Questions, answers and tips for the PowerPoint “Hitting for Home Plate.

Read this BEFORE using this PowerPoint for a Program

Use your computer mouse to click on answers and advance to the next slide for interactive links to work correctly.

VERY IMPORTANT!

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1. Use PowerPoint 2003 or higher to assure animation, interaction and sound work.
2. If using a projection screen, set up PowerPoint to also show on your computer screen for ease of using interaction.
3. View this PowerPoint in Slide Show format for the questions to be interactive.
4. Making changes in the slides and/or their order may destroy interactivity & sound!!!
5. Show PowerPoint from computer hard drive for best effect; check sound. PRACTICE before showing.

“The trick is growing up without growing old.” ~ Casey Stengel
Eating healthy is sort of like baseball

It takes 3 bases to reach home plate.
You get 3 (or more!) chances daily to put healthy meals on YOUR home plate.

“If I knew I was going to live this long, I'd have taken better care of myself.”
~Mickey Mantle

“Naturally nutrient-rich” foods put more power on your plate!

- Lose/maintain weight
- Decrease risk of type 2 diabetes
- Improve heart health
- Reduce risk of cancer
- Increase energy
- TASTE GREAT!

When it comes to eating “naturally nutrient-rich” foods …

... are you hitting a home run or striking out?

Let’s “play ball!”

Game rules

1. The game plays for 9 innings
2. To hit the ball, click the correct answer
3. Click arrows at bottom of slides for next play or tip
4. PLAY BALL!

1st Inning: Which ONE answer BEST describes “naturally nutrient-rich” foods?

- A. Brightly colored fruits & 100% juices
- B. Vibrant vegetables and potatoes
- C. Whole, fortified and fiber-rich grain foods
- D. Nonfat and lowfat milk, cheese & yogurt
- E. Lean meats, poultry, fish, eggs, beans, nuts
- F. All of the above
Shopping the perimeter of the grocery store is one way to locate many naturally nutrient-rich foods.

For specific types/amounts of naturally nutrient-rich foods to eat from each food group, go to training camp for your personalized MyPyramid Plan — visit MyPyramid.gov

You pay a high price in calories for nutrients in foods with lots of sugar and fat:
- 1 teaspoon sugar or syrup adds about 20 calories
- 1 tablespoon fat adds about 100 calories

Check Nutrition Facts labels of packaged foods to choose the most nutrition for your calories

Click on answer
4th Inning: Which portion size is FALSE?

- A. 1 cup = 1 baseball
- B. 3 ounces of cooked meat, poultry, or fish = a deck of cards
- C. 2 tablespoons = a tennis ball

Scientific research has shown the larger the portion size, the more you are likely to eat!

5th Inning: How many of your grain servings should be whole grains?

- A. One-fourth
- B. One-third
- C. One-half or more

For whole grains, choose foods that name one of the following whole grain ingredients FIRST on the label ingredient list:

- whole wheat
- brown rice
- bulgur
- whole grain barley
- graham flour
- oatmeal
- whole grain corn
- whole oats
- whole rye
- wild rice

6th Inning: How many cups of fat-free or lowfat milk or equivalents like yogurt or cheese should most people eat daily?

- A. One
- B. Two
- C. Three
- D. Four
If your family usually drinks whole milk, try stepping down to reduced-fat (2%), then lowfat (1%) and finally fat-free milk.

\[ 165 \rightarrow 85 = 80 \text{ Calories difference!} \]

7th Inning: Which of the following cuts of beef does NOT qualify as “lean” according to labeling guidelines? (3 oz. cooked serving, visible fat removed)

- A. Flank steak
- B. 95% lean ground beef
- C. Top sirloin steak
- D. Chuck shoulder pot roast
- E. ALL of them qualify as lean

Click on answer

29 cuts of lean beef
Eye Round Roast & Steak • Sirloin Tip Side Steak • Top Round Roast & Steak • Bottom Round Roast & Steak • Top Sirloin Steak • Brisket, Flat Half • 95% Lean Ground Beef • Round Tip Roast & Steak • Round Steak • Shank Cross Cuts • Chuck Shoulder Pot Roast • Sirloin Tip Center Roast & Steak • Chuck Shoulder Steak • Bottom Round (Western Griller) Steak • Top Loin (Strip) Steak • Shoulder Petite Tender & Medallions • Flank Steak • Shoulder Center (Ranch) Steak • Tri-Tip Roast & Steak • Tenderloin Roast & Steak • T-Bone

(*Cuts combined for illustration purposes)

8th Inning: Which ONE answer BEST describes healthy colors of fruits and vegetables to include in meals?

- A. Blue/purple
- B. Green
- C. White
- D. Yellow/orange
- E. Red
- F. ALL of them are healthy colors

Click on answer

Be adventurous in trying new fruits & vegetables

“Progress always involves risks. You can’t steal second base and keep your foot on first.”
~ Frederick B. Wilcox

Click on arrow
9th Inning: What minimum amount of physical activity — such as walking, swimming, dancing, biking, etc. — should you get on most days?

- A. 10 minutes
- B. 20 minutes
- C. 30 - 60 minutes

Click on answer

For health benefits, physical activity should be moderate or vigorous and add up to at least 30 minutes a day.

Children and teens should be physically active for at least 60 minutes every day, or most days.

Click on arrow

Walk the dog — don’t just watch the dog walk.

Click on arrow

For handouts to accompany this PowerPoint, download the following or contact your local Beef Council:

- Live Well! Enjoy Nutrient-Rich Foods Toolkit
  www.beefnutrition.com/uDocs/LiveWellLeadersGuide.pdf
  www.beefnutrition.com/uDocs/LiveWellReproducibleHandouts.pdf
- Naturally Nutrient Rich Recipe Book
  www.beefnutrition.com/uDocs/nnrrecipebook713.pdf
- Twenty-nine Ways to Love Beef (29 lean cuts of beef)

Put Power on YOUR Plate with naturally nutrient-rich recipes!

Home Plate!