

YTC discussion questions

YTC recipe preparation:

Q. Did you enjoy making the recipe? Would you change anything in the recipe if you were making it at home?

A. A variety of answers are possible. Participants should be encouraged to use different vegetables or fruits; use more or less spices, etc. If participants say they did not like a particular vegetable or fruit, remind them that new foods might need to be tried several times before we decide we like them.

Q. Have you ever had anything like this before? If yes, tell us more about it.

A. A variety of answers are possible. Provide encouragement to participants for trying new foods.

Q. What is one thing you have learned from today's lesson?

A. Examples may include: how to use a specific piece of equipment, a new cooking technique, a new way to prepare a particular food, etc.

Q. What is the difference between an herb and a spice?

A. Spices:

- o Come from the bark, root, fruit, flower or seed of various plants and trees
- o Are available individually or as blends or mixtures
- o Are sold in whole or ground forms. The ground form is more concentrated and so smaller amounts are needed.
- o Are often added at the beginning of the recipe preparation.

Herbs:

- o Usually come from the leafy part of a plant
- o Can be grown easily indoors or outdoors
- o Can be purchased fresh or dried. The dried form is more concentrated and so smaller amounts are needed.
- o Are often added at the end of the recipe preparation.

Vegetables and fruit:

Q. How many vegetables and fruits should people eat everyday?

A. Include plenty of vegetables and fruits in your meals and snacks. Try making half of your plate vegetables and fruits. Opt for different textures, colours and shapes to fit your taste. Vegetables and fruits are an important part of a healthy eating pattern.

Q. How many times today were you successful with making half your plate or bowl full of fruits and vegetables?

A. Answers will vary. Be sure not to make judgments. Simply encourage the group to look for more ways to emphasize vegetables and fruits at each meal or snack. Some ideas include:

- wash, cut and refrigerate extra fruit and vegetables so you can have some on hand or easy snacks.
- add frozen fruit to baking
- add vegetables to soups
- use pre-bagged vegetables to add to a salad stir-fry or casserole
- have raw veggies with meals

Q. Does it matter if a vegetable or fruit comes fresh, frozen or in a can? Is one better choice than another?

A. Fresh, frozen and canned vegetables and fruit are all healthy choices. Frozen and canned products can be used when the vegetable or fruit is not in season. Try to choose frozen and canned vegetables and fruit that have no added fat, salt or sugar. There are many reasons to choose frozen vegetables and fruit including nutrition, flavour, variety, convenience, time and money.

Q. Why do I need a variety of foods every day?

A. Different kinds of foods offer different nutrients. For example, deep coloured vegetables and fruit (dark green, bright orange, etc.) have higher amounts of vitamins and minerals than pale coloured vegetables and fruit.

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Meals and snacks:

Q. Why is breakfast so important?

A. Breakfast gives you energy to start your day, helps you focus and learn better in school and makes it easier to meet your daily nutrition recommendations.

Q. What are some breakfasts that can be eaten on the go?

A. Even if you are in a hurry it is important to start your day by eating something for breakfast. Examples of food items you could eat on the go include: whole grain tortilla spread with peanut butter around a banana; half a cheese sandwich made on whole grain bread and a plum; a smoothie in a travel mug made with yogurt, skim milk and berries with a small homemade banana muffin or a scrambled egg wrapped in a whole grain tortilla with an apple.

Q. What do you think of when you hear the word “snack”?

A. A snack is any food that is eaten outside of a meal. Snacks are a part of your eating pattern. Much of the food you eat can come from snacking, and some people may snack during the day instead of eating traditional meals. Snacks keep you energized, provide important nutrients, and help satisfy your hunger between meal times.

Q. What are some snack ideas for school or when on-the-go?

A. It's a good idea to some foods prepared ahead of time and some travel friendly options. Some examples include: any fruit, yogurt, cheese, whole grain crackers or pitas, trail mix with dried fruit and whole grain cereal, sliced veggies and hummus or dip.

Q. What are some things you pack for your school lunch?

A. A variety of answers may be provided. Encourage students to focus on foods that are not prepackaged and include mostly vegetables and fruits, with some whole grains, protein foods and water to drink. Leftovers from dinner the night before can be a great place to start. For example, make a sandwich with leftover meat (e.g. chicken, beef, etc.), tomato slices and whole grain bread, fill a reusable container with low fat vanilla yogurt topped with frozen blueberries, add a few cantaloupe slices, and a small homemade muffin. Products that are advertised for school lunches such as prepackaged lunch kits, fruit flavoured candy, prepackaged cheese and crackers, chips, fruit drinks and cookies should be limited.

Q. What are some examples of meals you help prepare at home?

A. A variety of answers may be provided. Examples include: whole grain rice with stir-fried vegetables, tofu and a glass of milk; quesadillas made with a whole grain tortilla, refried beans, lower fat cheese and peppers; whole grain pasta with vegetables, shrimp and parmesan cheese.



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Cooking

Q. How can food be cooked in a healthy way?

A. Baking, broiling, poaching, and roasting are healthier ways to cook food. Pan frying with a non-stick pan can also be a healthy way to prepare food if you use cooking spray or a small amount of oil or non-hydrogenated margarine in the pan.

Q. What is the difference between a “spice” and an “herb”?

A. Both spices and herbs add flavour and aroma to foods. Spices come from the bark, root, fruit, flower or seed of various plants and trees; whereas herbs usually come from the leafy part of a plant. Spices are available individually (e.g. cumin and turmeric) or as blends or mixtures (e.g. curry powder). Spices are also sold in whole and ground forms (e.g. ginger), while herbs can be purchased fresh or in dried form (e.g. parsley).

Q. What foods could spices and herbs be added to?

A. Herbs and spices can be used to add flavour to many dishes but should be used in very small amounts so they do not overpower the food being seasoned. Examples would include adding fresh or dried herbs like oregano, basil and thyme to spaghetti sauce and using cinnamon and nutmeg in baked fruit recipes.

Q. What do you think of when you hear the word “dessert”?

A. Dessert is generally a sweet-tasting food served at the end of a meal. Some people have dessert daily after their main meal, while others might have it only on weekends or special occasions. Desserts can be high in sugar and fat. Some dessert options that include fruit are yogurt with fresh fruit, fruit salad and frozen fruit smoothies.

Other:

Q. How can you tell what is in a food?

A. You can get information about what is in a packaged food by reading the Ingredients List as well as the Nutrition Facts Table. The first ingredient on the list is the one that is added in the largest amount.

Q. Will energy drinks really give you energy?

A. Energy drinks do not provide energy that lasts. They often contain a lot of sugar, caffeine and several other ingredients and are not recommended for children. The best way to get energized is to eat well, keep hydrated, stay active and get enough sleep.

Q. What are some examples of healthy drinks?

A. Canada’s Food Guide recommends choosing water for thirst. Choose municipal tap water whenever possible. Canada’s Food Guide also recommends plain milk (2% or less) or unsweetened fortified soy or almond beverage. Beverages such as chocolate milk and fruit juice are high in sugar and are considered less healthy options.

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Other:

Q. What does it mean to be mindful of your eating habits?

A. Healthy eating is about more than just the foods you eat. It is being mindful of your eating habits, taking time to eat and noticing when you are hungry and when you are full. Being mindful of your eating habits means being aware of how, why, what, when, where and how much you eat.

Pay attention to the aromas, textures, flavours and taste of food and your likes and dislikes.

Think about the last meal or snack that you had.

Being able to recall and describe answers to these questions means you were likely being mindful of your eating habits.

Did you eat slowly?

Were you distracted?

Did you eat with others?

Were you hungry?

Was it offered to you?

What did you have to eat and drink?

What time was it?

How long had it been since the last time you ate?

Were you in a space meant for eating?

How much food and drink did you have?

Q. How do you know when you are hungry and when you are full?

A. Many things can influence when you feel hungry and when you feel full. This can include your body's signals, the sight, smell and availability of food, your emotional state, mood and feelings (i.e. stress, fatigue, boredom). Listening to and following your feelings of hunger and fullness can help you decide when and how much to eat. Use these ideas to recognize hunger and fullness:

- o be mindful and ask yourself if you are really hungry?
- o be aware that emotional eating can influence your food and eating choices.
- o pay attention to feelings of fullness to help you know when you have had enough food to eat.
- o give your body time to digest and feel full before deciding to have seconds.
- o notice your eating environment and remember that you may be eating because food is available, not because you are hungry.