF MELON)
- 3 VEGETABLES (1/2 CUP COOKED OR 3/4 CUP RAW VEGETABLE)
- 4-5 BREADS/CEREALS (SLICE OF BREAD, 1 PANCAKE/WAFFLE/TORTILLA, 1 PIECE CORNBREAD)
- 2 MEAT/BEANS (2 CUPS COOKED/DRIED BEANS/PEAS, 3 OUNCES MEAT)
- 3 MILK FOODS (4 SERVINGS ARE NEEDED FOR TEENS) (8 OUNCES MILK OR YOGURT, 1 OUNCE CHEESE)



WHY CAN'T I EAT  
CANDY AND POP  
FOR LUNCH?



THOSE ITEMS ARE  
CALLED "OTHER" FOODS  
AND SHOULD NOT BE EATEN  
VERY OFTEN BECAUSE...

**A** THEY ARE USUALLY HIGH  
IN CALORIES, FAT, OR SUGAR

**B** THEY ARE NUTRITIOUS  
BUT COST A LOT



TOPIC: IDENTIFYING "OTHER" TYPES OF FOODS AND WHY THEY SHOULD BE CONSUMED IN MODERATION.

THE "OTHER" TYPES OF FOOD INCLUDE (1) TOPPINGS, SUCH AS GRAVY, SAUCES, CREAM CHEESE, SOUR CREAM, JELLY/JAMS, SYRUPS, SUGAR, AND HONEY;  
(2) BEVERAGES, SUCH AS SODA POP AND ALCOHOL; AND (3) HARD CANDIES.

THESE FOODS ARE HIGH IN CALORIES, COST, SUGAR, AND/OR FAT CONSIDERING THE NUTRIENTS THEY PROVIDE. CONSUMPTION OF "OTHER" TYPES OF FOOD SHOULD BE LIMITED.

