



# Five A Day . . . The Color Way

## Adult Lesson Plan

### **Concept**

A colorful diet is a healthful diet. The more colors and variety of produce we eat, the more beneficial our diet becomes for disease prevention.

### **Objectives**

The participant will be able to identify a healthy meal using colors.

### **Handout**

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### **Food Demonstration**

Stir Fry Five

### **Lesson Content**

Think of a rainbow. Imagine all the beautiful colors. Think of how beautiful it is to look at a rainbow. Your meal should have the same kind of appeal that the rainbow has with many colors. What is pleasing to the eye, is also pleasing to the palate.

The more colors on the plate, the more healthful the diet can be. Having a variety of color on the plate helps you get the full compliment of nutrients that Mother Nature has to offer. Fruits and vegetables provide us with Vitamins A, C, and folate. They also provide us with fiber and a whole host of necessary minerals like potassium, magnesium and calcium.

You may have known all or some of that. But what we are beginning to find out is that the chemicals found naturally in plants, namely the COLORS, are necessary for our good health.

For example: The PURPLE of the grapes is a natural plant chemical which helps to keep our arteries from collecting cholesterol plaque. The BLUE of blueberries contains a natural chemical which is thought to protect us against memory loss and loss of coordination as we age. Chemicals in broccoli, Brussels sprouts, and cauliflower may help protect us from cancer. Garlic may help fight tumors.

The chemical in spinach protects us from blindness due to macular degeneration, and the orange in carrots and other yellow/orange vegetables help us maintain good eye health.

The minerals in all fruits and vegetables help us maintain normal blood pressure.

The B-vitamin called folate, found in citrus fruits, legumes and fortified cereals, has been found to prevent serious birth defects like spina bifida.

So when you make a plate of food for yourself and /or your kids, make your plate as colorful as possible. Try to eat the Rainbow of Colors everyday. This will help to ensure your good health. The more colors you eat daily, the better. The good nutrition found in fruits and vegetables is needed by our bodies daily. Don't short yourself the nutrients you need. Treat yourself to a colorful variety of fruits and vegetables. You deserve this special treatment because you are a special person.

Today we are going to make a vegetable stir fry for you which I am calling "Stir Fry Five". It contains: Green broccoli, Orange carrots, Purple cabbage, White onion, and Red tomatoes. We will serve this over rice today. You may also serve this over noodles if you like. Look how many colors we have here. Isn't this pretty? In this one meal, we are helping our arteries (the Vitamin C in the tomatoes and broccoli), our eyes (Vitamin A in the carrots and broccoli), our immune system (the chemicals found in broccoli), and fighting cancer (the chemical in the garlic). This meal can be a tasty way to stay healthy.

To make a stir fry, you start by heating oil in a wok or skillet. Make sure that your oil is not rancid. If your oil smells bad, don't use it. Bad oils cause more problems for our bodies. Oils should have a fresh smell. When in doubt, throw it out!

The oil that you use for this recipe can be canola, soy, corn or a blend of these. There are all kinds of marketing gimmicks out there to sell more oil. One is not better than the other, with the possible exception of olive oil which has stronger antioxidant properties than other oils. But since olive oil may not compliment the flavor of soy sauce, I've decided not to use that today.

When the oil is hot, - do not allow the oil to smoke because this means that the oil is breaking down – add the vegetables that require the longest amount of cooking time. The more tender vegetables that do not require as much cooking time may be added after a couple of minutes so that they may finish cooking at the same time, with all vegetables having similar crispness. Stir the vegetables while they cook so that they will cook evenly and to prevent burning. Some like to cover the vegetables for a short time to help the vegetables steam. After the vegetables are cooked, season with the soy sauce.

Soy sauce adds a lot of sodium, so for those of you who are possibly concerned with high blood pressure, you may wish to substitute the reduced sodium soy sauce.

For children who prefer to eat their vegetables raw, stir fried vegetables may be well accepted since the vegetables are still crisp.

Remember, what is pleasing to the eyes excites the taste buds. Look what a colorful meal or side dish this is!

Stir Fry Five provides vitamins, minerals, and fiber. It also helps to protect our health with the chemicals that are the colors of the plants. Serve this on a bed of rice or noodles as a colorful side dish or as a main course and you have a low calorie, low fat, highly nutritious meal. As a menu idea, I think that this will go well with Teriyaki Chicken.

### Stir Fry Five (4 servings)

1 tablespoon of vegetable oil	3 medium carrots, sliced thin
1 teaspoon fresh garlic, minced	1 yellow onion sliced thin
1 teaspoon ground ginger	½ cup purple cabbage
2 tablespoons water	1 teaspoon of soy sauce
16 oz. package of frozen broccoli florets (or 2 cups of fresh)	½ cup chopped tomatoes

1. In a large skillet, heat oil briefly. Add the garlic and ginger, and stir fry for 15 seconds.
2. Add the broccoli, carrots, onion, and cabbage. Add the water, cover the skillet, and cook for 3 minutes over medium heat.
3. Remove the cover, turn the heat up to high, and cook the vegetables by stirring them for about 5-6 minutes or until the vegetables are crisp-tender.
4. When the vegetables are cooked, mix in the soy sauce. Serve with noodles or rice.

Revised from materials developed by: Pinellas County Extension Family Nutrition Program, Pinellas County WIC Program and Pinellas Strong Hearts



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Growing up you may have been told to eat your greens, but what about your reds, oranges, yellows and blues? By putting something of every color on your plate or in your lunch bag, you are more likely to eat the 5 to 9 recommended servings of vegetables and fruit every day. The more reds, oranges, greens, yellows, and blues you see on the plate, the more health promoting properties you are also getting from your vegetable and fruit choices. Nutrition research shows that colorful vegetables and fruit contain essential vitamins, minerals, fiber, and phytochemicals that your body needs to promote health and help you feel great. Here are the specifics...

### Reds



When you add deep reds or bright pinks to your daily diet, you are also adding a powerful antioxidant called lycopene. Lycopene is found in tomatoes, red and pink grapefruit, watermelon, papaya and guava. Diets rich in lycopene are being studied for their ability to fight heart disease and some cancers.

### Greens



Do you know why this color is so essential to your diet? Not only do green vegetables look great and taste wonderful, but they are rich in the phytochemicals that keep you healthy. For example, eating spinach, collards, kale and broccoli may help protect your eyes by keeping your retina strong. Vegetables like cabbage,

Brussels sprouts, cauliflower, kale, and turnips may reduce the risk of cancer! Greens are also loaded with essential vitamins (folate), minerals, and fiber.

### Oranges



Orange, the color of a blazing sun, is a must-have in your daily diet. Orange vegetables and fruits like sweet potatoes, mangos, carrots, and apricots, contain beta-carotene. Eating food high in beta carotene may help strengthen your immune system. Folate, most often found in leafy greens, is also found in orange fruits and vegetables, and is a

### Yellows



B vitamin that may help prevent some birth defects and reduce your risk of heart disease.

Bright yellows have many of the same perks as the orange groups. Grapefruit, for example, is rich with Vitamin C. Corn and pears are high in fiber. Yellow fruits and vegetables belong to many different families, but they all share the common bond of being health enhancing with great taste. Go for the gold!

## Blues & Purples



Blues and purples not only add beautiful shades of color to your plate, they add health-enhancing compounds that may reduce your risk of cancer. Blueberries, in particular, are rich in Vitamin C and high in fiber and potassium as well.

## Whites



White vegetables include the onion family: garlic, chives, scallions, and leeks. Research is looking at how compounds in these vegetables may help lower cholesterol and blood pressure and increase the body's ability to fight infections. Phytochemicals in cruciferous vegetables like cauliflower, may inhibit cancer growth.

There is color in every season. When it comes to your health, you'll fare best with a multi-colored diet. By putting something of every color on your plate or in your lunch bag, you are more likely to eat the recommended 5 to 9 servings of vegetables and fruits every day. Think color: 1 cup of dark, leafy salad GREENS with WHITE onions sprinkled on top, ½ cup of RED tomatoes, ½ cup of YELLOW pineapple chunks, 6 oz. ORANGE juice and ½ cup of BLUEberries. Delicious and healthy!

Get your "5 to 9 A Day" the Colorful Healthy Way!

## Stir Fry Five 4 servings

- 1 tablespoon of vegetable oil
- 3 medium carrots, sliced thin
- 1 teaspoon fresh garlic, minced
- 1 yellow onion sliced thin
- 1 teaspoon ground ginger
- ½ cup purple cabbage
- 2 tablespoons water
- 1 teaspoon of soy sauce
- 16 oz. package of frozen broccoli florets (or 2 cups fresh)
- 1/2 cup chopped tomatoes

1. In a large skillet, heat oil briefly. Add the garlic and ginger, and stir fry for 15 seconds.
2. Add the broccoli, carrots, onion, and cabbage. Add the water, cover the skillet, and cook for 3 minutes over medium heat.
3. Remove the cover, turn the heat up to high, and cook the vegetables by stirring them for about 5-6 minutes or until the vegetables are crisp-tender.
4. When the vegetables are cooked, mix in the soy sauce. Serve with noodles or rice.

## Tips for Eating 5 A Day

### What is a Serving?

- 1 medium-size fruit
- ¾ cup (6-oz.) of 100% fruit or vegetable juice
- ½ cup cooked, frozen or canned vegetables or fruit
- 1 cup of raw leafy vegetables
- ½ cup cooked dry peas or beans
- ¼ cup dried fruit

## 5 a Day Recipe Tips Adding Color and Flavor to Lunch and Dinner

Eat sandwiches or wraps that include several vegetables, such as mushrooms, tomatoes, sprouts, green peppers, cucumbers, or other raw vegetables.

Include a mixed green salad or a vegetable soup with your lunch or dinner.

After a run or walk on your lunch break, snack on some power food — fruits and vegetables. And quench your thirst with 100% juice!

Choose a baked potato or sweet potato in place of French fries.

Add crunch and color to pasta or potato salad with green or red pepper strips, broccoli florets, carrot slices, or cucumber.

When grilling, be sure to wrap vegetables in aluminum foil. Or grill skewers of pineapple, eggplant, nectarines, zucchini, or cherry tomatoes.

Bring color or character to your salads by sprinkling in baby carrots, shredded cabbage, or spinach leaves.

Perk up deli salads like coleslaw, chicken, or tuna with apple chunks, pineapple, or raisins.

Grill fruit or vegetable skewers over medium-hot coals for a fun-to-eat and flavorful BBQ treat.

Toss grapefruit and/or orange sections in a fresh crunchy salad of mixed greens. The sweet citrus and crisp lettuce are an incredible wake-up call for the taste buds, and the juice from the segments moistens each leaf.

Make homemade salsa with tomatoes, mangoes, avocados, red onions, cilantro and lime juice.

You can get some of your 5 A Day at a restaurant too. Try vegetable pizza, vegetable pasta (but watch out for cream sauces), or a fresh vegetable “wrap.” Instead of French fries, order a plain baked potato, vegetable soup, or a small salad.

Try tossing fruit into your green salads. Oranges, grapefruit, or nectarine slices add extra flavor to your 5 A Day salad.

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