



# 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: Hydration from the Grocery Store

Did you know that we are 60% water? Sometimes people need more water, especially when undergoing treatment for cancer. Water is necessary for every biochemical process. Sugary beverages, including sports drinks, should be avoided. Instead, try whole fruit or blended fruit smoothies for hydration & electrolytes!

### Photo of the Day

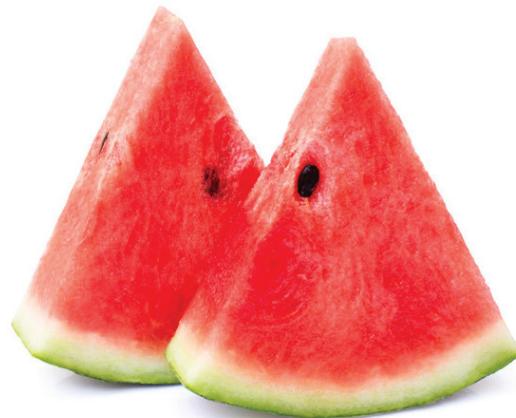


Grocery stores have many beverages, but nothing beats water.

If water gets boring, instead of sugary beverages, choose a healthy option such as seltzer water, unsweetened tea or a flavored sparkling water.

### Nutrition

Watermelons are more than 90 percent water. They are one step away from being an ocean! Some varieties are seedless.



### My Story

My name is \_\_\_\_\_ and I grew up in \_\_\_\_\_ (city, state). The local grocery store was \_\_\_\_\_ (Fry's, Albertsons, Safeway, Bashas', Piggly Wiggly, Meijer, Food City, etc.). Usually, I would go with \_\_\_\_\_ (parents, friend, spouse, etc.).

At the store, sometimes I would volunteer to push the cart and try to sneak in a \_\_\_\_\_ (toy, my favorite snack, candy, cereal, etc.) when my parents weren't watching.

The produce section is amazing because of all the strange and colorful fruits and vegetables.

My most recent beverage purchase was \_\_\_\_\_. I bought this because I \_\_\_\_\_ (like the taste, want to hydrate, thought it was healthy).

### People & Profiles



**Shad Marvasti, MD MPH** (Dr. Shad) is the founding director of the Culinary Medicine Program and Public Health, Prevention and Health Promotion at the University of Arizona College of Medicine-Phoenix. Dr. Shad says, "Just because you're not sweating and you're not thirsty, it doesn't mean you're not dehydrated. So basically, assume that you are dehydrated ... and that you need more water." Always keep a full water bottle by your side!

**Brain Teaser**

Match the name to the food.

A. Zucchini

B. Grapes

C. Cucumber

D. Pomegranate

E. Pineapple

F. Kale



1.



2.



3.



4.



5.



6.

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

**Recipe Suggestion**

**Dr. Shad's Watermelon Cooler**

**INGREDIENTS**

- ¼ of a watermelon
- 2 ounces of fresh mint leaves
- Juice from ½ a squeezed lime

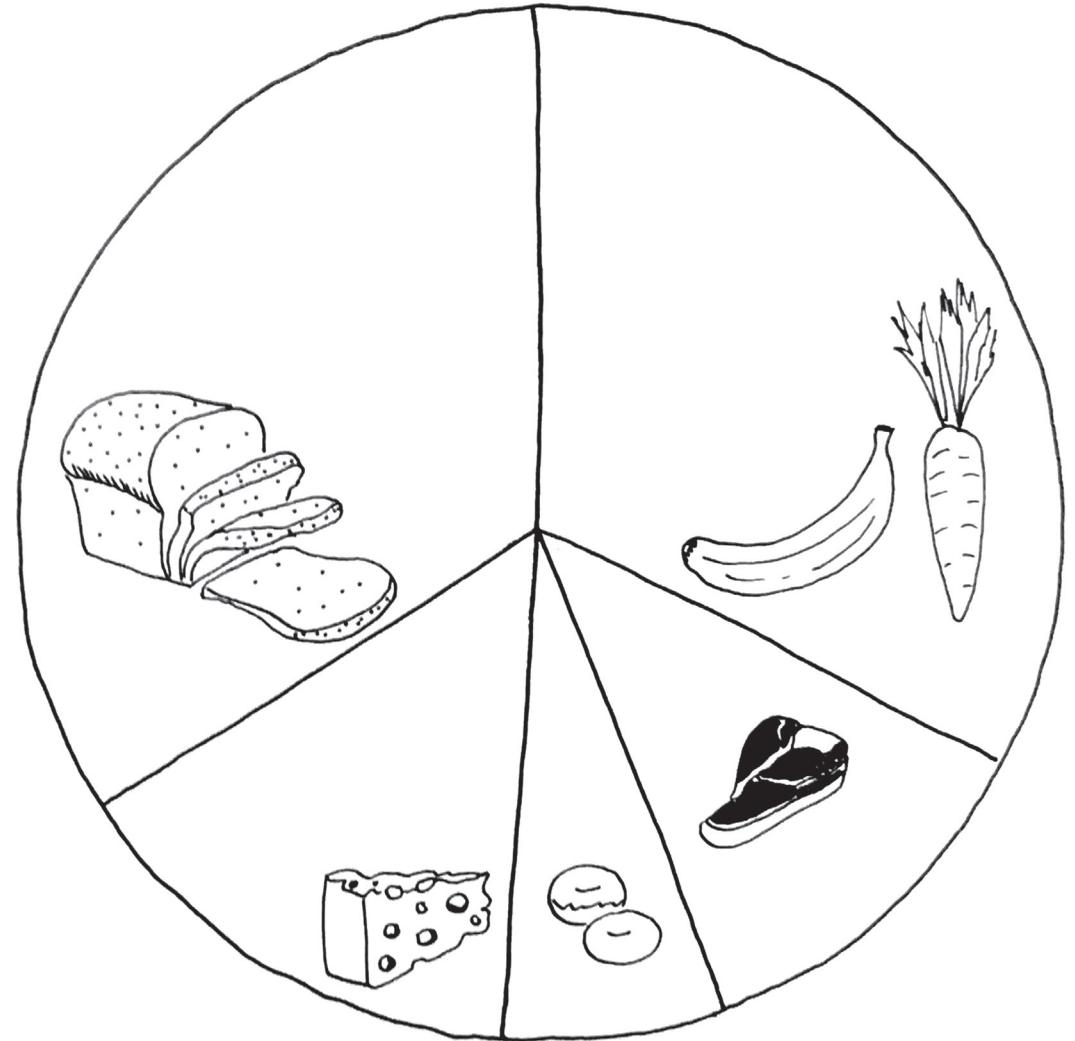
Place all ingredients in a blender, blend for 15 seconds, pour into a glass and enjoy!



**Collaborative Art Activity**

**My Plate**

It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count. What will you put on your plate? Draw or write the foods you would add to those on the plate below:



1. Who prepares your daily meals?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. How tasty do you feel your meals have been, on a scale of 1 (no taste) to 10 (great taste)?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. How do you think your treatment has affected your ability to taste?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_