



Placemat

MORE THAN A MEAL:
*Delivering Compassion
Through the Joy in Food*

Welcome aboard the Joy Bus activity placemat! Please enjoy working on this with our UA COM-Phoenix medical students.

Your name: _____

Student name: _____

Theme: Eat Good Fat, Be Healthy

Eating good fats is a way to use our food as medicine. Good fats are necessary to boost our immunity and energy levels as well as to maintain heart and brain health. Healthy fats can be found in avocados, tree nuts, seeds like sunflower, pumpkin and flax, extra virgin olive oil and fatty wild fish.

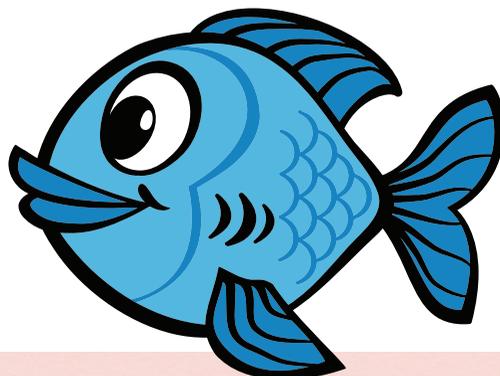
Photo of the Day



Avocado, salmon, nuts, seeds and olive oil are healthy fats.

Nutrition

One great way to get healthy fat is by having 2-3 servings of wild fish per week. Fish are rich in omega-3 fatty acids, protein, Vitamin B, potassium and selenium.



My Story

My name is _____ and it has been a while since I've had a chance to discuss "good" and "bad" fats. I do/do not (circle one) have enough of these in my diet currently because _____

(recent treatment, lack of attention to healthy fats, I have not thought much about them, enjoy eating fish and nuts, etc.) I know we all can do better by eating more healthful foods such as _____.

When I get a chance to go out to eat, there are so many tempting things on the menu. Most of the time I would order _____ (steak, fries, tacos, etc.).

This activity is a good reminder to try a dish with these ingredients _____ (fish, avocados, nuts, seeds, etc.) and other healthy fats in mind!

People & Profiles



Jennifer Caraway is the founder and executive director of The Joy Bus. She is an accomplished restaurateur, a Food Network Chopped Champion, and a pioneer in the field of social entrepreneurship. She has dedicated her life and passions to serving her community and the culinary medicine movement.

Brain Teaser

Match the photo to the nut name.



1.



2.

A. Macadamia nuts



3.



4.

B. Pistachio

C. Hazelnut

D. Walnut

E. Pecan

F. Almond



5.



6.

Answers: 1A, 2E, 3F, 4D, 5B, 6C

Collaborative Art Activity

A quintain is a poem that contains five lines. In this activity, you and your partner will each create a 5-line poem responding to the prompts below. Share your poems with each other!

Ode to a Healthy Lifestyle

What does healthy nutrition feel like? (Feels like_____)

Resiliency smells like_____

Mindfulness sounds like_____

Balance looks like _____

Strength tastes like _____

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Recipe Suggestion

Dr. Shad's Avocado Smoothie with Nuts & Seeds

INGREDIENTS

- 1 avocado
- 1/4 cup blueberries/raspberries/strawberries/blackberries
- 1 cup unsweetened almond or coconut milk
- 1/2 cup of ice

- 1 teaspoon cinnamon powder
- 1 teaspoon maple syrup
- 2 tablespoons raw sunflower seeds
- 2 tablespoons raw pumpkin seeds
- 1 tablespoon pecans or almonds or walnuts or pistachios
- 1 tablespoon coconut flakes

Add avocado, berries, milk, cinnamon powder, ice, and maple syrup to the blender. Blend until smooth, pour into cup and add sunflower seeds, pumpkin seeds, nuts & coconut flakes on top, enjoy with a spoon!



1. How are you feeling today, on a scale of 1-10?

2. When was your most recent treatment?

3. How long have you participated in the Joy Bus program?
