

Chocolate — A Functional Food?

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Description:

A **functional food** is a food that contains an active compound that provides health benefits beyond basic nutrition. Protein, fat, carbohydrates, vitamins, and minerals are the basic nutritional needs, but other components in food also contribute to your health. Phytochemicals, nutraceuticals — What are these in my food?

In this program, you will learn about the different types of chocolate, explore the health benefits of chocolate, including why chocolate can be considered a functional food, and demystify the functional food “jungle” in the grocery store.

Goal:

Participants will increase their knowledge about functional foods using chocolate as an example.

Objectives:

As a result of this lesson, participants will know:

- what a functional food is,
- what a health claim is for functional foods, and
- the health benefits of chocolate.

Program Materials:

Available at: <http://communityprograms.unl.edu/programs.html>

- Leader's Guide HE Form 598, *Chocolate — A Functional Food?*
- Participant's Guide HE Form 599, *Chocolate — A Functional Food?*
- PowerPoint® presentation and script: *Chocolate — A Functional Food?*

- PowerPoint of the *Chocolate Wonders* game
- Video/DVD — *Chocolate* (obtain a copy from Julie A. Albrecht)
- Program Evaluation Form

Before the Meeting:

Read the Leader's Guide and the Participant's Guide. Decide which activities to use for the program and gather supplies and equipment.

Activity 1. A computer and projector are needed for the PowerPoint presentation, or the presentation can be made into handouts or overhead transparencies. For the optional activity, find products with an FDA-approved Health Benefit listed on the product (probably will not be chocolate products).

Activity 2. Purchase different types of chocolate products for the meeting. Purchase high quality and less expensive chocolate products and a variety of dark, milk, and white chocolate for participants to taste. Prepare/cut chocolate into small samples and consider preparing a set of five or six samples on a labeled paper plate for each person. Have water available for participants to drink between tasting each type of chocolate. Duplicate the form for the chocolate tasting, which is at the end of this Leader's Guide. Make enough copies for every participant. Save the chocolate labels for Activity 3.

Activity 3. Use the labels from the chocolate products. If necessary, make copies of the labels for each participant.

Activities 4 and 5. A computer and projector are needed to play the *Chocolate Wonders* game and show the DVD. Obtain the DVD from Julie Albrecht, whose contact information is listed on the next page.



At the Meeting:

Chocolate is a popular food, especially with women and on Valentine's Day! Health benefits have been identified for chocolate, and chocolate may be considered a functional food. What is a functional food and what are other functional foods?

Activity 1: PowerPoint Presentation:

The PowerPoint presentation discusses chocolate and its health benefits and explains what functional foods are. Provide time for discussion after the presentation. Consider having participants discuss how they can increase functional foods — in addition to chocolate — in their diet.

Have labels of products with an FDA-approved Health Benefit listed on the product (probably will not be chocolate products). Find the labels and discuss what is stated on the label.

Activity 2: Tasting Chocolate

Choose a variety of chocolate products for participants to taste. Provide each participant a set of samples or give each participant the first sample. Have the participants hold the sample in their mouth and let the chocolate melt, feeling the texture of the chocolate. After swallowing the chocolate, have participants describe the products and the texture. Continue with the second sample and have participants make comparisons with the first sample. Continue this process with each sample. Use the form at the end of this guide to help participants distinguish differences.

Activity 3: Read the Label

Use the labels from the chocolate products to compare the **Nutrition Facts** panel on the labels.

Questions:

1. What is one serving?
2. How many servings are in the package? (The leader may want to portion out a serving of several of the chocolate samples.)
3. How many calories are in a serving? What is the fat content?
4. How can this product be incorporated into a healthy diet?
5. Look at the ingredient list. What is the first ingredient listed?
6. What type of information on the label describes the attributes of the chocolate product? Check the Participant's Guide to determine if any information fits with any of the FDA-approved Health Claims.

Activity 4:

Use the *Chocolate Wonders* PowerPoint to play the game.

Activity 5:

Show the video/DVD of the chocolate movie. It shows how chocolate is made.

After the Meeting/Evaluation:

Before participants leave, ask them to fill out the evaluation form and return it to their local Extension office or to Julie A. Albrecht, University of Nebraska–Lincoln, 119 LEV, Lincoln, NE 68583-0808; email: jalbrecht1@unl.edu; phone: (402) 472-8884.

Form for Chocolate Tasting – Activity 1

Chocolate Tasting

Fragrance/Aroma _____

Appearance/Look _____

Taste/Mouth-feel _____

Melt _____

Finish/Length _____

Community Lesson

Evaluation Form for Members/Participants

1. I am:

<input type="checkbox"/>	Under 29
<input type="checkbox"/>	30-39
<input type="checkbox"/>	40-49

<input type="checkbox"/>	50-59
<input type="checkbox"/>	60-69
<input type="checkbox"/>	70 or older

2. Are you attending this program as a part of a club/group/etc.?

<input type="checkbox"/>	Yes
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<input type="checkbox"/>	No
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If so, please specify what club, group, organization / agency or other:

3. How much of the lesson did you complete? (check one)

<input type="checkbox"/>	All
<input type="checkbox"/>	About half
<input type="checkbox"/>	About one-quarter

4. Please indicate whether you agree or disagree with the following statements. Circle a number for each.

	<i>Strongly Disagree</i>	<i>Disagree</i>	<i>Agree</i>	<i>Strongly Agree</i>
1. This topic is important to me and addresses issues that I need to know more about.	1	2	3	4
2. I am more knowledgeable about the topic covered.	1	2	3	4
3. I will use this information in making informed decisions in the future.	1	2	3	4
4. The information covered in this lesson will impact my life in a positive way.	1	2	3	4

One way is (please list): _____

5. I will share this information with others who could use this information.	1	2	3	4
6. Because of this lesson, I will make a change in what I do related to this topic.	1	2	3	4

Changes I plan to make include (please list): _____

Please mail to:

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 119 LEV
 P.O. Box 830808
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