



# Michigan WIC

Nutrition Education Module for State  
Sharing

# 54321 + 8

Self-Directed Education for Women and  
Parents and Caregivers of Children and Older Infants



This lesson was created by Michigan WIC Program for state sharing.

Michigan Department of Health and Human Services, WIC Program, Lansing, Michigan.

[www.michigan.gov/wic](http://www.michigan.gov/wic) November 2019.

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## Michigan WIC Nutrition Education Lesson Plan

- I. Title:** *Live 54321+8*
- II. Target Group:** Pregnant, postpartum, breastfeeding women, and parents and caregivers of children and older infants.
- III. Suggested MI-WIC NE Topic(s):** MyPlate: Fruits, MyPlate: Healthy Food Choices, MyPlate: Vegetables, Water
- IV. Learning Objectives:** Clients, parents, and/or caregivers will be able to:
- Identify the 54321+8 numbers and what they represent.
  - Identify one or more ways to eat at least 5 servings of fruits and vegetables and drink at least 4 glasses of water every day.
- V. Learning Activities/Method:** Self-directed education

**VI. Materials Needed:**

The *Live 54321+8* module includes:

- “Michigan WIC Nutrition Education Lesson Plan”
- “Client Feedback Form”
- “Client Feedback Form Key”
- *Live 54321+8 Kit*. Readability: 5<sup>th</sup> grade.

**Reinforcements Materials (optional):**

Are available for purchase from Visualz are:

- *Live 54321+8 Handouts*. 2012. Visualz. <https://getvisualz.com/products/live-543218-handouts>. Readability: 5<sup>th</sup> grade

Other related handouts free for download are:

- *Add More Vegetables to Your Day*. 2016. USDA. ChooseMyPlate.  
English: [https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet2AddMoreVegetables\\_0\\_0.pdf](https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet2AddMoreVegetables_0_0.pdf)  
Readability: 4<sup>th</sup> grade  
Spanish: [https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet2AddMoreVegetables-sp\\_0.pdf](https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet2AddMoreVegetables-sp_0.pdf)
- *Focus on Fruits*. 2016. USDA. ChooseMyPlate.  
English: [https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet3FocusOnFruits\\_0.pdf](https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet3FocusOnFruits_0.pdf) Readability: 4<sup>th</sup> grade

Spanish: [https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet3FocusonFruits-sp\\_0.pdf](https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet3FocusonFruits-sp_0.pdf)

- *Healthy Drinks, Healthy Water*. 2019. Robert Wood Johnson Foundation.  
English: [https://healthydrinkshealthykids.org/app/uploads/2019/09/HDHK\\_One\\_Pager\\_Water.pdf](https://healthydrinkshealthykids.org/app/uploads/2019/09/HDHK_One_Pager_Water.pdf)  
Readability: 4<sup>th</sup> grade  
Spanish: [https://healthydrinkshealthykids.org/app/uploads/2019/09/HDHK-One-Pager\\_Water\\_es.pdf](https://healthydrinkshealthykids.org/app/uploads/2019/09/HDHK-One-Pager_Water_es.pdf)
- *Kid Friendly Veggies and Fruits*. 2016. USDA. ChooseMyPlate.  
English: <https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet11KidFriendlyVeggiesAndFruits.pdf>  
Readability: 4<sup>th</sup> grade  
Spanish: <https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet11KidFriendlyVeggiesAndFruits-sp.pdf>
- *Liven Up Your Meals with Vegetables and Fruits*. 2016. USDA. ChooseMyPlate.  
English: [https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet10LivenUpYourMeals\\_0.pdf](https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet10LivenUpYourMeals_0.pdf)  
Readability: 4<sup>th</sup> grade  
Spanish: <https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet10LivenUpYourMeals-sp.pdf>
- *Rethink Your Drink*. 2015. Department of Health and Human Services. CDC.  
English: [https://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rethink\\_your\\_drink.pdf](https://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rethink_your_drink.pdf)  
Readability: 4<sup>th</sup> grade  
Spanish: <https://www.cdc.gov/healthyweight/spanish/healthyeating/rethinkyourdrink.html>
- *Smart Shopping for Veggies and Fruits*. 2016. USDA. ChooseMyPlate.  
English: <https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet9SmartShopping.pdf> Readability: 4<sup>th</sup> grade  
Spanish: <https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet9SmartShopping-sp.pdf>

**VII. Equipment and Facilities Needed:** Bulletin board

**VIII. Approximate Time:** 15-20 minutes

**IX. Outline of Content:**

1. Introduction: Each client, parent or caregiver will be welcomed by a WIC staff member who introduces himself/herself.

2. The WIC Nutrition Educator/CPA/RD will discuss interests and health topics with the parent/caregiver and suggest relevant topics to address their nutritional needs.
3. The WIC Nutrition Educator/CPA/RD will direct the client or parent/caregiver to read the bulletin board *Live 54321+8* for a healthier lifestyle.

### **Factual Messages**

- 5 servings fruits & vegetables
  - Fruits and veggies are colorful, taste great and do great things for your body.
  - Each color has a different benefit, so eat a rainbow every day!
- 4 glasses of water
  - Drink plenty of water each day to keep you healthy and hydrated.
  - Water regulates your body temperature, carries nutrients, removes waste, and cushions and protects joints, organs, and tissues.
- 3 good laughs
  - Ways to add more laughter are share a funny story with a friend, remember an embarrassing moment, read joke book or rent a comedy.
  - Look for humor in everyday situations.
- <2 hours or less screen time
  - Sometimes screen time is necessary for work and school, but often we spend our free time in front of the TV, computer or phone screen.
  - Cut back on the recreational time you spend in front of a screen.
- 1 hour of physical activity
  - To maintain a healthy weight, physical activity is key.
  - Move you body each day with activities that you like and that fit into your life.
- +8 hours or more sleep
  - Create a sleep schedule by going to bed and waking up every day at the same time.
  - Relax before bed with a book or calming music.
  - Limit distractions like bright lights, computer, TV, or cell phone.

### **X. Evaluation Methods and Materials:**

1. The parent/caregiver will complete the “Client Feedback Form” and return it to WIC staff. The “Client Feedback Form” encourages parents/caregivers to think about and describe what they learned and what they plan to change or continue to eat at least 5 servings of fruits and vegetables and drink at least 4 glasses of water every day.
2. Staff can use the “Client Feedback Form Key” to identify the parent/caregiver(s) stage of change intent for follow up.
3. The client will be offered an opportunity to speak to a WIC Nutrition Educator/CPA/RD.

### **XI. Staff Trained to Present:** RD, CPA, and other trained nutrition education staff.

## **XII. References:**

*Add More Vegetables to Your Day.* 2016. United States Department of Agriculture. ChooseMyPlate. Web. 11 Nov 2019. <https://www.choosemyplate.gov/ten-tips-add-more-vegetables-to-your-day>

*Focus on Fruits.* 2016. United States Department of Agriculture. ChooseMyPlate. Web. 11 Nov 2019. <https://www.choosemyplate.gov/focus-on-fruits>

*Healthy Drinks, Healthy Water.* 2019. Robert Wood Johnson Foundation. Web 11 Nov 2019. [https://healthydrinkshealthykids.org/app/uploads/2019/09/HDHK\\_One\\_Pager\\_Water.pdf](https://healthydrinkshealthykids.org/app/uploads/2019/09/HDHK_One_Pager_Water.pdf)

*Kid Friendly Veggies and Fruits.* 2016. United States Department of Agriculture. ChooseMyPlate. Web. 11 Nov 2019. <https://www.choosemyplate.gov/ten-tips-kid-friendly-veggies-and-fruits>

*Live 54321+8 Bulletin Board Kit.* 2012. Visualz. Web 6 Nov 2019. <https://getvisualz.com/products/live-543218-bulletin-board-kit>

*Live 54321+8 Handouts.* 2012. Visualz. Web 12 Nov 2019. <https://getvisualz.com/products/live-543218-handouts>

*Liven Up Your Meals with Vegetables and Fruits.* 2016. United States Department of Agriculture. ChooseMyPlate. Web. 11 Nov 2019. <https://www.choosemyplate.gov/ten-tips-liven-up-your-meals>

*Rethink Your Drink.* 2015. United States Department of Health and Human Services. Centers for Disease Control and Prevention. Division of Nutrition, Physical Activity, and Obesity, National Center for Chronic Disease Prevention and Health Promotion. Web. 11 Nov 2019. [https://www.cdc.gov/healthyweight/healthy\\_eating/drinks.html](https://www.cdc.gov/healthyweight/healthy_eating/drinks.html)

*Smart Shopping for Veggies and Fruits.* 2016. United States Department of Agriculture. ChooseMyPlate. Web. 11 Nov 2019. <https://www.choosemyplate.gov/ten-tips-smart-shopping>



Live 54321+8

## Client Feedback Form

Name:

Family No.:

*Congratulations on completing this lesson!*

***Please answer the following:***

Did you enjoy this topic?

Yes

No

Did you learn something to help you eating more fruits and vegetables and/or drink more water?

Yes

No

***Tell us one thing you learned today:***

***Check ONE statement that best describes you:***

- I plan to *continue* to eat at least 5 servings of fruits and vegetables and drink at least 4 glasses of water every day.
- I plan to *start* trying to eat at least 5 servings of fruits and vegetables and drink at least 4 glasses of water every day, *soon*.
- I am *thinking about* trying to eat at least 5 servings of fruits and vegetables and drink at least 4 glasses of water every day, *someday*.
- I *don't plan to change* my eating habits.

***If you plan to make changes, please tell us what they are:***

***Would you like to talk to a WIC nutritionist?***

Yes

No

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**Staff Use Only**

MI-WIC NE Topics: MyPlate: Fruits, MyPlate: Healthy Food Choices, MyPlate: Vegetables, Water

MI-WIC Recorded by:

Staff Initials:



Live 54321+8

### Client Feedback Form Key

Name:

Family No.:

*Congratulations on completing this lesson!*

**Please answer the following:** *These responses can be used as client feedback and/or for counseling.*

Did you enjoy this topic?

Yes

No

Did you learn something to help you eating more fruits and vegetables and/or drink more water?

Yes

No

**Tell us one thing you learned today:**

**Check ONE statement that best describes you:**

- I plan to *continue* to eat at least 5 servings of fruits and vegetables and drink at least 4 glasses of water every day. *Maintenance/Action*
- I plan to *start* trying to eat at least 5 servings of fruits and vegetables and drink at least 4 glasses of water every day, *soon*. *Preparation*
- I am *thinking about* trying to eat at least 5 servings of fruits and vegetables and drink at least 4 glasses of water every day, *someday*. *Contemplation*
- I *don't plan to change* my eating habits. *Pre-Contemplation*

**If you plan to make changes, please tell us what they are:**

**Would you like to talk to a WIC nutritionist?**

Yes

No

*If yes, please refer to a WIC nutritionist.*

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MI-WIC NE Topics: MyPlate: Fruits, MyPlate: Healthy Food Choices, MyPlate: Vegetables, Water

MI-WIC Recorded by:

Staff Initials: