

CH — Zobey: Trip to the Jungle

A client-centered approach to nutrition education uses methods like group discussions and hands-on activities to engage participants in learning. This outline starts with a **Snapshot of the Session**, and then includes two steps:

Step 1: Planning the Nutrition Education Session - The first section prompts the nutrition educator to think about the learning objectives, materials, and preparation necessary to carry out the session.

Step 2: Session Outline - The second section outlines the key parts of the session. The nutrition educator will use this outline to lead the session.

Snapshot of Group Session:

TXIN title: CH — Zobey: Trip to the Jungle

Developed by: Texas WIC State Office

Date Developed: 5/2010

Approved by: State WIC NE Staff

Class Description: This class uses group discussion and a children's video that includes dance segments. The instructor should participate in the dance segments to encourage parents and their kids to dance. The instructor then guides the follow-up discussion and gets clients to share their ideas about healthy celebrations and being active with their kids.

Participants: Children and parents

Type of Learning Activities: Physical activity, video, discussion

Step 1: Planning the Nutrition Education Session

Item	Notes for Planning the Session
<p>Learning Objective(s) – What will the clients gain from the class?</p>	<p>By the end of the session, participants will:</p> <ul style="list-style-type: none"> • dance or move along with at least two of the dance segments in the video. • share ideas for planning healthy celebrations or group activities that include healthy snacks and physical activity.
<p>Key Content Points – What key information do the learners need to know to achieve the learning objective(s)? Aim for three main points.</p>	<ol style="list-style-type: none"> 1. It's fun to dance, jump and move – and it's good for you. 2. As a parent, you are in control of the snacks you offer to your children. When planning a celebration for kids (or play-date, etc.), be sure to include healthy choices. 3. As a parent, you are your child's guide and role model for activities. Plan and set up active games for your children, and be active with your kids!
<p>Materials – List what you will need for the session (i.e. visual aids, handouts, activity supplies). Attach supplemental materials.</p>	<ul style="list-style-type: none"> • Adventures of Zobey DVD: Jungle Jive • For interested clients, offer “Tips for Feeding 2-to-5-Year-Olds” Stock no. 13-198 (Eng), 13-198a (Sp), and 13-198v (Vietnamese) • (Optional): Board or flipchart and markers • (Optional): Zobey stickers • (Optional): Samples of fruit for tasting • (Optional): Materials for recipe demonstration
<p>Resources – Review current information. Sources may include WIC resources or reliable internet sites like WIC Works.</p>	<p>Review “Tips for Feeding 2-to-5-Year-Olds” Stock no. 13-198</p> <p>For more information, talk to an RD or degreed nutritionist at your local agency, review WIC resource materials on the topic, or visit internet sites like: http://www.fruitsandveggiesmatter.gov/downloads/kids_fv_tips.pdf</p>

<p>Class Flow & Set Up – <i>Consider the flow of the session & room set-up. Make note of any additional preparation that may be needed.</i></p>	<p>You'll need open space for parents and children to move around the room during the video. After the video, clients can sit for the discussion. Consider putting chairs in a large semi-circle with open space available for dancing and moving.</p> <p>The Jungle Jive video is 26 minutes. To allow more time for discussion, we recommend showing the first 11 minutes of the video, turning it <u>OFF</u> right after the Monkey character makes the fruit cake sculpture and invites everyone to follow her to the Quick Sand Path.</p>
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Step 2: Session Outline

Item	Notes for Conducting the Session
<p>Introduction: <i>Create a respectful and accepting learning environment by doing several of the following: Welcome participants, introduce yourself, review agenda, explore ground rules, make announcements, hand out name tags.</i></p>	<p>Example: "Welcome! My name is _____. Today we are going on an adventure with Zobey. Zobey is a Zip Zop who loves to play and go on adventures with his friends (show the kids a picture of Zobey from the poster or DVD). There will be lots of moving and dancing, and I'd like for everyone to join in. So kids, be sure to get your mom or dad to dance with you! Afterwards, we'll share some ideas about planning healthy celebrations. And as a special treat, everyone who joins in and dances with Zobey will get to take a copy of the Zobey video home to keep."</p>
<p>Icebreaker: <i>Anchor the topic to the participants' lives. Use a question or activity likely to bring out positive but brief comments; can be done as a group or partners.</i></p>	<p>Ask parents and children to name their favorite game to play at a children's party or play group.</p>
<p>Activities: <i>For each learning activity, list instructions and include three to five open-ended discussion questions. Keep in mind that activities should enable participants to meet the learning objectives.</i></p>	<p>VIDEO:</p> <ol style="list-style-type: none"> 1) Ask kids "Are you ready to go on an adventure with Zobey?" 2) Start video. Lead the class by participating and dancing along with the video. Stand near the TV and do the moves in the front of the classroom to encourage kids and their parents to join in. If parents are reluctant, ask them to sit and clap and move their arms with their kids. Remind everyone that it doesn't matter if they do the moves correctly – what matters is that they move and have fun. 3) During the video make positive comments like "You're doing great!", "Give me your best elephant roar!", "Help Zobey wiggle!"

Item	Notes for Conducting the Session
	<p>4) Show about the first 11 minutes of the video, turning it off after Monkey makes the fruit cake sculpture and invites everyone to follow her to the Quick Sand Path. Explain to kids that they'll get to take a DVD home so they can watch the rest of Jungle Jive.</p> <p>DISCUSSION: After the video, invite participants to sit down. Then start a discussion about healthy celebrations for kids. Consider using a flipchart to record clients' ideas. Possible questions and discussion points include:</p> <ul style="list-style-type: none"> • Kids, did you like the video? What was your favorite part? • Kids, do you like dancing with your mom? Moms, what kinds of physical activities do you enjoy doing with your kids? (Discussion Point: Exercising and playing actively together can be fun for both you and your kids, plus it's good for your health. It's great for managing weight, can help you sleep better, and help you feel good about yourself. That goes for both kids and adults.) • 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? Moms, what do you like to serve? (Discussion Point: As a parent, you're in control of the snacks and treats you offer to children. Celebrations are a great time to offer healthy choices. You can still serve cake or some other special treat, but don't forget to also include some healthy snacks - and water, too.) • At the Surprise Party at the end of the video, Lion shows Elephant how to do the Jungle Jive Dance. What kinds of dances or games do you enjoy at parties or get-togethers? (Discussion Point: Relay races, simple obstacle courses, music games and dancing are great ways to get a party moving!) <p>OPTIONAL ACTIVITIES:</p> <ul style="list-style-type: none"> • Show and discuss one or two of the fitness activities included on the DVD. These include: "Alligator Pit," "Bubble Wrap Jumping," "Clean Up the Floor," "Healthy Food Hunting," and "Swat the Fly." • Bring samples of colorful fruits featured in the video. Do a simple "show-and-tell" or offer samples of fruit slices. Ask parents about serving fruits and vegetables from all the colors of the rainbow. • Demonstrate one of the recipes included on the DVD.

<p>Review and Evaluations: <i>Invite participants to summarize the key points and share how they will use what they learned in the future. List a question/activity to prompt this. Consider listing community resources for clients who want to learn more.</i></p>	<p>Review the ideas that the group came up with. If you've written these down on a flipchart or board during the discussion, refer to the list. Then ask:</p> <ul style="list-style-type: none"> • What is the most useful thing you learned in today's class? • How will you use what you learned today in the future, especially when planning a child's birthday party or other kids' get-together? • Who is planning to watch and dance with Zobey again this week? (Be sure to direct the question to BOTH the kids and the moms). • Thank the class for coming and for helping Zobey and his friends plan a surprise party for Elephant. Hand out the Zobey Jungle Jive DVDs. You can also give each child a Zobey sticker.
<p>Personal Review of Session (afterward): <i>Take a few moments to evaluate the class. What will you change?</i></p>	<p><i>What went well?</i></p> <p><i>What did not go as well?</i></p> <p><i>What will you do the same way the next time you give this class?</i></p>
<p>Supplemental Information</p>	<p><i>The Staff and Participant Surveys for the Jungle Jive lesson are <u>optional</u>. If your Local Agency would like to collect data and evaluate your own classes, feel free to use the attached surveys. But you do <u>not</u> need to submit any surveys to the State Office for this particular Zobey class.</i></p>

**CH — Zobey: Trip to the Jungle
Participant Survey**

LA# _____

Date _____

Please answer the following questions about your oldest child in WIC who watched Zobey today.

1. My child's age is: _____ years _____ months
2. My child is a boy/girl (circle one).
3. My child watched Zobey in English/Spanish (circle one).
4. On a scale of 1 to 4, circle how much you agree with each of the following statements:

1 = Not at all
2 = A Little
3 = A lot
4 = Very Much

- I liked the video. 1 2 3 4
 - My child liked the video. 1 2 3 4
 - I danced to the video with my child. 1 2 3 4
 - The video gave me new ideas for helping my child to be active. 1 2 3 4
 - WIC should do more classes like this. 1 2 3 4
5. What is the most important thing you learned in class today?

 6. What would make this class better for you?

 7. Other comments:

**CH — Zobey: Trip to the Jungle
Staff Survey Form***

Local Agency # _____

Date: _____

- 1) Was the audiovisual easy to see and hear?
 - a) yes
 - b) no
- 2) Was the lesson easy to read and follow?
 - a) yes
 - b) no
- 3) Was participant feedback:
 - a) positive
 - b) negative
 - c) indifferent
- 4) Was the Spanish translation appropriate for your participants?
 - a) yes
 - b) no
- 5) Do you plan to use this lesson again?
 - a) yes
 - b) no
- 6) What changes would you suggest for improving the lesson?

- 7) Comments

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