

Title: Visit to Mount Sunflower

Target Audience: Preschoolers and their families

Objectives:

1. Identify on map where Mount Sunflower is located.
2. Make a plan to take 4,039 steps over 1 week.
3. Read to their child at least one book about sunflowers or nutrition related book.
4. Make a quick snack to take on the trip.

Teaching Materials Needed, Including Handouts:

1. Suggested book: *Max Loves Sunflowers* by Ken Wilson-Max or alternative book from Resource list
2. Parent pages, coloring pages, Rainbow Road passports
3. Materials for chosen physical activities and food experiences from the list below
4. Handouts on healthy snacks

Advance Preparation Needed:

1. Make sufficient copies of all handouts for all attendees
2. Gather chairs and set up an area for the physical activities and food experiences chosen from the list below
3. Set up a table for the food items and any props needed for the lesson

Class Outline and Methods:

Possible Themes: Sunflowers, gardens, yellow and orange foods, healthy snacks, walking or climbing

Rest Stop: Suggested book: *Max Loves Sunflowers* by Ken Wilson-Max. Alternative book choices are listed in the Resource list.

Kansas Facts: Mount Sunflower is located in Wallace County, northwest of Sharon Springs, and lies less than ½ mile from the Colorado border. Mount Sunflower is 4,039 feet above sea level and is the highest point in Kansas. A large metal sunflower sculpture marks the high point. In summer, a field of sunflowers stands across road.

Introduction:

Let's take a trip! Today we will visit Mount Sunflower. Does anyone know where Mount Sunflower is? It is the highest spot in Kansas. It is located here (point to the map). What do we need to take on our trip? Do you think the weather will be hot or cold? How can we get there? Let's pretend that we are at Mount Sunflower. What do you think we will see?

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

1. Make one of the recipes attached for quick snacks to take while climbing Mount Sunflower. Talk about what foods are good snack foods.
2. Talk about yellow and orange foods (the colors of sunflowers)—try a snack using these foods. How about something with bananas, apricots, or carrots?
3. Taste sunflower kernels or sunflower butter (similar to peanut butter). Make a snack with sunflower seeds. Use caution to avoid choking on seeds with very young children.

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

1. Movement to Little Sunflower
I'm a little sunflower

I'm so small.

Soil, sun, and water

Make me tall. When I get all grown up

You will see,

That I'm as big

As I can be!
2. Wind Dancing. Talk with the child about things blowing in the wind on Mount Sunflower, including grass, sunflowers, and other things. Have the children move their bodies like objects blowing in the wind.
3. Act out movements to Lonely Sunflower:
One lonely sunflower growing in the sun

Wants to play and have some fun

Then Woooosh went the wind

And scattered all the seeds

And now there's lots of sunflowers

Playing in the breeze.
4. March around the classroom on your way up Mount Sunflower. March fast and slow, on tiptoes, and stomping. Discuss what you might see on the way to Mount Sunflower and act out the suggestions.
5. Play follow-the-leader as children travel to Mount Sunflower. You can jump over a pretend river, move through tall grass, walk slowly, hop, slide, etc.
6. Talk about walking 4,039 steps to reach the top of Mount Sunflower. Ask families to keep track of their steps for 1 week and see if they can get to the top of Mount Sunflower. They can use

pedometers, if they have them, or count their steps in their backyard, or block and walk the route until they reach their goal.

7. Plant sunflower seeds in a cup to take home and watch grow. Talk about gardens and growing sunflowers as well as vegetables.

Other Optional Activities:

1. Use coloring pages of sunflowers as part of take home materials for parents.
2. Provide information for parents on choking foods and how to modify them for young children
3. Use pinwheels (sunflower shaped) outside in the wind.
4. Provide families with small packet of seeds to plant in a container at home.
5. Provide families with information on safe walking paths in your community to encourage physical activity.
6. Offer each family a copy of the booklet *The Story of the Sunflower* attached to this lesson.

Ending the Lesson:

1. 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.
2. 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?" For example, "What is one way you will add more steps to your weekly activity?"
3. 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.

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.

Behavior Change Goal:

The designated staff person will assist the client/caregiver to set a goal based upon the class as outlined in the methods section above. See "Ending the Lesson."

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

Comments/Other: Remember to stamp the Rainbow Road Passport after the activity is finished.

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:

Snack Recipes

Sunflower Kernel Crunch Balls

12 ounces milk chocolate chips 1 cup chow mien noodles

$\frac{3}{4}$ cup salted, roasted sunflower kernels, finely chopped

Chop sunflower kernels with knife and cutting board or food processor and quickly pulse to chop. Melt chocolate chips in microwave. Stir in noodles and nuts. Drop by teaspoonfuls on waxed paper. Makes 24 treats.

Sunflower Cookies

1 cup sunflower margarine

1 cup granulated sugar

1 cup brown sugar, packed

2 eggs

1 teaspoon vanilla

2 cups all-purpose flour

1 teaspoon baking soda

$\frac{1}{2}$ teaspoon baking powder

$\frac{1}{2}$ teaspoon salt

2 cups rolled oats

1 cup coconut, flaked

1 cup roasted sunflower kernels, chopped finely

In medium size mixing bowl, combine margarine and sugars until well blended. Add eggs, and vanilla. Stir together the flour, baking soda, baking powder and salt; mix well. Add to margarine mixture. Stir in oats, coconut, and sunflower kernels. Drop by rounded tablespoons onto ungreased baking sheet. Bake at 350 degrees for 8-10 minutes, or until cookies are brown around the edges. May substitute chocolate chips or raisins for coconut. Makes 4 dozen cookies.

Caramelized Sunflower Kernels

1/3 cup raw sunflower seed kernels

2 tablespoons brown sugar

Heat sunflower kernels in a non-stick skillet about 3 minutes over medium-high heat. Stir in the brown sugar, stirring constantly until melted and kernels are coated. Turn out onto waxed paper to cool. Use as a snack or sprinkle on salads, fruit, or sweet potatoes. Makes 4 servings

Super Energy Balls

1 cup peanut butter

2 tablespoons margarine, melted

$\frac{1}{2}$ cup honey

$\frac{1}{2}$ cup nonfat dry milk powder

2 cups oat ring cereal

$\frac{1}{2}$ to $\frac{2}{3}$ cup coconut

In a medium bowl, combine peanut butter, margarine, and honey. Stir in milk powder. Add cereal, stirring until all pieces are evenly coated. Drop 1 teaspoon cereal mixture into coconut and roll into a ball. Repeat. Store in airtight container in refrigerator. Raisins, mini M & Ms, or mini chocolate chips can be added to this mixture for a special taste treat. Makes 5 dozen.

Peter Cottontails

1-3 ounce package cream cheese

$\frac{1}{2}$ cup shredded cheddar cheese

1 cup finely shredded carrots

$\frac{1}{2}$ cup Nutty Nuggets cereal

Beat cheeses together until blended. Stir in carrots. Cover and chill. Shape into balls, roll in cereal and chill until ready to serve. Makes 16 balls.

Sugar N' Spice Snacks

$\frac{1}{2}$ cup (1 stick) margarine or butter plus 3 tablespoons

$\frac{1}{4}$ cup sugar

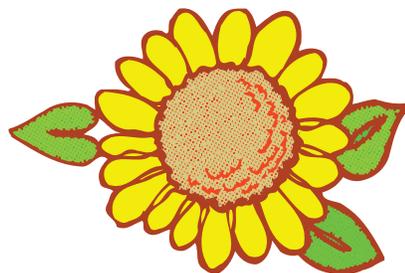
$\frac{3}{4}$ teaspoon ground cinnamon

$\frac{1}{4}$ teaspoon ground allspice

3 cups toasted oat ring cereal

Melt margarine in skillet over low heat. Stir in sugar, cinnamon and allspice; mix well. Gradually add cereal, stirring until all pieces are evenly coated. Cook 3 minutes, stirring constantly. Spread on waxed paper to cool. Store in airtight container. Makes 3 cups.

Dear Parents



Most children love to take walks and see new places. Today we visited Mount Sunflower and learned about sunflowers and how they grow. We tried a new snack and had fun moving and learning. Here are some ideas that you can do at home to continue the fun:

1. Take a walk with your child this week. Mount Sunflower is 4,039 feet high. Can you and your child take that many steps this week? You can keep track of your steps by counting the steps it takes to go down your block or around your house. Then keep track of how many times you walk until you reach your goal.
2. Read a book about sunflowers to your child. Many libraries will offer young children their own library card.
3. Plant some sunflower or vegetables seeds in a container at home. Watch them grow.
4. Try a healthy snack next time you take a trip or want to share some time with your child. Here is just one idea:

Quick Trail Mix

Mix your favorite WIC cereals with pretzel sticks, raisins, sunflower seed kernels, dried cranberries, and M&M's. Place in small sealable bag. Enjoy!

