

Session 3: Fruit and vegetables and shopping

Learning outcomes

At the end of the session the group should:

- be able to recall the previous session
- know where to buy fresh, dried, frozen, tinned fruit and vegetables
- be able to choose ingredients for one recipe
- have tasted new/exotic fruit and vegetables.

Activities and resources

| Activity | Preparation | • Resources |
|----------------------------|---|--|
| Recap fruit and vegetables | <ul style="list-style-type: none">• Consider how you will review the previous session | |
| Supermarket visit | <ul style="list-style-type: none">• Visit the supermarket before to be aware of where the sections you want to visit are• See where you can buy fresh, dried, tinned and frozen fruit and veg• Be aware of difference in cost• Choose ingredients for carrot and coriander soup or pizzas or baked apple | <ul style="list-style-type: none">• Pictorial shopping list for recipe (page 102-104)• Petty cash for food tasters |
| Tasting | | <ul style="list-style-type: none">• Knife• Chopping board• Plates• Fruits and vegetables from the supermarket |

Session 3: Fruit and vegetables and shopping

Recap fruit and vegetables

The purpose of this exercise is to:

- discuss what they did during the second session.

Suggestion: Consider questions from session two Fruit and Vegetables in your meals to recall the information.

Supermarket visit

The purpose of this exercise is to:

- know where to buy fresh, dried, frozen, tinned fruit and vegetables
- be able to choose ingredients for one recipe

Before you visit the supermarket ask the group to choose which recipe they will make (you may decide to make more than one depending on your group).

- Carrot and coriander soup
- Baked apple
- Quick pizza

At the visit with the group:

1) Find fruit and vegetables that exist in different forms – fresh, dried, tinned or frozen.

For example:

- fresh banana and dried banana
- fresh apples and dried apples
- fresh apricots and dried apricots
- fresh pineapple and tinned pineapple
- tinned fruit salad
- fresh peas and tinned peas and frozen peas
- fresh broccoli and frozen broccoli florets
- frozen mixed vegetables.

Fruit and vegetables

Ask the group:

2) What fruit and vegetables do you see?

Repeat the question each time you see different forms of fruit and vegetables.

3) Which fruit and vegetables are your favourite?

4) Can you choose some fruit and vegetables to try later?

Encourage them to opt for ones they've not tried before.

For example: avocado, passion fruit (fresh), cranberries, bananas (dried), mango (tinned or fresh), cherry tomatoes, celery.

5) Buy the foods that you will use for the cooking session (see shopping list for recipe).

Tasting what we bought

The purpose of this exercise is to:

- have tasted new/exotic fruit and vegetables.

When you return to the learning base prepare for the tasting exercise. Make sure the group wash their hands and then taste the things that you bought at the supermarket.

Discuss:

- how things taste
- all the different colours of fruit and vegetables and why this is good for us
- which unhealthy foods you could replace with these healthier alternatives
- our experience at the supermarket

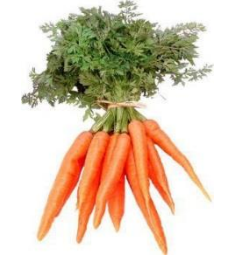
Try to reinforce messages discussed in previous sessions such as:

- Why it is good to eat fruit and vegetables
- How many portions you should have a day
- Alternative foods to try
- What a portion is

Fruit and vegetables



Shopping list for carrot and coriander soup



Carrots



Coriander dried or fresh



Garlic



Vegetable stock



Margarine



Salt and pepper

Fruit and vegetables



Shopping list for baked apples



Cooking apples



Raisins



Porridge oats



Honey



Low-fat yoghurt

Fruit and vegetables



Shopping list for quick pizza



Bread rolls or English muffins



Tinned tomatoes



Mushrooms or peppers or pineapple

You can choose any vegetable or fruit



½ fat cheese



Dried herbs



Pepper

