

Title: Zobey's Jungle Jive**Target Audience:** Children and their caregivers**Objectives:** The participant will:

1. Dance or move along with at least two of the dance segments in the video
2. Share ideas for healthy celebrations and group activities that include healthy snacks and physical activity

Teaching Materials Needed:

1. Adventures of Zobey DVD: Jungle Jive
2. Flip chart and markers
3. Handouts on healthy snacks and physical activity
4. Recipe for healthy snack and samples (optional)

Advance Preparation Needed:

1. Set up DVD player and projector as appropriate
2. Set up flip chart and markers in classroom area
3. Prepare food samples in advance of class (optional)

Class Outline and Methods (including interactive component):

1. Greet families as they come to the class.
2. Introduce the Zobey DVD explaining that Zobey is going on an adventure with his friends. There will be lots of moving and dancing and everyone can join in. Encourage the children to get their moms or dads to dance with them. Share that after watching the video, we will share some ideas about planning healthy celebrations.
3. You can let everyone know that each family will get a copy of Zobey to take home if they like (optional).
4. Start DVD. Because the video is 26 minutes long, it is recommended that you use the first 11 minutes then turn it off right after the Monkey character makes the fruit cake sculpture and invites everyone to follow her to the Quick Sand Path.
5. During the video, participate in the dancing and movement activities and encourage others to join in.
6. After the video, invite everyone to sit down. Ask open ended questions such as:
 - a. What was your favorite part of the video?
 - b. Moms, what kinds of physical activities do you enjoy doing with your kids? Remind parents that exercising and playing actively together can be fun for everyone, great for managing weight, can help you sleep better and help you feel good about yourself.
 - c. In the video, Monkey makes a giant fruit sculpture for Elephant's surprise party. What kinds of healthy snacks do you like to eat at parties or special

occasions? Moms, what do you like to serve? Discuss that as a parent, you control the snacks and treats offered at home. Celebrations are a great time to offer healthy choices. You can still have cake or some special treat, but offer healthy snacks and water as well.

7. Use the flip chart to capture ideas for healthy snacks, physical activities and games. Talk about quick ideas for healthy snacks on the go or at home. Gather ideas on how the children can help prepare snacks.
8. Optional: Share a healthy fruit snack and provide recipes for parents to try at home.
9. Optional: Bring samples of colorful fruits featured in the video. Offer samples of fruit slices.
10. Optional: Demonstrate one of the recipes included on the DVD.
11. Record completion of the nutrition education in the client's KWIC record

Interactive Component:

The client/caregiver will interact with the staff person during the class as discussed in the class outline and methods section above.

Evaluation/Goal Setting:

1. Review the ideas the group came up with. Refer to the list on the flipchart or board during the discussion. Then ask:
 - a. What is the most useful thing you learned in today's class?
 - b. How will you use what you learned today as you plan a party or activities for your child?
 - c. Who is planning to watch and dance with Zobey this week?

Procedure for Clients to Ask Questions of Trained WIC Staff:

Clients will have questions answered by the designated WIC staff conducting the class. If the question cannot be answered, the client/caregiver will be directed to other qualified staff that can answer the question.

Lesson Plan Written By: Patricia Dunavan, MS, RD, LD

Modified and approved by:

Recipes from the DVD—The Adventures of Zobey, Jungle Jive

Zobey's Favorite Fruit Salad

½ cup orange juice
1 cup seedless grapes
1 banana, peeled and sliced
1 peach or nectarine, pitted and cubed
1 orange, peeled and cubed

Combine all fruits in a large bowl. Pour juice over fruits. Cover and refrigerate until cold. Makes 4 servings

Zobey's Fun Fruit Dip

8 ounces low-fat vanilla yogurt
½ to 1 teaspoon cinnamon

Mix together the cinnamon and vanilla yogurt. Serve with fruit.

Fruitalicious Sculpture Cake

1 medium watermelon
Mixed Fruit to put on skewers
 1 pint strawberries
 1 pineapple
 ½ pound red grapes
 ½ pound green grapes
 1 cantaloupe
 Wooden skewers

Cut the watermelon into triangular slices and stack on a plate or platter. Put fruit on wooden skewers and poke the skewers out of the top of the watermelon slices.

Tick Tock's Mango Parfait

2 ripe mangos, diced
1 cup cereal
4 glasses or cups
2-6 ounce containers of low-fat vanilla yogurt

In each glass, put $\frac{1}{4}$ of the diced mango; add $\frac{1}{2}$ a container of yogurt and top with $\frac{1}{4}$ cup cereal. Refrigerate until ready to eat. Makes 4 servings

Watermelon Sparkling Water

8 cups watermelon, diced and seeded
12 ounces sparkling water
1 tablespoon lime juice
Ice cubes

In a blender, puree watermelon with lime juice. Pour the puree into a large pitcher and stir in the sparkling water. Serve over ice cubes.

Monkey's Melon Boat

1 cantaloupe
Graham crackers
1 cup non-fat frozen yogurt

Cut cantaloupe into slices. Put $\frac{1}{4}$ cup of frozen yogurt on each of the cantaloupe slices and top the yogurt with a graham cracker "sail". Enjoy.

The next time you plan a party, think healthy!



When you are the one in charge of the party, it is easy to serve healthy choices. Plan the foods you will serve—fruits, vegetables and whole grains. Then think about the games. Kids love to move their bodies while they play.

Healthy Treats for Young Guests

Instead of things like chips, hot dogs, fruit punch, and candy, why not include some healthy snacks along with the cake and ice cream? Kids love bright colors, so serve colorful fruits and vegetables. Try some of these ideas:

- Veggie sticks with low-fat dip
- Cheese with whole-grain crackers
- Simple sandwiches cut in fun shapes
- Fruit with low-fat yogurt
- Serve water or small servings of juice
- Build your own mini pizzas using whole wheat English muffins topped with spaghetti sauce, chopped veggies, and low-fat mozzarella cheese.

Party Games for Active Children

Play games to keep the kids moving. The Zobey DVD shows fun games you can play with your children. Here are a few more ideas:

- Hula hoop or jump rope games
- Ball toss games
- Balloon games
- Musical chairs
- Freeze dance
- Pretend to be animals, flowers or trees
- Simon Says
- Duck, Duck, Goose
- Tag, Hide and Seek or Follow the Leader

