

Title: Zobey-Searching for a Rainbow

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. Identify how much juice and milk their child should drink

Teaching Materials Needed:

1. Adventures of Zobey-Searching for a Rainbow DVD
2. Handouts on healthy snacks and water

Advance Preparation Needed:

1. Set up DVD player and projector/TV as appropriate
2. 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. Icebreaker: Tell the group that today we are going on an adventure up into the clouds. Ask parents and children to name one thing that they think of when they see clouds.
3. 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. Let both the children and the parents know that it doesn't matter if they do the moves correctly or not, just as long as they are up and having fun.
4. You can let everyone know that each family will get a copy of Zobey to take home if they like (Optional).
5. Start DVD. The video is approximately 21 minutes long. If you show the entire video, the class will take about 30-35 minutes.
6. During the video, lead the dancing and movement activities and encourage others to join in. You may wish to position yourself near the screen where the DVD is shown so everyone can see you.
 - a. Make positive comments to encourage participation.
 - b. Comment on aspects of the video such as movements, the use of water, roaring like a bear, who likes bananas, etc. Ask questions of the children such as: Do you want to play on top of the clouds? Everybody wiggle! Can you see who's inside? Do you like cantaloupe?
7. 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?
 - c. What fruits and vegetables do you like to eat? What color are they?

8. Give out slices of cantaloupe, apples, mangos, or carrots that were mentioned in the video. Talk to parents about serving fruits and vegetables from all the colors of the rainbow.
9. Share information on why water is needed by everyone and encourage everyone to drink water each day.
10. Optional: Share healthy snack recipes using foods from the DVD. Do a snack demonstration or give out samples using one of the snack recipes from the DVD.
11. Optional: The hippo gives the children water and talks about the importance of water. Provide small bottles of water for the group to drink during the video.
12. Record the completion of the nutrition education lesson 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. Then ask:
 - a. What is the most useful thing you learned in today's class?
 - b. How will you use what you learned today during the next few weeks?
 - 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: Pat Dunavan, MS, RD, LD

Modified and approved by:

Recipes from the DVD-Adventures of Zobey, Searching for a Rainbow

Rainbow Toast

Whole wheat bread
Small cups or glasses
A few ounces of milk
Food coloring and a paint brush

Put a few ounces of milk in a couple of small cups. Add a few drops of food coloring. Paint a picture on the bread. Toast the bread and then eat it as part of a sandwich.

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

Zobey's Funny Fruit Face

Raisins (eyes)
Strawberries (nose)
1 slice whole wheat bread
1 tablespoon peanut butter
Peaches (mouth), fresh or canned

Let your child wash the strawberries and peaches. Spread the peanut butter on the bread. Place the raisins, strawberries and peaches to make a funny face.

Ants on a Log

Peanut Butter
Celery
Raisins

Scoop the peanut butter onto the celery and put the raisins on top.

Hippo's Tomato Feast

2 tablespoons olive oil
1 tablespoon Italian seasoning
Sliced bread or bagels
Cheese (optional)
1 pint or bunch of cherry or grape tomatoes

Slice the tomatoes in half and place them on a baking sheet facing up. Drizzle the olive oil over the tomatoes and then sprinkle the Italian seasoning on top. Bake tomatoes in the oven at 350 degrees for 15 to 20 minutes. Serve the tomatoes on bread with or without cheese.

Explorer's Apple Sailboat

1 apple
2 tablespoons peanut butter
1 graham cracker

Cut the apple in half and remove the core. Spoon 1 tablespoon of peanut butter into the inside of the apple halves. Cut the graham cracker into the shape of a sail and stick it into the peanut butter.

Sparkling Melon Fantasy

1 medium watermelon
1 cantaloupe
2 bananas
1 (20 ounce) can pineapple chunks, drained
1 (12 ounce) bottle club soda or seltzer water, unflavored

Cut watermelon in half lengthwise. Scoop balls from center of watermelon with melon scoop or cut into cubes. Mix the cut watermelon with cubes of cantaloupe, banana slices, and pineapple. Spoon the fruit mixture into ½ of the watermelon shell, cover and chill. When ready to serve, pour the chilled club soda over the fruit. Makes 12 servings.