

**“UP WHERE WE BELONG”**  
**Leader’s Guide**  
**and**  
**Guidebook**

Using the Leader’s Guide, this educational session provides information about the 5 a Day for Better Health Program including information on the benefits of 5 a Day, serving sizes, and how to overcome barriers to eating 5 a Day. This session can be held in the church or other location to help members learn about the 5 a Day for Better Health Program.

This guide was developed during the NC Black Churches United for Better Health Project.

**TOPIC: 5-A-DAY, GETTING THE WORD OUT: THE WHAT AND WHY OF 5-A-DAY**

<p align="center"><b>Behavioral Objectives</b></p> <p align="center"><b>Participant will be able to:</b></p>	<p align="center"><b>Activity</b></p>	<p align="center"><b>Discussion/Leader's Notes</b></p>
<p>1) Explain "5-A-DAY FOR BETTER HEALTH" means to eat a total of 5 servings of fruits and vegetables a day for better health.</p>	<p>1) "LET'S TALK" (5 minutes)</p> <p>Materials/Needed Resources:                      Project guidebooks                      Pens/pencils</p> <p>* Review page 1 in project guidebook.</p>	<p><b><u>Discussion Question:</u></b>                      Q. If someone asked you what 5-A-Day means what would you tell them?                      A. 5-A-Day means to eat at least a total of five servings of fruits and vegetables a day.</p> <p><b><u>Leader's Notes:</u></b></p> <ul style="list-style-type: none"> <li>◆ Emphasize 5-A-DAY FOR BETTER HEALTH is a national campaign to encourage Americans to eat 5 fruit ad vegetable servings a day to help prevent cancer.</li> <li>◆ Emphasize a combination of 5 fruits and vegetables are recommended, not 5 servings of each.</li> <li>◆ Point out, your church is involved in the project because of the increased incidences of cancer in the Black community.</li> </ul> <p><b><u>Additional Leader's Notes:</u></b></p>

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<p align="center"><b>Participant will be able to:</b></p> <p>1) State three beneficial effects of eating 5-A-DAY one of which will include prevention of or precaution for cancer.</p>	<p>LET'S TALK (CONTINUED)</p> <p>Materials/Needed Resources: Review pages 3 &amp; 4 in project guidebook.</p>	<p><b><u>Discussion Question:</u></b> Q. What are some benefits to eating at least 5 fruit and vegetable servings daily? A.</p> <ul style="list-style-type: none"> <li>● Reduce your risk of cancer particularly those listed on page 3 of the project guidebook.</li> <li>● If you prepare the fruits and vegetables healthily you may have better control of your weight</li> <li>● Increase the amount of fiber in your diet. This can help with constipation, lowering your cholesterol, and getting better control of your blood sugar.</li> </ul> <p><b><u>Leader's Notes:</u></b></p> <p>◆Emphasize diet plays an important role in reducing the risk of a large number of cancers. NOTE: This is an important point, make sure participants list this beneficial effect of 5-A-</p>

		<p>Day.</p> <ul style="list-style-type: none"><li>◆ Note that a diet high in fat and low in fruits and vegetables is believed to cause a lot of cancers.</li> <li>◆ Discuss importance of a variety of fruits and vegetables (especially vitamin A, C, cruciferous).</li></ul>
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<p>2) State three beneficial effects of eating 5-A Day one of which will include prevention of or precaution for cancer.</p>	<p>LET'S TALK (Continued)</p>	<p><b><u>Discussion Question:</u></b></p> <p><b><u>Leader's Notes:</u></b></p> <ul style="list-style-type: none"> <li>◆ Fruits and vegetables contain vitamins, fiber, and other compounds that help to prevent cancer.</li> <li>◆ When fruits and vegetables are prepared healthily, most are naturally low in fat and calories</li> </ul> <p><b><u>Additional Leader's Notes:</u></b></p>

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<p>3) State that fruits and vegetables are part of a healthy balanced diet.</p>	<p>3) "PIN THE FOOD ON THE PYRAMID" (20 minutes)</p> <p>Materials/Needed Resources:                      Project guidebook                      Pens/pencils                      Blank food guide pyramid with Velcro or tape                      Six (6) cards with pictures representing each of the 6 categories in the food guide pyramid                      Large poster of food guide pyramid</p> <p>A large pyramid model without foods in each section should be posed with a number in each section.</p> <p>The minimum number of servings will be listed in each section.</p>	<p><b><u>Discussion Question:</u></b>                      Q. Who can tell me what the food guide pyramid is?                      A. Explain that the Food Guide Pyramid is a model used to demonstrate the importance of balanced diet. (Use building a house as way to explain the importance of foundation being strong {bottom section of pyramid}. If the roof of the house or top of pyramid is heavier than the foundation, the house or pyramid in this case will fall/crumble).</p> <p><b><u>Leader's Notes:</u></b></p> <p>◆Emphasize the bottom space represents the food you should eat in the largest quantity; the top space presents the food you should eat in the smallest amount.</p>

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<p>3) State that fruits and vegetables are part of a healthy balanced diet.</p>	<p>“PIN THE FOOD ON THE PYRAMID”</p> <p>Setting up the game:</p> <ol style="list-style-type: none"> <li>1) Divide group into teams/“families”.</li> <li>2) Give each team/“family” one of six cards with one of six food groups on it.</li> <li>3) Instruct the team/“family” to discuss which numbered space their food group belongs in.</li> <li>4) Have group write the minimum serving on the back of their card.</li> <li>5) Encourage group to discuss their decision to place a food group in a particular section on the model.</li> <li>6) Once the group has decided, have a member of each group place the card, with the assigned # on the back, in a designated location (i.e. in a basket, on a table, etc.)</li> <li>7) Once teams have made a decision, Velcro or tape food group to the section chosen by the group.</li> </ol>	<p><b><u>Game Rules:</u></b></p> <ul style="list-style-type: none"> <li>◆ If after discussion, team is not able to agree, instruct group to vote for a final decision.</li> <li>◆ Majority of group must agree in order to change positions.</li> <li>◆ In the event you have 2 food groups in one category vote to decide which category would be moved</li> </ul> <p><b>After game discussion:</b></p> <ul style="list-style-type: none"> <li>◆ Display poster size copy of food guide pyramid, comparing pyramid of the group to the actual pyramid</li> <li>◆ Refer participants to page 4 in project guidebook, defining Food Guide Pyramid as a model to help assure a healthy, balanced diet.</li> </ul>

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<p>3) State that fruits and vegetables are part of a healthy balanced diet.</p>	<p align="center">“PIN THE FOOD ON THE PYRAMID” (CONTINUED)</p> <p align="center"><b>insert graphic here</b></p>	<p><b><u>More Discussion after game:</u></b></p> <ul style="list-style-type: none"> <li>◆ Stress that all food groups are important but most Americans tend to get too little of the grains, fruits, vegetables, and often the dairy products as well...most get too much from the meat and fat groups.</li>   <li>◆ Point out that the goal is to get a healthy, balanced diet by getting the recommended servings from each food group daily.</li>   <li>◆ Point out that some foods are considered “combination foods” and provide servings or portions of servings from more than one food category (e.g. stir fry vegetable/rice, casseroles, pizza, blueberry cobbler).</li>   <li>◆ Note that the foods from grains fruits and vegetables are low in fat. It's often what we add to them that make them high in calories and fat (i.e. baked potato with sour cream/butter, cornbread and vegetables seasoned with fatback, etc.)</li> </ul>



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<p>3) State that fruits and vegetables are part of a healthy balanced diet.</p>	<p>“PIN THE FOOD ON THE PYRAMID” (CONTINUED)</p>	<p><b><u>Discussion after game:</u></b></p> <ul style="list-style-type: none"> <li>◆ Caution participants to be aware that some foods, while offering good vitamins and minerals, may be high in fat (i.e., ice cream, whole milk, peanut butter) and they should omit and/or consider substitutions (i.e., yogurt, ice milk, skim or low fat milk).</li>   <li>◆ Emphasize “Cooking with Pizazz” class will be available. Refer to resources listed in Appendix on how to attend other sessions. Talk to your local Food and Nutrition Cooperative Extension Agent (provide telephone #).</li>   <li>◆ Remind participants that a diet high in fat and low in fruits/vegetables has been shown to increase cancer risks, so how you prepare fruits/vegetables is very important.</li> </ul>

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<p>3) State that fruits and vegetables are part of a healthy balanced diet.</p>	<p align="center">"PIN THE FOOD ON THE PYRAMID" (CONTINUED)</p>	<p>Discussion after game:</p> <ul style="list-style-type: none"> <li>◆ Comment that while we are not focusing on the other food groups in detail it is very important to limit fat in the total diet.</li>   <li>◆ If participants have specific questions about other food groups and/or fat, remind them you will provide additional information at a later date...be careful not to get "off track".</li>   <li>◆ Point out differences in individual's pyramid and recommended pyramid.</li> </ul>

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<p>4) Identify the serving size for commonly eaten fruits and/or vegetables</p>	<p>4) "THE SIZE IS RIGHT" (15 minutes)</p> <p><b>Materials/Needed Resources:</b>                      Project guidebook                      Pens/pencils                      Seven (7) different fruits/vegetables in bowl/pot (3-4 servings of each)                      Utensils for serving 7 fruits/vegetables (knives/spoons)                      8 oz., 12 oz., and 24 oz. glasses                      Measuring cups</p> <p><b>Setting up the game:</b>                      1) Make sure you have at least 3-4 servings of each food.                      2) Ask for 6 volunteers to prepare what they consider to be a <i>typical serving for themselves for one of a variety of fruits and vegetables</i> (include cooked and raw vegetables, juices, and fruits of varying serving sizes). Emphasize their is no right or wrong serving size.                      ♦ 1 cup = 8 ounces                      3/4 cup = 6 ounces</p>	<p><b>Before Game Discussion Questions:</b>                      Q. What is a serving?                      A. Most people think of a serving size as whatever they put on their plate, But for 5-A-Day they needed to put a measurable amount on a serving. This was done so you can figure out if you are eating as many fruits and vegetables as is recommended for better health. Some of you may be eating more fruits and vegetables than you thought while others may be eating less.</p> <p><b>During Game Discussion Question:</b>                      Q. Ask participants if their typical serving size is about the same size as the one the volunteer served.                      A. Discuss the differences in personal serving sizes then (step 2 of game) pass plates/bowls of actual serving size around so participants can see close up what the serving size looks like.</p>

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<p>4) Identify the serving size for commonly eaten fruits and/or vegetables</p>	<p>“THE SIZE IS RIGHT” (CONTINUED)</p> <p>3) Prepare actual serving sizes from participant servings; if not enough, show additional amount needed; if too much, point out excess.</p> <p>4) Have participants refer to “What’s On My Plate” and turn to page 9 in the project guidebook.</p> <p>5) Ask participants to calculate number of fruits and vegetables eaten yesterday.</p> <p>6) Wait until all participants have figured their number of servings for fruits and vegetables. Ask participants if they were surprised by the number of servings they ate.</p>	<p>◆ Refer to page 8 in the project guidebook.</p> <p><b>Discussion Question:</b></p> <p>Q. Why do you think it might be important to monitor or know about serving sizes?</p> <p>A .</p> <p>◆ Discuss importance of serving size in assuring at least 5 fruits/vegetables daily.</p> <p>◆ Mention serving sizes that are “too large” can lead to increased weight especially from the meat, fats, oils and “sweets”</p> <p>Q. Is there a minimum recommended amount of fruits and vegetables you should eat?</p> <p>A. The minimum recommended amount is a combination of fruits and vegetables that add up to at least five servings a day.</p>

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<p>5) Identify at least one personal barrier and at least one way to overcome the barrier to ensure consumption of 5-A-Day.</p>	<p>5) A. Skit/Barriers Scenarios (See Appendix, 10 minutes)</p> <p><b>Materials/Needed Resources:</b>                      Project guidebook                      Pens/pencils                      Actors for skit                      Props for skit</p>	

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<p>6) Identify 1-800-4-CANCER as a toll free number available to receive cancer nutrition information.</p>	<p>6) "CAN WE TALK?" (5 minutes)</p> <p>Materials/Needed Resources:                      Project Guidebook                      CIS Brochure (1-800-4-CANCER)                      Pens/Pencils                      Sample of CIS materials                      (In NAT manual)</p> <p>◆ Review page 13 in project guidebook.</p>	<p>Discussion Question:                      Q. Who knows what number we can call if we need information about cancer and nutrition?                      A. 1-800-4-CANCER</p> <p>Leader's Notes:                      ◆ Identify services available through Cancer Information Services (CIS): emphasize 1-800-4-CANCER is a toll free number available to receive cancer and nutrition information.</p> <p>◆ Note hours of hotline operation are Monday through Friday 9 a.m. until 7 p.m.</p> <p>◆ Cancer Information Specialists are not physicians, but are trained to provide accurate and up to date information on prevention and treatment of cancer. They are, also able to make referrals and provide information on screening services</p>

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<p>6) Identify 1-800-CANCER as a toll free number available to receive cancer nutrition information.</p>	<p>◆ Show sample of CIS materials available through toll free number (1-800-4-CANCER).</p>	<p><u>Leader's Notes:</u>                      6) Leader's Notes:                      Identify services available through Cancer Information Services: point out it is a recording in which they can:</p> <ul style="list-style-type: none"> <li>➔ press 1 to order materials</li> <li>➔ press 2 to locate an FDA (Food and Drug Administration) mammography facility</li> <li>➔ press 3 to talk with a Cancer Information Specialist</li> <li>➔ press 4 to hear these options again</li> </ul> <p><b>Additional Leader's Notes:</b></p>

**OVERCOMING THE BARRIERS**  
**A Skit - On Our Way to 5 A Day**

**Actors required; three females**

**SCENE:** Two sisters are at the breakfast table on a Saturday morning around 11:00 a.m. Their mother comes over with a bag of vegetables from her garden.

Sister #1: I hear a car pulling into the driveway, you expecting someone?

Sister #2: No, they probably have the wrong house.

Sister #1: They must have the wrong house this early one Saturday morning (as she looks out the window). Oh, it's our mother and she looks like she has some bags of groceries or something.

Sister #2: I hope she has some chicken in one of those bags.

Sister #1: All you think about is greasy food, I'll be back...I need to make a phone call before mamma comes in.

Sister #2: (opens the door) Hey mom! I sure hope there's some homemade fried chicken in that bag.

Mother: No. I brought something better - some vegetables from my garden.

Sister #2: Vegetables?

Mother: Yes, vegetables!

Sister #1: Oh, hi mom, what's in the bag?

Mother: Vegetables from our garden. Since your dad completed the Specialized Master Gardener course, we have plenty of tomatoes, cabbage, cucumbers and collards

Sister #1: That's good mom! I was just telling (sister's name) we need to start eating more fruits and vegetables and less fat. But I get tired of preparing them the same old way.

Mother: The church is encouraging us to eat a total of 5 fruits and vegetables daily for better health. To help us, we have a class called "Cooking with Pizazz". You could go with me so you can learn different delicious healthy ways to cook. After we finish the class, we are going to work on a "Black Churches United For Better Health" cookbook.

Sister #1: Mom, I'd love to go.

Sister #2: Help yourself, just give me my meat and potatoes. You're not gonna get me to eat that rabbit food! Besides, I feel pretty good besides a little extra weight, constipation, high cholesterol and diabetes.

Mother: Yeah, it sounds like you feel pretty good. (Mom and sister laugh)  
Seriously, eating 5-A-Day might help you control your weight, cholesterol, constipation, and diabetes! You know, I want to be with you forever, but I can tell you one thing...God blessed me with a good, full life but I also know I have a responsibility to take care of my body, God's temple.

Sister #2: You're right mom...I'll do better.

Mother: Well, I need to go...I have some more vegetables I'm going to take to Sister Johnson's house.  
Sisters hug their mom, saying "Thanks for the vegetables and good-bye"

Mother: (Walking out the door) Remember, you don't have to change all at once...just a little at a time.



## OVERCOMING THE BARRIERS

### A Skit - On Our Way to 5 A Day

- SCENE: Husband and wife are at the breakfast table on a Saturday morning around 11:00 a.m. Husband's mother comes over with a bag of vegetables from her garden.
- WIFE: I hear a car pulling into the driveway, you expecting someone?
- HUSBAND: No, they probably have the wrong house.
- WIFE: They must have the wrong house this early on a Saturday morning (as she looks out the window). Oh, it's your mother and she looks like she has some bags of groceries or something.
- HUSBAND: I hope she has some chicken in one of those bags.
- WIFE: All you think about is greasy food, I'll be back...I need to make a phone call before mamma comes in.
- HUSBAND: (Opens the door) Hey mom! I sure hope there's some homemade fried chicken in that bag.
- MOTHER: No. I brought something better - some vegetables from my garden.
- HUSBAND: Vegetables?
- MOTHER: Yes, vegetables!
- WIFE: Oh, Hi mom, what's in the bag?
- MOTHER: Vegetables from our garden. Since your dad completed the Specialized Master Gardener course, we have plenty of tomatoes, cabbage, cucumbers and collards.
- WIFE: That's good mom! I was just telling (husband's name) we need to start eating more fruits and vegetables and less fat. But I get tired of preparing them the same old way.
- MOTHER: The church is encouraging us to eat a total of 5 fruits and vegetables daily for better health. To help us, we have a class called "Cooking with Pizazz". You could go with me so you can learn different delicious healthy ways to cook. After we finish the class, we are going to work on a "Black Churches United For Better Health" cookbook.
- WIFE: Mom, I'd love to go.

HUSBAND: Help yourself, just give me my meat and potatoes. You're not gonna get me to eat that rabbit food! Besides, I feel pretty good besides a little extra weight, constipation, high cholesterol, and diabetes.

MOTHER: Yeah, it sounds like you feel pretty good. (Mom and wife laugh).

Seriously, eating 5-A-Day might help you control your weight, cholesterol, constipation, and diabetes! You know, I want to be with you forever, but I can tell you one thing...God blessed me with a good, full life but I also know I have a responsibility to take care of my body, God's temple.

HUSBAND: You're right mom...I'll do better.

MOTHER: Well, I need to go...I have some more vegetables I'm going to take to Sister Johnson's house. (Husband and Wife hug Mom, saying "Thanks for the vegetables and good-bye").

MOTHER: (Walking out the door) Remember, you don't have to change all at once...just a little at a time.

