

American Cancer Society's Circle Of LifeSM

Healthy Habits Chopped Activity



Activity 2:

Note to Educators: Pause to complete this activity. Ask participants to take 10-15 minutes to work on their recipes / menu and allow 5-10 minutes for presentation (times can be determined based on the number of participants and the amount of time left on the agenda for the session).

- Utilize foods identified in the “Seasons of Food and Fitness” activity
- Choose foods that are local to the area for each season
- Break participants into small groups of 2-4 people, depending on the number of participants in the training
- Give each group a list of foods from one of the seasons (spring, summer, fall, winter) and ask them to prepare a healthy meal using these foods – they can create an appetizer, entrée or dessert. If you have a more than 4 small groups, then you can divide each group by season and by entrée.
- Each group will present their recipe / menu and the judges will choose the winner. You can either ask the presenters / facilitators to be judges or ask a few of the elders to be judges.
- Members of the winning group will receive a small prize – suggest a set of measuring cups, or item that will help people with cooking – you could even give pedometers to encourage physical activity.