

CH-000-23, CCNE: Zobey's Barn Dance Party

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 parts:

Part 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.

Part 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:

Lesson title: CCNE: Zobey's Barn Dance Party

Developed by: Texas WIC State Office

Date Developed: 2/2011

Approved by: State WIC NE Staff

NE Code: CH-000-23

Class Description: This class uses group discussion and a children's Zobey video that includes dance segments. The instructor should participate in the dance segments to encourage both kids and their parents to dance. Then the instructor guides a group discussion about growing fruits and vegetables at home, and kid-friendly ideas for preparing fresh produce. When scheduling this class, encourage participants to bring their children.

Target Audience: Children and parents

Type of Learning Activities: Physical activity, video, discussion

Part 1: Planning the Nutrition Education Session

Lesson: CH-000-23, CCNE: Zobey's Barn Dance Party

Item	Notes for Planning the Session
<p>Learning Objective(s) – What will the clients gain from the class activities?</p>	<p>By the end of the session, participants will:</p> <ul style="list-style-type: none"> • dance or move with at least two of the dance segments in the video; • discuss some benefits of home-grown or locally grown produce; • share kid-friendly ideas for preparing & serving fruits and vegetables.
<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. Growing something edible at home teaches kids how fruits and vegetables become the food that we eat. 3. Children tend to eat what they grow.
<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: Barn Dance Party • Handout: Container Gardening in 4 Easy Steps! (attached) • (Optional): Board or flipchart and markers • (Optional): Have samples of veggies or fruits as a demonstration or for tasting. • (Optional): Do a "show and tell" using containers that have been prepared with drain holes and gravel, plus one container containing soil and a small plant. If you have the funds, hand out seed packets or have a drawing with a small tomato plant or herb for the winner. • (Optional): Zobey stickers
<p>Resources – Review current information. Sources may include WIC resources or reliable internet sites like WIC Works.</p>	<ul style="list-style-type: none"> • http://aggie-horticulture.tamu.edu/extension/container/container.html • http://www.fruitsandveggiesmatter.gov/downloads/kids_fv_tips.pdf • "Tips for Feeding 2-to-5-Year-Olds" (Stock no. 13-198 English 3/2009) <p>NOTE: You don't need to be a gardener to lead the class. The goal is to get clients to discuss the benefits of growing something edible and to share experiences. But if you are interested in "how-to" gardening information, check out the Texas Home Vegetable Gardening Guide: http://aggie-horticulture.tamu.edu/publications/guides/E-502_home_vegetable_guide.pdf</p> <p>To find the Texas AgriLife Extension County professional or Master Gardener coordinator in your area, go to this link: http://horticulture.tamu.edu/mgcoordinators/search.html</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>You'll only show the first 6 minutes and 15 seconds of the video, turning it OFF right after Scarecrow and the children finish planting and growing the vegetables in the vegetable garden.</p>
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Part 2: Session Outline

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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 (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. Everyone who joins in and dances with Zobey will get to take a copy of the Zobey video home to keep. So kids, be sure to get your mom or dad to dance with you! Afterwards, we'll talk about growing and eating fruits and vegetables.</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: "If you could grow any fruit or vegetable you wanted, what would it be?"</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: Zobey's Barn Dance Party 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 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 6 minutes and 15 seconds of the video, turning it off after Scarecrow and the children finish planting and growing the vegetables in the vegetable garden. Explain to kids that they'll get to take a DVD home so they can watch the rest of it.</p> <p>Discussion about home-grown fruits and vegetables: After the video, invite participants to sit down, then start a discussion about the benefits of home-grown fruits and vegetables. Possible questions related to home gardens include:</p> <ul style="list-style-type: none"> • You all did a great job helping Scarecrow spread the seeds, grab the sunbeams, water the plants, and grow the vegetables! Have any of you ever planted a seed and watched it grow? • Parents, how many of you have grown fruits or vegetables with your kids? What have you grown? Tell us about it. (Growing something edible at home can teach your kids how fruits and vegetables become the food that we eat, plus gardening is a fun way to spend time outdoors and get your family moving. Also, kids tend to eat what they grow. It can be a great experience for your family – even if it's just an herb in the window or a tomato plant on a porch.) • What are some reasons people like to grow their own food? (Great flavors, nutritious, readily available, can grow things without chemicals, more fun to eat knowing you grew it yourself!) • There are all kinds of ways to grow fruits and vegetables. What kinds of gardens have you seen or grown yourselves? (Raised bed gardens, small pots, large containers like barrels, community gardens, etc.) • Hand out copies of 2-sided handout: "Container Gardening - Four Easy Steps" to those who are interested. Briefly review handout. Mention that first-time gardeners may want to try growing an herb like basil, mint, or thyme, since herbs are fairly easy. [Optional: Do a "show and tell" using basic containers that have been prepared with drain holes and gravel, as well as a container that contains potting soil and a small plant.] • Parents, what ideas do you have for serving and cooking vegetables for your family? What vegetable and fruit recipes do your kids like?
<p>Review and Evaluations: <i>Invite participants to summarize the key points and share how they will use what</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>

Item	Notes for Conducting the Session
<p><i>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>	<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? • Who is planning to watch and dance with Zobey again this week? (Be sure to direct the question to BOTH the kids and the parents). • Thank the class for coming and for helping Zobey and his friends get ready for the Barn Dance Party. Hand out the Zobey Barn Dance Party DVDs. You can also give each child a Zobey sticker. <p>You can provide contact information for the county extension office in your area as well as a list of local retailers in the area that sell soil for growing fruits and vegetables).</p> <p>Consider building a garden at your site! Many cities have programs that will help schools and community centers build a garden. Talk with a Master Gardener in your area or your County Agrilife Extension Office.</p>
<p>Personal Review of Session (afterward): Take a few moments to evaluate the class. What will you change?</p>	<p>What went well?</p> <p>What did not go as well?</p> <p>What will you do the same way the next time you give this class?</p>
<p>Supplemental Information</p>	<p>The Staff and Participant Surveys for the Barn Dance Party 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.</p>

CH-000-23, Zobey's Barn Dance Party
CCNE Session - 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
 - c) not applicable
- 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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