

Title: I'm Hungry Now!

Target Audience: Child 1-5 and their caregiver

Objectives: The client/caregiver will:

1. Identify common snacking situations and the problems that can result.
2. Select one or more possible solutions to common snacking problems that result in healthy snacking habits.

Teaching Materials Needed, Including Handouts:

1. Display materials—see sample display layout attached.
2. Handouts on snack ideas—see attached plus materials found at:
http://www.kansaswic.org/nutrition_education/nutrition_edu_materials.html
3. Items required for the selected interactive components below.

Advance Preparation Needed:

1. Assemble the display and place in prominent location accessible to clients.
2. Make sufficient copies of handouts for all attendees.
3. Assemble items required to complete the interactive components chosen from list below.

Class Outline and Methods:

1. The interactive display and handouts will be available during clinic hours.
2. A knowledgeable staff member should be available for client questions regarding the interactive display. See background information on this topic below, under *Concepts*.
3. Offer the client recipes and handouts to reinforce the concepts on the display.
4. The delegated WIC staff person should ask the client if they have any questions. If yes, refer them to the staff person that can answer their questions.
5. The delegated WIC staff person should ask the client, "What is one thing you will try to do, based upon what you learned today?" For example, "What were your ideas for serving healthier snacks to your family?"
6. Upon completion of the lesson, a designated WIC staff person should record completion in the client's KWIC record. If the LA chooses, the client's goal can also be entered into KWIC.

Concepts and Key Points:

1. Children have small stomachs and need to eat more often, thus requiring some snacks between meals.
2. Healthy snacks can give children energy and important nutrients. Frequently eating unhealthy foods as snacks can lead to overweight in children and adults.
3. Planning snack options when away from home can resolve many issues when parents take children with them on errands or to the grocery store.
4. Parents can take snacks with on trips away from home, but may also consider healthy choices that may be available from convenience stores and vending machines.

5. Feeding a child a small snack before leaving home can sometimes help the trip to go more smoothly.

Interactive Component: Choose one or more of the following interactive items:

1. Have caregivers list on a flip chart or white board those things they most often use as snacks for their children when traveling away from home. Review the list with the parents and reinforce those choices which are most healthy.
2. Using pictures or photographs have parents choose some items that could be purchased from convenience stores or vending machines that would be healthy snack choices. Discuss why some food items might be better choices than others.
3. Copy the situations attached and cut apart. Have caregivers choose a slip and offer suggestions of how they would handle the situation and what might be a healthy snack option.
4. Using pictures, food models or empty food containers, have the parents pick items that would make a healthy snack choice for their family.
5. Have a number of children's books about snacking available for parents to view. Provide the parent with a list of the book titles and discuss how they can use these books to have conversations with their children about eating healthy snacks.
6. Have one or more snack items available along with the recipes for the foods for taste testing by attendees. Discuss with caregivers how they can make quick snack items at home and save money rather than buying foods when away from home.

The client or caregiver will interact with the WIC staff as specified in the *Class Outline and Methods* section. One or more interactive activities will be used in this lesson from the activities above.

Behavior Change Goal:

The designated staff person will assist the client/caregiver to set a goal based upon the interactive display as outlined in the *Methods* section above.

Procedure for Clients to Ask Questions of Trained WIC Staff:

The designated WIC staff person will either answer the questions or guide the client to the staff person qualified to answer a question posed by the client/caregiver.

Evaluation:

The evaluation will consist of completing the survey on the use of healthy snacking strategies and interacting with the WIC staff as outlined in the *Class Outline and Methods* section above.

Comments/Other:

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Lesson Plan Approved By:

Sample Layout for Interactive Display

I'm Hungry Now!

How to Handle the Snack Monster Away From Home

Give kids a healthy meal or snack before going out.

Plan snacks to take along on trip

Look for healthy choices at stores or vending machines

Bring along water to drink



Try These Ideas for Snacks:

Graham Crackers

Pretzels

Bananas

Peanut Butter Crackers

Trail Mix

Cereal

String Cheese

100% Juice in juice box

Low-fat Milk

Yogurt

Snack Situations

It is afternoon in the summertime and Maria takes her children (ages 3 and 4) to the kiddie pool to cool off. After playing for an hour, the kids tell Maria that they are hungry. The snack bar sells ice cream bars, soda, chips and candy bars. What could Maria do rather than get an unhealthy snack for her children?

Jane is planning to take her two preschoolers to the mall to do some shopping. What can Jane do to make sure that she does not have to buy her children an unhealthy snack at the food court, if the children get hungry?

Susie is taking her children to the playground at the park near their home. Across the street is the local McDonald's. How can Susie make sure that the children will not ask for McDonald's food while at the park?

Megan is getting ready to go to the grocery store with her children. She is concerned that her children will beg for the snacks they see at the store and make a scene if she does not get them. What could Megan do to make this situation less likely?

Lisa wants to plan an outing for herself and her children to go to the library. She knows that she can't take food into the library so she is planning on getting a snack for the children at the convenience store down the block. What kind of foods and drinks could she purchase for a healthy snack?



Children's Book List

Below are a list of children's books that relate to healthy eating and snacking. Share these books with your children and talk about healthy foods to eat between meals.

I Want My Banana/Quiero Mi Platano! by Mary Risk

Gregory the Terrible Eater by Mitchell Sharmat

The Cherrios Counting Book by Barbara McGrath

Healthy Snacks by Mari C. Schuh

Eating the Alphabet by Lois Elhert

I Can Eat a Rainbow by Annabel Karmel

The Berenstain Bears and Too Much Junk Food by Stan Berenstain

The Very Hungry Caterpillar by Eric Carle

Today is Monday by Eric Carle

Bread and Jam for Frances by Russell Hoban



Tips for Parents

I'm Hungry Right Now!

Be prepared with healthy snacks when you're away from home.

Kids have small stomachs and they need to eat more often than adults. Being out with a hungry child and no snacks is not fun. Here are some ideas to help you be prepared.

Feed your child before leaving home

If you can, give your child a healthy meal or snack before going out. This will help prevent hungry stomachs.

Take along healthy snacks

Fill a zip-lock bag or plastic container with:

WIC cereal and raisins

Bagel pieces

Crackers

Cut up fruit

Pretzels

Cut up peanut butter sandwiches

Take water in a plastic bottle or cup

If you are out and need a snack, look for:

Graham crackers

Fig Newtons

Animal Crackers

Pretzels

Raisins

Cereal

Yogurt

String Cheese

Low-Fat Milk

100% Juice

Bananas



Shrunken Sandwiches



- 2 slices ham
- 2 slices low-fat cheese
- 12 mini crackers, such as Ritz Bits

Cut ham and cheese (six from each slice) into small rounds the size of the mini crackers. A clean medicine bottle makes a good cutter. Place a ham round on six of the crackers, then add the cheese. Cover each with another cracker. Serves 2.

Snack Art

Create a work of art using the following elements:

•**The Foundation** Celery, carrots, zucchini or cucumbers cut into sticks or rounds; banana, apple or pineapple slices; melon balls; lettuce leaves; or orange sections

•**The Cement** Peanut butter, cream cheese, cheese spread, yogurt, jam, pizza sauce or ranch dressing

•**The Decorations** Seeds, nuts, grapes, raisins, olives, frozen peas or beans.

Lay out the materials and give each child plastic utensils and a plate "canvas." Suggest that they build sharks, monsters, cars, flowers, or have them write their names.

Wiggle Worms

- Fruit, such as grapes, melon, bananas or strawberries, cut into bite-size pieces
- Pretzel sticks
- Chocolate sprinkles (optional)

Spear about four pieces of fruit onto each pretzel, as if making a kebab, to create the worms. Leave a tip at the end for the tail. Parents, you can pre-spear the fruit. Use sprinkles to make eyes, spots or tiny feet

Banana Scream

- 3 bananas (the riper the banana, the sweeter the shake)
- 2 tbsp. nonfat milk

Peel the bananas, cut in half width-wise, wrap in plastic wrap, and freeze until firm. Place in a blender, add milk and puree until creamy. Serves 4.



Cookie-Cutter Cheese Toasts

- 2 slices whole wheat bread
- 2 slices low-fat cheese

Preheat the oven to 350 degrees. Place the bread slices on a cookie sheet and top with a slice of cheese.

Cut out shapes using cookie cutters. Heat until the cheese melts and bubbles. Serve warm or cold.

Party Parfait

- 2 cups plain or vanilla yogurt
- 1/2 cup fresh fruit
- 1/4 cup whole grain cereal

Fill two parfait glasses halfway with yogurt. Add a layer of fruit and cereal. Spoon in the remaining yogurt and add another layer of fruit and cereal. Refrigerate until serving time. For frozen parfaits, freeze the yogurt and fruit before you assemble the sundae. Serves 2.

