



Family Fun Workshop #2

Kids as Chefs

Goal

Using Motivational Interviewing (MI, see link below) adult participants will be encouraged to include children in their care when preparing food. Using MyPlate as a tool, participants will be encouraged to include more fruits and vegetables at mealtimes

Objectives

Participants will

- Discuss the importance of eating fruits/vegetables.
- Review MyPlate.
- Discuss the importance of including children during food preparation.
- Make and taste fruits and vegetables through making a hummus and vegetable treat.

Key Talking Points

- MyPlate is a tool that may be helpful in increasing consumption of fruits and vegetables
- Children enjoy fruits and vegetables more when they help prepare them.
- Eat 5 or more servings of fruit and vegetables per day.
- Introducing fruits and vegetables in different ways and adding them to favorite recipes helps children eat more fruits and vegetables.

Materials

- MyPlate Poster (link below)
- Recipe materials
 - fresh vegetables
 - plain hummus
 - canned black olives
 - whole wheat crackers
- Nutrition education reinforcement item (NERI) - optional

Introduction

- Parents sign in as they arrive.
- Introduce yourself. Tell participants what you are going to do/cover during the workshop.
- Ask participants to introduce themselves. Use an icebreaker activity. Example: Share their favorite fruit or vegetable.

MyPlate Discussion

- Introduce MyPlate utilizing the MyPlate poster and facilitate a discussion about the visual representation. Ask, “What do you notice about this picture?” “What is surprising?” “Do we tend to eat like this?”
- Explain that the MyPlate tool encourages people to fill half their plates with fruits and vegetables.
- Encourage participants to consider barriers or challenges to eating more fruit and vegetables with their meals.
- Explain to participants that the goal of MyPlate is not to take away their favorite foods but to add more nutrition to the foods they like. “Small changes can make a big difference.”

Kids as Chefs Discussion

- Using MI, guide a discussion about the importance of including children in food preparation.
- Explain that children may enjoy fruits and vegetables more when they help prepare them.
- Explain that children are more likely to try something for the first time if they are involved in preparing it.
- Using MI, guide a discussion on how to involve children during food preparation and any barriers.

Hummus and Vegetable Recipe

- Everyone washes their hands.
- Participants are encouraged to allow children to do the spreading, vegetable cutting, and opening of cans, all as they are able, depending on age.
- Participants spread hummus on crackers and top them with vegetables.

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- Using MI, guide a discussion around the hummus and vegetables snack, what families liked and disliked, focusing on how it could be changed/alterd depending on the availability of vegetables.

Summary (5 mi)

- Give each participant Family Fun Flyer #2 and spend a few moments going over each of the talking points.
- Distribute NERI (if applicable)

Links

- Motivational Interviewing: <https://motivationalinterviewing.org/understanding-motivational-interviewing>
- MyPlate poster: <chrome-https://www.myplate.gov/resources/graphics/myplate-graphics>



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