

**Title:** Jump into Fun in Cawker City, Kansas

**Target Audience:** Preschoolers and their families

**Objectives:**

1. Identify where Cawker City is located on a map of Kansas
2. List at least two activities that can be done using a jump rope or piece of twine.
3. Identify at least two ways to get more breads, cereals, and grains into their diet.

**Teaching Materials Needed, Including Handouts:**

1. Gather book to be read to children
2. Ball of twine, picture of the ball of twine in Cawker City
3. Food materials needed for selected activities
4. Materials for the selected physical movement activities
5. Rainbow Road passports for each child attending
6. Parent handouts for the lesson

**Advance Preparation Needed:**

1. Make copies of the parent handouts, and passports for each child and parent attending
2. Set up class area in accommodate the food and physical activities selected
3. Set up an area where you can sit and read the book to the children.
4. Have a map of Kansas available in the room to show location of city.
5. Gather all items needed to complete the food and physical activities chosen for the class

**Class Outline and Methods:**

**Possible Themes:** grains, farming, jumping rope, breads

**Rest Stop:** Suggested book: *What's For Lunch? Bread!* by Pam Robson and Claire Llewellyn

**Introduction:**

Let's take a trip! How many of you know what this is? (Show a piece of twine) Tell the attendees that in Cawker City, Kansas, the largest ball of twine in the world can be found. (If possible have a picture of the ball of twine.) Talk about how big the ball of twine is. What would you do if you had the biggest ball of twine in the world? Would you play with it? Would you roll it? Today we are going to pretend to go to Cawker City, and see the ball of twine and visit the farms along the way. We are going to be reading a book about bread and how it is made. Gather round me and let's read "What's For Lunch? Bread!"

After the book is read, complete one or more of the following food activities and physical activity suggestions given below.

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.

The delegated WIC staff person should ask the client, “What is the one thing you will try to do, based upon what you learned today?”

Upon completion of the lesson, a designated WIC staff person should record completion in the client’s KWIC record. If possible, the client’s goal can also be entered into KWIC.

**Food Activities--Choose one or more of the following:**

1. Talk about the farms that are found around Cawker City. Discuss that the farmers grow wheat. Have a sample of wheat for the children to see. Talk about how wheat is made into the bread we eat. Ask the children what kinds of bread they like—loaf, pita, pizza, tortillas, etc. Tell them that wheat is also used to make macaroni, spaghetti and some cereals.
2. Have pictures of different kinds of bread that are eaten around the world. Have the children pick their favorite pictures and make a collage poster of the breads we eat.
3. Make a snack using bread. How about pita pockets, English muffin pizzas, bagels with cream cheese and vegetables or tortilla roll ups.
4. Discuss ways to get bread and grains into one’s diet. Tell the children that they need 6 servings of breads and grain products each day. Ask them what kind of bread products they could eat for breakfast, lunch, dinner, and snacks.
5. Make a sandwich. Have each child choose from different ingredients to make their sandwich.
6. Have a sampling party. Have several breads to taste and see such as pita bread, tortillas, hamburger buns, pretzels, crackers, etc.

**Physical Movement--Choose one or more of the following:**

1. Talk about the giant ball of twine found in Cawker City. Show the children what twine looks like. Talk about how twine is used on the farms to make hay bales, etc. Hand each child a length of twine to use as a rope. Ask the children to do the following activities:
  - How tall can you make the rope?
  - Can you make a circle, square, etc. out of the rope?
  - Can you jump over the rope?
  - Can you walk on the rope?
2. Have the children take a piece of twine. They hold on to one end of the twine and give the other end to another person, forming a line. The leader then walks around the room, saying: “We’re going on a walk on the farm. What will we see?” Have the children call out what they might see on the farm—cows, chickens, wheat, etc.
3. Tell the children that ropes are used as jump ropes, but there are many ways to jump. Have the children try some of these:
  - Try jumping to music like an animal—frog, kangaroo, etc.

Put two parallel ropes on the floor and have the children jump over the “river”

Place a rope in a circle; have children jump in and out of the circle.

Have child toss a beanbag from a standing position. Have the child try to jump as far as the beanbag.

4. Play “Farmer in the Dell” with all the families.

**Other Optional Activities:**

1. If a bakery is nearby, take a field trip to the bakery to see different types of bread and how they are made.
2. Use coloring pages as part of activities parents can do with their children at home.

**Interactive Component:**

The client or caregiver will interact with the WIC staff as specified in the class outline. One or more interactive activities will be used in this lesson from the optional activities below.

**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 interacting with the WIC staff as outlined in the class outline and methods section above.

**Comments/Other:**

Remember to stamp the passport for each child

**Lesson Plan Written By:** Pat Dunavan, MS, RD, LD, 2004

**Lesson Plan Revised By:** Pat Dunavan, MS, RD, LD, 2012, 2014

**Lesson Plan Approved By:**

**Date:**

# Dear Parents . . . .



Have you ever seen the world's largest ball of twine? It can be found in Cawker City, Kansas. Today we pretended to travel to Cawker City, played with pieces of twine, did jumping activities, and read about farmers and the wheat they grow for bread. We tasted some different kinds of bread and made a snack.

Here are some activities that you can do at home to continue the fun:

- ★ Read a book about breads around the world. Your WIC office or local librarian can give you some suggestions.
- ★ Take a walk to a local bakery. See how bread is baked and buy a loaf for tonight's meal.
- ★ Show your child how to play "jump rope." If you don't have a jump rope, use a piece of twine, or panty hose legs tied together
- ★ Walk around your neighborhood with your child. Talk about what you see and whether you would see the same things on a farm.
- ★ Let your child choose a snack or item for a meal from the bread, grain, and cereal group. If possible, let the child help prepare the food.
- ★ Play ball with your child. If you do not have a ball, you can make one out of yarn, aluminum foil, or panty hose. Compare the size of your ball to the world's largest ball of twine.

