

Michigan WIC Nutrition Education Lesson Plan

- I. **TITLE:** *Eat Well, Anytime, Anywhere*
- II. **TARGET GROUP:** Parents and caregivers of children
- III. **SUGGESTED MI-WIC NUTRITION EDUCATION TOPIC:** *Sesame Street*
- IV. **LEARNING OBJECTIVES:** Parents and/or caregivers of children will be able to:
 1. Identify at least one "anytime" food to buy at the market, prepare at mealtime, and/or eat for meals and snacks.
 2. Identify at least one strategy they plan to try, change or continue to eat more "anytime" foods.
 3. Advance in intent of a stage of behavior change or continue if in the maintenance stage.
- V. **LEARNING ACTIVITIES/METHODS:** Individual or self-directed nutrition education.
- VI. **MATERIALS NEEDED:**
 1. *Eat Well, Anytime, Anywhere* Kit – Readability – 8th grade. The Kit includes:
 - A guide with messages for parents and caregivers, and suggestions for fun activities to do with their children.
 - Healthy, easy recipes perfect for anytime.
 - *Cookie Monster in Veggie Land*, a children’s storybook.
 2. “Client Instructions” (English and/or Spanish)
 3. “Client Feedback Form” (English and/or Spanish)
- VII. **EQUIPMENT AND FACILITIES NEEDED:**
 - Individual education: Chair.
- VIII. **APPROXIMATE TIME:** 30-45 minutes
- IX. **OUTLINE OF CONTENT:**
 - Self-Directed (take home) education:
 1. Introduce yourself and welcome parent or caregiver warmly. Provide a Kit and explain the contents (*Eat Well, Anytime, Anywhere* guide, *Cookie Monster in Veggie Land* storybook, “Client Instructions”, “Client Feedback Form”) and that it will take 30 minutes or more to complete. Explain how to complete the “Client Instructions” and the “Client Feedback Form.”
 2. Explain activities the parent or caregiver can do with their child:
 - Read *Cookie Monster in Veggie Land*, a children’s storybook featuring friendly *Sesame Street* Muppets in an enchanted land made of colorful vegetables.
 - Select at least one recipe from the guide to shop and prepare for meals or snacks.
 - Match as many vegetables and fruits as they can in the storybook and guide with the “Healthy Hunting” section found on the last page of the guide.
 - Individual education:
 1. Introduce yourself and welcome parent or caregiver warmly ask them to complete the **Before** section of a “Client Feedback Form.”
 2. Activity: Provide the *Eat Well, Anytime, Anywhere* Kit and ask the parent or caregiver to choose one or more activities:
 - Read through the guide for ideas on how to increase “anytime” foods for his/her child’s meals and snacks.
 - Read to their child the storybook, *Cookie Monster in Veggie Land*, featuring friendly *Sesame Street* Muppets in an enchanted land made of colorful vegetables.

- Select at least one recipe from the guide to shop and prepare for meals or snacks.
 - Match as many vegetables and fruits as they can in the storybook and guide with his/her child from the “Healthy Hunting” section found on the last page of the guide.
3. Discussion:
 - a. Ask open-ended questions such as: “What are some ways you could interest your child to try new colorful fruits and vegetables? How could you add more colors of the rainbow to your child's food choices?”
 - b. Allow time for the client or caregiver to express his/her thoughts and respond using affirmation, reflection and summary statements.
 4. Summarize key points:
 - Different types of food can be either “anytime” foods or “sometime” foods.
 - An “anytime” food means something we can eat every day, like fruits and vegetables, whole grains, lean meats, low fat dairy, and water.
 - “Sometime” foods are high in sugar, fat, or salt and we should only eat occasionally.
 - Try eating fruits and vegetables that have colors of the rainbow with your child.
 - Shopping for and preparing "anytime" foods can be fun for the whole family.
 5. Reinforcements: Explain activities the parent or caregiver can do with his/her child:
 - Read *Cookie Monster in Veggie Land*, a children’s storybook featuring friendly *Sesame Street* Muppets in an enchanted land made of colorful vegetables
 - Shop and prepare fruits and vegetables from the recipes in the guide.
 - Do some fun activities from the guide.
 - Watch videos about healthy foods at <http://www.sesamestreet.org/toolkits/food>

X. EVALUATION:

1. Ask the parent or caregiver to complete the **After** section of the “Client Feedback Form” and return it to WIC staff.
2. Staff can use the “Client Feedback Form Key” to identify the parent and/or caregiver’s stage of change intent **Before** and **After** for follow up.

XI. STAFF QUALIFIED TO PRESENT: RD, CPA or another trained nutrition education staff

XII. REFERENCES:

Eat Well, Anytime, Anywhere Kit. 2016. Sesame Workshop. National WIC Association. Washington, D.C. "Fruits and Vegetables Rainbow" and "Sometime & Anytime Foods". *Sesame Street* Sesame Workshop. New York, New York. 2007. Web. 23 Apr. 2017. <https://s3.amazonaws.com/aws.upl/nwica.org/nwasesameeastwellanytimeanywhereadletter.pdf>

"The Readability Test Tool." *WebpageFX*. 2016. Web. 18 Nov. 2016. <http://read-able.com/>

"Google Translate." *Google Translate*. 2016. Web. 18 Apr. 2017. <https://translate.google.com/>

Client Instructions

Eat Well, Anytime, Anywhere

Eat Well, Anytime, Anywhere is full of ideas for adding more "anytime" foods to your day. It includes a guide with fun activities to do with your child, recipes, and a storybook called *Cookie Monster in Veggie Land*. Have fun!

You can use this Kit for your WIC nutrition education.

Check the boxes as you go!

- Answer the **Before** questions on the "Client Feedback Form."
- Do at least **ONE** activity from the list below.

Activities (choose at least one):

- Read *Cookie Monster in Veggie Land* to your child.
- Read the guide for ideas for your child to eat more "anytime" foods.
- Select a recipe from the *Eat Well, Anytime, Anywhere* guide to shop and prepare with your child.
- Match vegetables and fruits in the storybook and guide with the "Healthy Hunting" activity (on last page of the guide).
- Watch a video on the *Sesame Street* website with your child at <http://sesamestreet.org/toolkits/food>

- Answer the **Feedback** questions on the "Client Feedback Form."
- Return the "Client Feedback Form" to the WIC clinic.

Ask your child to smell, touch, and look at different shapes and colors of fruits and vegetables.

Questions? Contact your local WIC clinic: _____

Instrucciones para el cliente

Comer bien día a día

Comer bien día a día está lleno de ideas para añadir más alimentos para el día. Incluye una guía con divertidas actividades para hacer con su hijo, recetas y un libro de cuentos llamado *Cookie Monster en la tierra de los vegetales*. ¡Que te diviertas!

**Puede utilizar este kit para su educación nutricional WIC.
Marque las casillas a medida que avanza!**

- Responda las **Antes** preguntas en el "Formulario de comentarios del cliente".
- Haga por lo menos **UNA** actividad de la siguiente lista.

Actividades (escoja al menos una):

- Lea *Cookie Monster en la tierra de los vegetales* a su hijo.
- Lea a la guía de ideas para su hijo a comer más alimentos "en cualquier momento".
- Elige una receta del *Comer bien día a día* guía de tienda y preparar con su hijo.
- Coincidir con verduras y frutas en el cuento y la guía con la actividad de "Búsqueda saludable" (en la última página de la guía).
- Vea un video en el sitio web de *Sesame Street* con su hijo en <http://sesamestreet.org/toolkits/food>

- Responda a las preguntas de **comentarios** en el "Formulario de comentarios del cliente".
- Devuelva el "Formulario de comentarios del cliente" a la clínica de WIC.

Pídale a su hijo a oler, tocar, y buscar en diferentes formas y colores de las frutas y verduras.

¿Preguntas? póngase en contacto con su agencia local de WIC en: _____

Client Feedback Form

Eat Well, Anytime, Anywhere

Name: _____ Family No.: _____

Before

Before doing the **Eat Well, Anytime, Anywhere** activities, check **ONE** statement below that best describes you:

- I want to *start* shopping and serving fruits and vegetables to my child *soon*.
- I have *started* to shop and serve more fruits and vegetables to my child.
- I have been shopping and serving plenty of fruits and vegetables to my child for *several months*.

After

After doing the **Eat Well, Anytime, Anywhere** activities, check **ONE** statement below that best describes you:

- I plan to *start* shopping and serving more “anytime” foods to my child.
- I plan to *start* shopping and serving more “anytime” foods to my child, *today*.
- I plan to *continue* shopping and serving “anytime” foods to my child.

Which activity did you do (check all that apply)?

- Read *Cookie Monster in Veggie Land* to my child.
- Read the guide for ideas to eat more “anytime” foods with my child.
- Selected a recipe from the *Eat Well, Anytime, Anywhere* guide to shop and prepare with my child.
- Matched vegetables and fruits in the storybook and guide with the “Healthy Hunting” activity.
- Watched a video about healthy eating with my child.
<http://sesamestreet.org/toolkits/food>

Please share at least one thing you learned or plan to do from the **Eat Well Anytime, Anywhere** Kit:

Did you like this lesson? Yes No Why or why not:

Please return to your local WIC clinic by: _____

Formulario de comentarios del cliente

Comer bien día a día

Nombre: _____ **Familia No.:** _____

Antes

Antes de hacer las actividades **Comer bien día a día**, marque **UNA** de las siguientes afirmaciones que mejor le describa:

- Quiero *empezar* a comprar y servir frutas y verduras a mi hijo *pronto*.
- He *empezado* a comprar y servir más frutas y verduras a mi hijo.
- He estado haciendo compras y sirviendo un montón de frutas y verduras a mi hijo *durante varios meses*.

Después

Después de hacer **Comer bien día a día** las actividades, marque **UNA** de las siguientes afirmaciones que mejor le describen:

- Planeo *comenzar* a comprar y servir más alimentos "a cualquier hora" a mi hijo.
- Planeo *comenzar* a comprar y servir más alimentos "a cualquier hora" a mi hijo, *hoy*.
- Planeo *seguir* comprando y sirviendo alimentos "a cualquier hora" a mi hijo.

¿Qué **actividad** realizó (marque todas las que correspondan)?

- Leer *Cookie Monster en la tierra de los vegetales* a mi hijo.
- Lea a la guía ideas comer más alimentos "en cualquier momento" con mi hijo.
- Responsable había seleccionado una receta de comer bien día a día guía para comprar y preparar con mi hijo.
- Combinado verduras y frutas en el cuento y la guía con la actividad de "Búsqueda saludable".
- Vio videos sobre la alimentación saludable con mi hijo.
<http://sesamestreet.org/toolkits/food>

Por favor, comparta al menos una cosa que aprendió o planea hacer con el Kit:

¿Te ha gustado este kit? Si No Por qué o por qué no:

Por favor regrese a su clínica local de WIC: _____

Client Feedback Form Key

Eat Well, Anytime, Anywhere

Name: _____ Family No.: _____

Stages of change intent is listed after each Before and After statement to assist WIC staff in appropriate counseling strategies for each client.

Before

Before doing the **Eat Well, Anytime, Anywhere** activities, check **ONE** statement below that best describes you:

- I want to *start* shopping and serving fruits and vegetables to my child *soon*. *Contemplation/Preparation*
- I have *started* to shop and serve more fruits and vegetables to my child. *Action*
- I have been shopping and serving plenty of fruits and vegetables to my child for *several months*. *Maintenance*

After

After doing the **Eat Well, Anytime, Anywhere** activities, check **ONE** statement below that best describes you:

- I plan to *start* shopping and serving more “anytime” foods to my child. *Contemplation/Preparation*
- I plan to *start* shopping and serving more “anytime” foods to my child, *today*. *Action*
- I plan to *continue* shopping and serving “anytime” foods to my child. *Maintenance*

Which activity did you do (check all that apply)?

- Read *Cookie Monster in Veggie Land* to my child.
- Read the guide for ideas to eat more “anytime” foods with my child.
- Selected a recipe from the *Eat Well, Anytime, Anywhere* guide to shop and prepare with my child.
- Matched vegetables and fruits in the storybook and guide with the “Healthy Hunting” activity.
- Watched a video about healthy eating with my child.
<http://sesamestreet.org/toolkits/food>

Please share at least one thing you learned or plan to do from the *Eat Well Anytime, Anywhere* Kit:

Did you like this lesson? Yes No Why or why not:

Please return to your local WIC clinic by: _____