



Michigan WIC
Nutrition Education Module for
State Sharing

Healthy Fit Session #1

Snacks and Physical Activity

Group Education for Parents and Caregivers





Healthy Fit Session #1

Group Education for Parents and Caregivers

Developed by Macomb County Health Department-WIC Program

Adapted for State Sharing by Michigan WIC Nutrition Education Advisory Team (NEAT):

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Adapted for state sharing October 2012 by Michigan WIC

For further information about this lesson, contact Macomb County Health Dept.-WIC Program at wic@macombgov.org or the Nutrition Education Coordinator at 586-469-5571.

This lesson module and the criteria used to review all lessons are available at www.michigan.gov/wic. Select WIC Providers, then Nutrition Education Publications and Resources.

Lesson available at WIC Works: http://www.nal.usda.gov/wicworks/Sharing_Center/gallery/sharinggallery.htm. If customized, include this statement on title page: "From Healthy Fit Session #1: Snacks and Physical Activity, October 2012, Michigan WIC. Used with permission. Michigan WIC is not responsible for modified content."

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Macomb County Michigan Health Department - WIC Program

I. Topic: WIC Healthy Fit Session 1: Snacks and Physical Activity

Format: This is a group class which includes facilitated discussion, hands on food preparation and active play for the caregiver and child.

Both caregivers and clients would benefit greatly from increased knowledge of risks and prevention of obesity. Clients are aware of their individual situation; however, additional information and discussion will enhance individual counseling efforts. Clients do want to prevent the risks associated with childhood obesity and they want ideas on what foods they can eat to that end. WIC wants to see lower rates of obesity in all groups served: pregnant, breastfeeding, postpartum women as well as children under the age of five.

II. Audience: WIC clients, parents or other caregivers. Targeted, but not limited to, high risk overweight children between the ages of 2-5 years. Class size will include 12-20 clients. Estimated time: 50-60 minutes.

III. Suggested MI-WIC Topics: Healthy Weight, Snacks, Exercise & Nutrition

IV. Learning Objectives: By the end of the session, clients will:

- State why physical activity is important.
- Name at least one healthy snack and physical activity they plan to try at home.
- Advance in a stage of behavior change or continue if in the action or maintenance stage.

V. Learning Activity/Method:

- A. Overview:**
1. Welcome/Check in process (10 minutes)
 2. Book Sharing (5 minutes)
 3. Family Activity (10-15 minutes)
 4. Breakout Sessions (20 minutes)
 5. Wind Down (10 minutes)

B. Set Up: Utilize one room divided in half. One half includes a place for food demonstration and an open circle of chairs for facilitated discussion. The second half is set up with open circle of chairs with plenty of floor space for physical activity.

VI. Materials:

1. Recipe preparation supplies: Hand-washing station, paper products, utensils, measuring cups, recipe ingredients. Supplies and ingredients needed depends upon recipe chosen. (Note: paper cups for water needed, children were thirsty after playing.)
2. Client folder including various handouts:
 - a. Meals and Snacks Michigan WIC Handouts DCH-1300P, 1301P, 1302P
 - b. Recipes (Attachment 3)
 - c. Stage of Change evaluation tool (Attachment 5)
 - d. Name tags (Attachment 6)
 - e. Activity Calendar (Attachment 6)
 - f. Other handouts as desired. See list of possible handouts in #15 below
3. Storybook: Eric Carle's From Head to Toe
4. Collection of home-made or actual child-size musical instruments e.g. tambourines, maracas, ribbon dancers, drums, drum sticks, guitars. Instruments can be made using coffee cans for drums, shoe boxes and rubber bands for guitars, newspaper for pom-poms, toilet paper rolls for horns (Attachment 1)
5. Beach ball for name recognition activity during the Welcome
6. Food models-child size portions (Attachment 1)
7. CD player with appropriate CD for marching e.g. "Ants Go Marching" and dancing e.g. "Fruit Freeze" (Attachment 2). The Fruit Freeze song is found on the CD "Groovin' Foods" (Use an Internet search engine to search for Groovin' Foods for CD purchase information).
8. Small rewards for participation e.g. Frisbees, water bottles, recycled instruments, pedometers
9. All needed supplies for benefit pick-up (computers, printer, pens, etc.)
10. Presentation board – tri-fold standing foam board detailing class objectives, schedule of day, and activity ideas (Attachment 1)
11. Recipes (Attachment 3)
12. Division of Responsibility (Attachment 4)
13. Evaluation Tool with Staff Key (Attachment 5). Can be printed back-to-back as ½ sheets.
14. Program Tools: name tags, marketing flyers, sample activity calendar (Attachment 6)
15. Handouts:
 - Eating for Health and Fun. Facts About Feeding Children. Michigan Department of Community Health. Michigan WIC Handout: DCH-0275, DCH-0275s (Spanish), 09-10
 - Healthy Snacks for Everyone. Journeyworks Publishing. 2008. title #5556. ISBN 978-1-56885-556-7. www.journeyworks.com

- Meals & Snacks, Preschool (36 months-5 years) Contemplation/Thinking About Change. wichealth.org. Michigan WIC Handout: DCH – 1300P
- Meals & Snacks, Preschool (36 months-5 years) Preparation/Getting Ready. wichealth.org. Michigan WIC Handout: DCH – 1301P
- Meals & Snacks, Preschool (36 months-5 years) Action/Changing. wichealth.org. Michigan WIC Handout: DCH – 1302P
- Let’s Move...Cold Weather Fun!. Nibbles for Health. Nutrition Newsletter for Parents of Young Children. USDA. Food and Nutrition Service. <http://www.fns.usda.gov/tn/resources/nibbles.html> (free online)
- *Guide to Fun for Families 2010. Macomb Intermediate School District. www.migreatparents.org.
- Step Up & Stay Active: Activity for Children Ages 2-5 years. Learning ZoneXPress. 1-888-455-7003. www.learningzonexpress.com ISBN#: 1-57175-494-6
- Eat Right: Food, Nutrition and Health Tips from the American Dietetic Association. 25 Healthy Snacks for Kids. American Dietetic Association 2009. free online at: www.eatright.org

* We encourage agencies to seek out local materials that are appropriate for this topic.

VII: Outline of Content:

1. Welcome/Check in (10 minutes)

Staff performs “check-in” procedure and clients are provided a name tag. As clients arrive, ask the children to stand up and spread out. Toss a beach ball back and forth to learn the names of the children. Call out to the child you are throwing the ball to. Engage the children by asking: “What are some fun games you can play at home in the winter? In the summer?”

Start of session: “My name is **(CPA)** and we would like to start off today by thanking each of you for joining us. Please make yourselves comfortable. We will be here today for about an hour.” *Introduce staff.* “We hope you enjoy our time together.”

Review the presentation board to explain today’s agenda (Attachment 1)

“Today we are going to talk about healthy snacks and ways to increase activity for the entire family. We will make and eat two tasty snacks and do fun activities together. Our goal is to give you ideas for snacks and activities to do at home to stay healthy and fit and have fun too.”

2. Book Sharing (5 minutes)

“Today we are going to share a story by **Eric Carle** called: From Head to Toe.” Ask the children, parents and staff to stand at arms length to stretch. Read several pages of the book asking the children, staff and parents to mimic the different movements in the story. After you have read the story ask the children to mimic their favorite animal.

3. Family Activity (10 minutes)

“Today our get up and go activity is the Freeze Dance*. This is a fun game you can do almost anywhere. It’s simple: turn on some music and dance away.” Turn on the CD player to the song Fruit Freeze. “Now everyone - parents, staff and children - when you hear the words “Fruit Freeze” try to stop moving and freeze in place.” (*Show them what it looks like to be frozen in place. No one is eliminated. The children catch on very quickly.*)

*** We encourage agencies to seek out any fun dance music that is appropriate for children.**

4. Breakout Sessions (20 minutes)

“**Parents**, if you would follow the **CPA/Staff** into the food preparation area. We will be preparing and tasting fun healthy snacks for your family. The **CPA/Staff** will also lead a discussion about child-sized foods. Today we are preparing *Fruity Fun Hot Cereal*. Also we are making *Trail Mix* for a quick healthy snack. These recipes use your WIC foods. The recipes are in your folder for you to take home.”

A. Activities for Children

“**Children, Staff**, we are going to continue to play with our new friends. Today we will form a Marching Band complete with toilet paper horns, shoe box guitars, coffee can drums and newspaper pompoms. Also we will play my favorite game, ‘**Simon Says**’, and more games with the beach balls. Are there any games you would like to play?”

B. Nutrition Education for Parents

Staff will prep food demo items while **CPA** leads a facilitated group discussion about the Division of Responsibility (Attachment 4) and portion control.

Help clients complete the *Before* section of the “Client Feedback Form”. (Tip: Be sensitive to any reading difficulty. You may wish to demonstrate or read aloud this section.)

Example Discussion Questions:

- Do any of you have concerns about the snacks you prepare at home?
- Do you know what a child-size portion looks like?
- Have you ever heard of the feeding Division of Responsibility?

“Today we will look at some food models that are child-sized portions. Keep in mind that your child is likely to eat more or less than this—it is simply a place to start. Some children seem to eat little if anything and other times eat more than you can imagine. We will also do a group activity about the Division of Responsibility in feeding children.” Show clients the food models and ask how they feel about the sizes. (*Discuss*) Give each parent a (laminated, Velcro) division of responsibility statement. (*Clients may be given more than one dependant on the class size.*) Ask participants if they feel comfortable reading their statement aloud, if not, **CPA** can read it (*low-literacy, language issues, shyness*). Have the participant place the job under the **Child** or **Parent** headings on the Velcro board based on the group’s decision. After all statements are placed on the board, the CPA will lead a discussion and make corrections as necessary.

Example Discussion Questions:

- Do any of the statements surprise you?
- In what way?
- How do you feel about them?

CPA will address concerns and lead discussion.

Recipe preparation: Clients will be provided hand sanitizer or a sink for hand-washing. Staff will demonstrate a child-size portion of the recipes (*Trail Mix* and *Fruity Fun Hot Cereal*). The recipes use WIC-approved ingredients. This is a great opportunity to reinforce portion sizes, the convenience of planning ahead and the use of WIC foods. Clients will each prepare a baggie of trail mix to take home in the correct portion size. Clients will also taste various hot cereals. (oatmeal, Cream of Wheat, grits). Staff will pre-prepare the hot cereal and participants may add the toppings of their choice. Each topping will have the calories and portion size listed next to them.

5. Wind Down (10 minutes)

The children will be asked to join the parents and sample the recipes. Hand washing and small paper cups of water will be provided. Encourage clients to talk with their child about what they liked about the games and activities and what they might want to do tomorrow for Fun Time. Encourage the children to taste the food recipes prepared today and ask if they think they would eat these foods at home.

VIII. Evaluation Methods: CPA/Staff will have the clients complete the *After* section of the “Client Feedback Form” (Attachment 5-a Staff Key to Stage of Change is included). Using the “Client Feedback Form”, *After* section, staff will add the appropriately staged *Meals and Snacks* handout to the client’s folder.

CPA/Staff will thank the clients and children for attending and encourage them to fill out and return the written evaluation, take home their folder of handouts, and try the recipes and physical activities at home.

IX. Approved Staff:

For physical activity education: All WIC Staff
For nutrition education: MSU-EFNEP where available, RDs, CPAs, Dietetic Interns, and other trained nutrition education staff

X. References:

See the following web sites:

- <http://www.healthychildren.org/English/ages-stages/toddler/nutrition/Pages/Selecting-Snacks-for-Toddlers.aspx>
- <http://www.ellynsatter.com/>

XI. Attachments:

1. Photos of lesson materials
2. Fruit Freeze
3. Recipes
4. Division of Responsibility statements
5. Evaluation Tool and Staff Key to Stage of Change
6. Program Tools

Developed by the Macomb County Michigan Health Department – WIC Program. For questions about this lesson module contact the Nutrition Education Coordinator (586-469-5571) or email: wic@macombgov.org. Reviewed by the Michigan WIC Nutrition Education Advisory Team and accepted for sharing in February 2012.

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8-9-12

Attachment 2



FRUIT FREEZE

Oh I love apples, cantaloupes and plums
Juicy nectarines yum yum
Watermelons, honeydew
Are like a dream come true
And when I bite a big fat pear
It tastes so good I want to share
How eating fruits are good for me and you.

Oh when my mom gives me some grapes
I simply just adore the taste
The other day I had some blueberries
And today I'll eat some cherries
For a treat I throw some raisins in my cereal for
flavor
Perhaps I'll add banana slices too.

CHORUS:

Oh march in place your knees up high
Lift your arms and reach the sky
Jump up and down, now clap your hands
Wiggle and giggle it's the FRUIT FREEZE dance.

Fruit Freeze
REPEAT

Lyrics reprinted with permission through 3/15/2014:
Joy Bauer -Nutrition & Health Expert for the TODAY Show
and New York Times Bestselling Author
Visit joybauer.com for more information.
Follow Joy on Facebook & Twitter (@ joybauer)

Glen Schloss – G&E Music
Visit gemusic.com for more information.

I had a kiwi Saturday
And some pineapples yesterday
I chew on figs and dates at school
And oranges and apricots are cool
I really love a peach that drips
The juice runs up and down my lips
Eating fruits are good for you and me.

Oh when my mom gives me some grapes
I simply just adore the taste
The other day I had some blueberries
And today I'll eat some cherries
For a treat I throw some raisins in my cereal for
flavor
Perhaps I'll add banana slices too.

CHORUS:

Oh march in place your knees up high
Lift your arms and reach the sky
Jump up and down, now clap your hands
Wiggle and giggle it's the FRUIT FREEZE dance.

Fruit Freeze
REPEAT



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Hot Cereal

Great for breakfast or a snack.

Dress me up or eat me plain. I'm a good source of whole grain.

Here's a tip: you can get me on your WIC.

Cream of Wheat

Oatmeal

Grits

Adult Serving size = 1/2 cup (1 packet)
Child Serving size = 1/4 cup (1/2 packet)

Optional Toppings:

Fresh fruit 1/4 cup = 20 calories

Raisins 1/4 cup = 123 calories

Brown Sugar 1 teaspoon = 17 calories

Honey Bunch of Oats with Almonds

1 Tablespoon = 10 calories

Cinnamon or Nutmeg = 0 calories

Sugar-free Chocolate Syrup = 0 calories

Low-fat Cheddar Cheese

1 Tablespoon = 24 calories



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Trail Mix

Multi Grain Cheerios	1 cup
Rice Chex	1 cup
ABC pretzels	1 cup
Frosted mini wheats	1/2 cup
Raisins	1/2 cup



**CRUNCHY
AND
YUMMY**

**LOADED
WITH
IRON**

Serving size

Adult 1/2 cup
Child 1/4 cup

Made with all WIC cereals

105 calories in a 1/2 cup

52 calories in a 1/4 cup

One cup costs only 24 cents



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Attachment 4

Mealtime can be fun if you remember that you and your child each have a role to play.

Parent's Jobs:

- ☺ Have a schedule for meals and snacks.
 - ♥5-6 meals or snacks a day

- ☺ Refuse begging for food and/or fluids in between meals and snacks.
 - ♥Water is okay
 - ♥Don't argue
 - ♥Be polite but firm

- ☺ Choose what to buy, cook and put on the table.
 - ♥Make child-friendly choices
 - ♥Don't cater to your child

- ☺ Enjoy your own meal.
 - ♥Pay attention to your own eating

- ☺ Keep meals pleasant.
 - ♥Talk and listen
 - ♥Don't fight or scold
 - ♥Turn off the TV

- ☺ Allow your child to get messy
 - ♥Let them use their fingers, spoon or forks

Child's Jobs:

- ☺ Learn to eat at family meal and snack times.

- ☺ Come to the table hungry and ready to eat.

- ☺ Pick and choose from what you have put on the table.
 - ♥Do not make a fuss

- Enjoy the meal.
 - ♥Decide if he/she is hungry
 - ♥Decide how much to eat
 - ♥Eat at his/her own pace

- ☺ Learn to behave well at the table.

Ellyn Satter, author of *Child of Mine; Feeding with Love and Good Sense*. Used with Permission.



Client Feedback Form

WIC Healthy Fit: Session 1: Snacks and Physical Activity
MI-WIC NE: Healthy Weight, Snacks, Exercise

Name: _____ Family #: _____

This lesson is to provide you with healthy snack recipes and physical activities you can use at home.

BEFORE you start your nutrition education please check ONE statement below that describes you:

- I want to learn more about healthy snacks and physical activity, but I'm not sure I'm ready to take steps yet.
- I'm ready to take some steps to start to prepare healthy snacks or add physical activity.
- I have started to take steps to prepare healthy snacks or add physical activity.
- I have been taking steps to prepare healthy snacks or add physical activity.
- I am not interested in taking steps to prepare healthy snacks or add physical activity.
Suggestion: Talk to your WIC staff about a topic of your interest.

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AFTER you complete this lesson please check ONE statement below that now describes you:

- I'm more aware of steps to prepare healthy snacks and add physical activity but I'm not sure when I will take action.
- Soon I want to start taking some new steps to prepare healthy snacks or add physical activity.
- Today I plan to start new steps to prepare healthy snacks or add physical activity.
- I plan to continue choosing and preparing healthy snacks or adding physical activity.
- I am not interested in choosing and preparing healthy snacks or adding physical activity.

☺ What did you like about today's activity? _____

☺ What could we improve? _____

☺ One thing I plan to do about choosing and preparing healthy snacks and adding physical activity: _____

Thank you!

Staff use only: MI-WIC Recorded by: Staff initials:

AFTER you complete this lesson please check ONE statement below that now describes you:

- I'm more aware of steps to prepare healthy snacks and add physical activity but I'm not sure when I will take action.
- Soon I want to start taking some new steps to prepare healthy snacks or add physical activity.
- Today I plan to start new steps to prepare healthy snacks or add physical activity.
- I plan to continue choosing and preparing healthy snacks or adding physical activity.
- I am not interested in choosing and preparing healthy snacks or adding physical activity.

☺ What did you like about today's activity? _____

☺ What could we improve? _____

☺ One thing I plan to do about choosing and preparing healthy snacks and adding physical activity: _____

Thank you!

Staff use only: MI-WIC Recorded by: Staff initials:



Client Feedback Form *STAFF KEY to Stage of Change*

WIC Healthy Fit: Session 1: Snacks and Physical Activity

MI-WIC NE: Healthy Weight, Snacks, Exercise

Name: _____ Family #: _____

This lesson is to provide you with healthy snack recipes and physical activities you can use at home.

BEFORE you start your nutrition education please check ONE statement below that describes you:

- I want to learn more about healthy snacks and physical activity, but I'm not sure I'm ready to take steps yet. *Contemplation*
- I'm ready to take some steps to start to prepare healthy snacks or add physical activity. *Preparation*
- I have started to take steps to prepare healthy snacks or add physical activity. *Action*
- I have been taking steps to prepare healthy snacks or add physical activity. *Maintenance*
- I am not interested in taking steps to prepare healthy snacks or add physical activity. Suggestion: Talk to your WIC staff about a topic of your interest. *Pre-contemplation*

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- Soon I want to start taking some new steps to prepare healthy snacks or add physical activity. *Preparation*
- Today I plan to start new steps to prepare healthy snacks or add physical activity. *Action*
- I plan to continue choosing and preparing healthy snacks or adding physical activity. *Maintenance*
- I am not interested in choosing and preparing healthy snacks or adding physical activity. *Pre-contemplation*

☺ What did you like about today's activity? _____

☺ What could we improve? _____

☺ One thing I plan to do about choosing and preparing healthy snacks and adding physical activity: _____

Thank you!

Staff use only:
MI-WIC Recorded by:
Staff initials:

Attachment 6: Name Tags, Marketing Tools, Sample Activity Calendar

*We used circle style label stickers and added the logo as clipart



WIC HEALTHY FIT SERIES



Parent's Name: _____
Child's Name: _____

PRIZES

Make sure to attend
to receive fun games
and prizes.

Three Wednesday Sessions

WIC Healthy Fit Series offers WIC parents and children:

Free cooking and snack demonstrations

Physical activity play time

Fun games and prizes

Counts in place of a Quick WIC/Benefit Reload

SCHEDULE

Wednesdays	Event
February 9, 2011, 10 am or 2 pm	Meals and Snacks
March 9, 2011, 10 am or 2 pm	Happy Healthy Active Child
April 6, 2011, 10 am or 2 pm	Going Bananas!

Macomb County Health
Department-WIC Program
21885 Dunham Rd, Suite 13
Clinton Twp, MI 48036

Phone: (586) 469-5471
E-mail: wic@macombgov.org

Michigan State University Extension
21885 Dunham Rd, Suite 12
Clinton Twp, MI 48036

Phone: (586) 469-5180

Congratulations! You have chosen to participate in the WIC Healthy Fit Series. You and your child are now enrolled for the series of 3 sessions. At each visit your WIC Bridge Card will be reloaded. You will also attend cooking demonstrations while your child is involved in active play with other children. This is a great opportunity to share and learn with other WIC families and keep your child active during the cold winter months. You will also be eligible to receive additional in home visits from Michigan State University Extension Services.



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WIC HEALTHY FIT



Parent's Name: _____

Child's Name: _____

WEDNESDAY	EVENT
January 11, 2012 9:00 10:30 1:00 2:30	Healthy Snacks
February 8, 2012 9:00 10:30 1:00 2:30	Happy Healthy Active Child
March 7, 2012 9:00 10:30 1:00 2:30	Goin' Bananas

Counts in place of a Quick WIC/Benefit Reload

Congratulations! You have chosen to participate in WIC Healthy Fit. You will attend a cooking demonstration while your child is involved in active play with other children. This is a great opportunity to share and learn with other WIC families and keep your child active during the cold winter months. *Offered at the Clinton Twp office.*

Macomb County Health Department-WIC Program
 21885 Dunham Rd, Suite 13, Clinton Twp, MI 48036
 Phone: (586) 469-5471 E-mail: wic@macombgov.org

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WIC HEALTHY FIT



Parent's Name: _____

Child's Name: _____

WEDNESDAY	EVENT
January 11, 2012 9:00 10:30 1:00 2:30	Healthy Snacks
February 8, 2012 9:00 10:30 1:00 2:30	Happy Healthy Active Child
March 7, 2012 9:00 10:30 1:00 2:30	Goin' Bananas

Counts in place of a Quick WIC/Benefit Reload

Congratulations! You have chosen to participate in WIC Healthy Fit. You will attend a cooking demonstration while your child is involved in active play with other children. This is a great opportunity to share and learn with other WIC families and keep your child active during the cold winter months. *Offered at the Clinton Twp office.*

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FEBRUARY 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Jump the Stick	2 Simon Says	3 Wall Push-ups	4 Over-Under Around
5 Twister	6 Jump the Stick	7 Jump the Brook	8 Simon Says	9 Wall Push-ups	10 Jumping Beans	11 Beanbag Balance
12 Row, Row Your Boat	13 Wheelbarrow	14 Toe-Walking	15 Statues	16 One-Foot Balance	17 Inch Worm	18 Egg Roll
19 Sommer-sault	20 Up-Up-Down-Down	21 Clutch ball	22 Around the World	23 Catch	24 Throw	25 Over-Under Around
26 Twister	27 Dance	28 Jumping Beans	29 Jump the Stick			