

Title: Walk With the Dinosaurs in Hays, Kansas

Target Audience: Preschoolers and their families

Objectives:

1. Identify where Hays, Kansas is on the map of Kansas
2. Identify two sources of calcium to add to meals
3. Encourage physical activity in their children through active play

Teaching Materials Needed, Including Handouts:

1. Book: Dinosaurs Roar! By Paul and Henrietta Strickland
2. Materials needed for the chosen food and physical activities
3. Handouts on calcium, dairy products and coloring pages for children

Advance Preparation Needed:

1. Make copies of all handouts and coloring pages
2. Set up chairs and an open area where physical activities can be completed
3. Gather supplies for physical activities and food related activities
4. Set up table for food items and a food preparation area as needed

Class Outline and Methods:

Possible Themes: Dinosaurs, calcium, walking and dancing, dairy foods

Rest Stop: Suggested book: Dinosaurs Roar! By Paul and Henrietta Strickland. Alternative books are listed in the Resource Guide.

Kansas Facts: Hays, Kansas contains one of the finest collections of dinosaur fossils both in Kansas and the nation. The Sternberg museum of Natural History houses a collection of prehistoric fossils from the plains as well as traveling exhibits. Hays is known for its western history and German immigrant population who settled the area.

Introduction:

Let's take a trip! Has anyone ever seen a dinosaur? What did they look like? Did you know that there were dinosaurs in Kansas? In Hays, Kansas, there is a museum where you can see the bones of dinosaurs that lived here millions of years ago. What do you think dinosaurs ate? What did they do all day? Let's pretend that we are visiting the dinosaur museum and let's read a book about dinosaurs.

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

1. Discuss that we know about dinosaurs because of their bones. Healthy bones have lots of calcium. Talk about different kinds of foods that have calcium. (milk, cheese, cottage cheese, etc.). Have a snack made with a high calcium food for families to try.
2. Host a dairy treat time. Prepare dairy foods to taste such as cheese, pudding, cottage cheese, yogurt, and ice cream. Discuss how each food smells, tastes, and looks.
3. Make Dinosaur bones (see attached recipe). Discuss what dinosaur bones look like and how we could see them in the museum in Hays. Show the children what a finished "dinosaur bone" made from the recipes looks like. Have each child make some dinosaur bones. Sprinkle each bone with graham cracker crumbs.
4. Make bagel stegosaurus snacks (see attached recipe). Talk about different types of dinosaurs and their funny names. Have pictures of the different dinosaurs. Talk about which ones ate plants and which ones ate meat. Talk about what vegetables dinosaurs might eat today if they were still alive.

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

1. Follow the dinosaur trail. Make several paper dinosaur footprints. Scatter them around the room. Then have the children follow you down the dinosaur trail. Have children do different types of walks—on all fours, growling and walking like a dinosaur, hopping, etc. You can also follow the activities of the dinosaurs in the books *"Stomp, Stomp"* or *"Ten Little Dinosaurs."*
2. Dinosaur dancing. Play some lively music that children would enjoy. Have each child pretend to be a dinosaur and dance to the music. Have some music that is slow, some that is fast, and some that is mixed to keep the children's interest.
3. Play T-Rex tag. Begin by designating 1 or 2 children to be "T-Rex's" by giving them yarn balls to identify them as taggers. On cue, the "T-Rex" children move among the other children trying to tag them with the ball. If a child is tagged, they become the new T-Rex and are given the yarn ball.
4. Have dino-races. Divide the children into two teams. Have them race as a four legged dinosaur using their hands and legs to move forward down the relay race to the finish line.
5. Sing and act out the Dinosaur Song below:
I'm A Mean Old Dinosaur (sung to tune of "I'm a little tea pot")

I'm a mean old dinosaur (Make a mean face)

Big and tall (Gesture hands big and tall)

Here is my tail, here is my claw. (Gesture hands behind your back for tail and make claw hands)

When I get all hungry (rub your tummy)

I just growl (have the kids exaggerate the growl)

Look out kids, I'm on the prowl. (Here you can tickle each one on the tummy to make them giggle)

6. Play put the dinosaur in the nest game: Object of the game is to get as many dinosaurs in the nest as possible. Each child receives a small plastic dinosaur. A "nest" made from a small blanket is placed in the center of the room. The children take turns trying to toss their dinosaurs into the nest.
7. Pass That Dinosaur game. This is the same as hot potato game, just played with a dinosaur instead. Have participants form a circle on the floor. Start by giving one child a plastic dinosaur and start the music as the children pass around the dinosaur. When the music stops, the child with the dinosaur gets to toss the dinosaur to another child. The game can then start again.

Other Optional Activities:

- ★ Use coloring pages or dinosaur dot-to-dot pages as handouts to encourage additional activities at home.

Ending the Class:

1. The delegated WIC staff person should ask the attendees 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 parents, "What is the one thing you will try to do, based upon what you learned today?"
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.

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

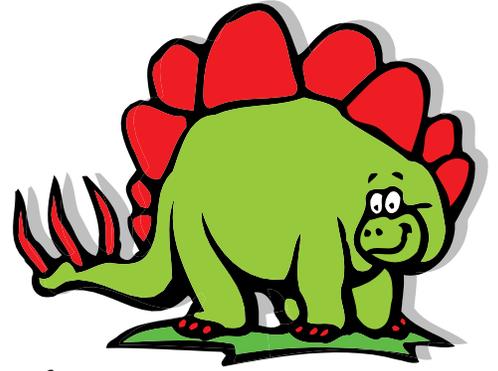
Lesson Plan Written By: Pat Dunavan, MS, RD, LD, 2004

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

Lesson Plan Approved By:

Date:

Dear Parents



Children love to imagine what it would have been like to walk with the dinosaurs. We learned that many dinosaur bones have been found in Kansas. We learned that dinosaurs were active and had strong bones. When we are active and eat calcium from foods, we can have strong bones as well.

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

- ★ Have a Dinosaur lunch:

Dino legs (chicken legs)

Tree Tops (broccoli)

Quick Sand (applesauce)

Dino Bread (dinosaur shaped graham crackers)

Talk about dinosaurs while you eat lunch. Make a placemat out of brown paper sacks cut to the size you want. Children can draw pictures of dinosaurs on the placemat.

- ★ Read a book with your child about dinosaurs. Check with your local library for ideas of good books for your child.
- ★ Create a dinosaur cave by placing a blanket over a table.
- ★ Place some plastic dinosaurs in a dishpan with sand. Children can dig for the dinosaurs.
- ★ Play dinosaur hide and seek with your child. Hide a dinosaur in a room of your house or in your yard. Help the child find the hidden dinosaur.
- ★ Try a snack rich in calcium. How about cheese sticks, yogurt and fruit, or pudding? Talk to your child about how calcium helps bones become strong, just like the dinosaurs.

Recipes

Dinosaur Bones

1 cup peanut butter

1 cup nonfat dry milk powder

2 tablespoons honey

8 graham crackers, finely crushed

Combine peanut butter and dry milk. Add the honey and mix well. Divide into equal parts. After shaping "bones", sprinkle them with graham cracker crumbs.



Munchies with Dinosaur Dip

1 cup sour cream

1 cup plain yogurt

1 package dry ranch salad dressing

Mix all ingredients together. Serve with your favorite fresh vegetables. Try celery, carrots, broccoli florets, green and red peppers, jicama, cucumber, or tomatoes.

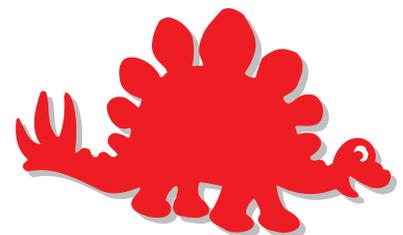
Bagel Stegosaurus

Bagels

Cream Cheese or peanut butter

Sliced Strawberries

Very thin long slices of carrot



Slice a bagel in half; cut the piece in half again so you have 4 half circles. Each bagel half is part of the stegosaurus's body. Place on the plate so it is like an upside down U. Spread peanut butter or cream cheese over the bagel. Arrange the strawberry slices on top of the stegosaurus's back to look like plates. Place a carrot slice on one side to be the neck. Put a strawberry on the carrot to be the head. Eat.