

## Session 2: Fibre and shopping

### Learning outcomes

At the end of the session the group should:

- be able to recall the previous session
- know where to buy foods high in fibre
- be able to choose ingredients for one recipe
- have tasted new foods high in fibre.

### Activities and resources

Activity	Preparation	Resources
Supermarket visit	<ul style="list-style-type: none"> <li>• Contact supermarket manager for permission to take photographs</li> <li>• Arrange transport</li> <li>• Visit supermarket to be aware of where to find ingredients</li> <li>• Consider high- and low-fibre alternatives and where to find them</li> <li>• Consider cost</li> <li>• Choose ingredients for baking bread</li> </ul>	<ul style="list-style-type: none"> <li>• Shopping list for bread recipe (page 214)</li> <li>• Petty cash for food tasting</li> </ul>
Tasting	<ul style="list-style-type: none"> <li>• Identify preparation area and hand washing facilities</li> <li>• Check risk assessment for food allergies/preferences</li> </ul>	<ul style="list-style-type: none"> <li>• Knife</li> <li>• Chopping board</li> <li>• Plates</li> <li>• Foods high in fibre bought from the supermarket</li> </ul>

## Session 2: Fibre and shopping

### Supermarket visit

The purpose of this exercise is

to:

- be able to recall the previous session
- know where to buy foods high in fibre
- be able to choose ingredients for one recipe.

At the visit with the group

- 1) Find foods that exist in two forms – low in fibre or high in fibre, for example brown (wholemeal) and white bread.
- 2) Ask the group which food they should choose and why.  
Group may be able to remember this from the previous session

Answer: Brown bread - high in fibre foods because they keep us regular and are good for the heart.

Repeat the activity with other products.

For example:

- white bread and brown bread
- white rice and brown rice
- tinned or frozen peas
- tinned or frozen beans
- bran flakes with fruit added and cornflakes
- fruit and vegetables with their skins on
- fresh pears have more fibre than tinned, but still count towards our 5 a day
- dried fruit
- exotic fruit that can be eaten with their skin such as Chinese pears.

You can choose other items that have high fibre to look at and/or buy too.

You also need to buy the foods that you will use for baking bread in the next session.

## Tasting what we bought

The purpose of this exercise is to:

- have tasted new foods high in fibre.

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
- which unhealthy foods you could swap for these healthier alternatives
- your experience at the supermarket.

Try to reinforce messages discussed in previous sessions such as:

- why foods high in fibre are good for us
- which foods are high in fibre
- what are the health benefits of fibre
- the importance of having fluids along with fibre.



## Shopping list for bread making



## Bread mix

Bread mix comes in different varieties. Some have added dried tomatoes and onions. Always choose a brown or wholemeal bread mix.



## Raisins

Group can choose to put these in or not



## Sesame seeds

Group can choose to put these in or not