

Make Your Own Edible Centerpieces

Leader Guide

Introduction

MyPyramid.gov recommends that adults following a 2000 calorie reference diet consume 2 cups of fruit daily. USDA data indicates that Americans fall short of that goal, consuming less than half of the recommended amount of fruit each day.

In addition, meetings and celebrations in our culture tend to include foods that are attractive and tasty, but not necessarily healthy choices. While we often wish to offer healthier choices, a bowl of fruit may lack the festive feel of most party foods.

We can increase fruit consumption and contribute a festive feeling to meetings and celebrations with centerpieces constructed of fruit. It is an easy, fun, and festive way to serve more fruit!

Participant materials/fact sheets:

Edible Centerpieces consists of:

1. A PowerPoint presentation "Edible Centerpieces"
2. A short (4:50 minute) instructional film "Make Your Own Edible Centerpiece"
3. Participant fact sheet
4. Quiz
5. Program evaluation sheet
6. A self evaluation rubric for assessing a fruit arrangement

Objectives:

After completing this module, you will be able to:

- identify 3 benefits of increased fruit and vegetable consumption
- select fruit appropriate for use in an edible centerpiece
- identify the amount of fruit that should be eaten each day for a reference diet of 2000 calories
- make a pineapple flower
- construct a fruit centerpiece

Suggested Activities:

1. Ask participants to share ideas for adding more fruit to their meals and snacks. This could be used as an answer to roll call.
2. Give the quiz prior to the program and review the answers at the end of the program.
3. If equipment is available, show the PowerPoint and/or short video; if not, demonstrate the process of making an arrangement for participants and provide printed handouts of the PowerPoint for participants.
4. Provide necessary supplies and materials for participants to make a pineapple flower.
5. Allow participants to construct small fruit centerpieces in small groups; serve as refreshments.