



CH-000-28 Real Fun Together: Grow Together

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This is a client-centered nutrition education class that is family focused and intended to engage children and adults in fun activities and discussion. It is one of four Real Fun Together classes offering child-friendly activities focused on nutrition and physical activity for parents and young children to do together. Activities will help parents make memories and nurture the bond with their children.

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 uses this outline to lead the session.

Part 3: Coloring Sheets – The third section provides optional coloring sheets for the nutrition educator to use with Activity 3 of this lesson.

Part 4: Take-Home Sheet – The fourth section is a take-home activity sheet that the nutrition educator can print and hand out to families at the end of the session.

Part 5: Promotional Flyer – The fifth section is a customizable flyer that the nutrition educator can print and display to promote the class. Changes may be made directly in the electronic file before it is printed.

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Snapshot of Group Session:

Lesson Title: Grow Together

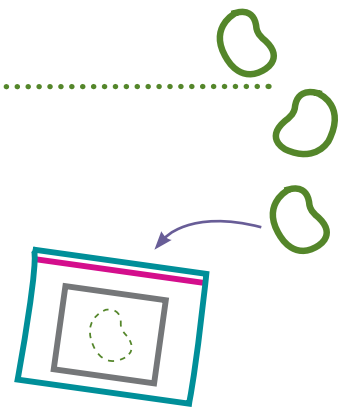
Developed and Approved by: Texas State WIC Office

Date Developed: August 2017

NE Code: CH-000-28

Class Description: Kids love to watch things grow! And parents love to watch their kids grow. This class engages parents and children to teach them about nutritious foods that help kids grow big and strong. Show your enthusiasm and demonstrate that learning about food can be fun. Kids learn where their favorite fruits and vegetables come from by seeing foods in the form of a seed and planting their own seeds. A fun art activity teaches them about how healthy foods help them grow. Informal discussions encourage clients to share ideas and challenges about getting their children to eat nutritious foods.

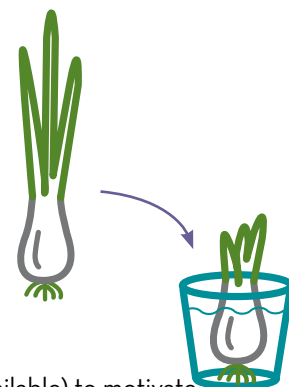
Target Audience: Parents/caregivers and their children (target 2-5 years).



Type of Learning Activities: Hands-on activities, discussion, handout.

Class Promotion: Want parents to sign up? Invite them to join the fun! Here are a few tips:

- Promote as an activity to share with their children, rather than a class or lesson.
- Invite your WIC staff team to begin growing their own beans in a window at the clinic 3-5 days ahead of time. They'll have fun watching their seed germinate and will share their enthusiasm with clients. The beans can be planted in a pot afterwards and used as decoration around the clinic.
- Describe the fun activities parents will do with their kids to give them something to look forward to.
- Print and post in your clinic the flyer attached to this lesson.
- Print a separate flyer to display at your desk.
- Share the flyer with parents during one-on-one client visits.
- Send a text reminder to clients the day before class.
- Post the date and time of the class on your clinic's Facebook page (if available).
- Encourage parents in class to take "selfies" with their kids and tag your clinic's Facebook page (if available) to motivate others to attend classes.
- Take pictures of parents and kids enjoying the class together. Print a photo and post it on your clinic bulletin board and post it on your clinic's Facebook page (if available).
- Encourage several parents with children the same ages to sign up together. Let them know it will be a fun and hands-on experience.



Part 1: Planning the Nutrition Education Session

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Item	Notes for Planning the Session
Learning Objective(s) - What will the clients gain from the class?	By the end of the session, families will: <ol style="list-style-type: none"> 1. Understand where fruits and veggies come from. 2. Have fun experiencing a new way to look at food. 3. Feel inspired to grow and learn about food at home.
Key Content Points - What key information do the learners need to know to achieve the learning objective(s)? Aim for three main points.	<ol style="list-style-type: none"> 1. Growing food is fun. 2. Learning new things as a family builds memories that can last a lifetime. 3. Taking time to explore new foods together is a fun way to create healthy habits.

Item	Notes for Planning the Session
<p>Materials - List what you will need for the session (i.e., visual aids, handouts, supplies.) Attach supplemental materials.</p>	<p>Choose 1 or more activities.</p> <p>Materials needed:</p> <p>Activity 1: Mystery Seeds</p> <ul style="list-style-type: none"> • Variety of fruit and vegetable seed packets (6 or more packets). Examples: Carrots, tomatoes, squash, beets, peas, cucumbers, corn, pumpkin. • Optional: Corresponding fruits and vegetables to demonstrate how the seed grows into the nutritious foods we eat (plastic, real, or photos). <p>Activity 2: Grow Your Own Bean Plant</p> <ul style="list-style-type: none"> • Dry beans such as a lima/butter bean (one per family). • Paper towels. • Airtight plastic bags. • Bowl of water. • Marker/Sharpie. <p>Activity 3: Seed Art</p> <ul style="list-style-type: none"> • Coloring sheets (can be found in Part 3 of this lesson). • Crayons, markers, or other coloring supplies. • Variety of colorful seeds or beans. • Liquid glue (like Elmer's). <p>Take-home handout:</p> <ul style="list-style-type: none"> • How to grow your own plants at home.

Item	Notes for Planning the Session
<p>Resources – Review current WIC resources or other reliable resources such as WIC Works.</p>	<p>Fun supplemental ideas:</p> <ul style="list-style-type: none"> • 35 seed activities for young kids: <ul style="list-style-type: none"> • http://www.fantasticfunandlearning.com/35-seed-activities-for-young-kids.html • Gardening coloring pages: <ul style="list-style-type: none"> • http://www.vegetable-gardening-online.com/vegetable-garden-coloring-books.html • https://www.education.com/worksheets/coloring/garden/ • Gardening activities: <ul style="list-style-type: none"> • http://www.parenting.com/family-time/activities/10-inspired-gardening-projects-kids • http://www.growingajeweledrose.com/2013/03/outdoor-nature-gardening-activities.html • Children’s gardening books: <ul style="list-style-type: none"> • https://www.amazon.com/Best-Sellers-Books-Childrens-Gardening/zgbs/books/3274 <p>Other informational resources:</p> <ul style="list-style-type: none"> • National Association for the Education of Young Children, NAEYC <ul style="list-style-type: none"> • http://www.naeyc.org/ • American Academy of Pediatrics <ul style="list-style-type: none"> • https://www.aap.org
<p>Class Flow and Room Set-Up – Consider the flow of the session and room set up. Options for delivery of class elements are here. Note any extra preparation.</p>	<p>Set-up:</p> <ul style="list-style-type: none"> • Choose 1 or more activities. • Have the children and parents gather around a table or sit on the ground in a circle for all activities. • Have the materials available on a table and provide as needed throughout the class. • Consider conducting the class outside at a picnic table to encourage the bond with nature.

Item	Notes for Planning the Session
	<p>Activity 1: Mystery Seeds</p> <ul style="list-style-type: none"> • Gather a variety of fruit and vegetable seed packets before class. You can display them on the table so families can see them as they arrive. • Gather the corresponding “adult” fruits and vegetables and display them as well. These can be real, plastic, or photos. <p>Activity 2: Grow Your Own Bean Plant</p> <ul style="list-style-type: none"> • Gather the necessary materials and enough lima/butter bean seeds to give one to each family. • The day before class, soak the estimated number of beans needed in water for about 8-12 hours (and less than 24 hours) to prepare them for “planting.” • If you’d like to start extra early, germinate a bean yourself a week in advance so that you can show the class what they look like when they sprout. <p>Activity 3: Seed Art</p> <ul style="list-style-type: none"> • Gather a variety of colorful beans, fruit, and/or vegetable seeds before class. You should have enough to give a handful of each to every family. Provide glue so the seeds can be glued to the coloring sheet. • This activity can be done without seeds if they are not available, or if the children in the class are too young to play with the seeds. In this case, provide art supplies to make the coloring extra fun. • Choose which coloring sheets you’d like to use and print them ahead of time. You can give everyone the same sheet or print enough to let them pick from the options available. <ul style="list-style-type: none"> • Tip: To simplify, since beans come in many shapes and colors, you could provide a variety of beans and only hand out the bean coloring sheets.

Part 2: Session Outline

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(Please see next page.)

Item	Notes for Leading the Session
<p>Introduction: Invite participants to sit in the center of the room.</p> <p>Create a respectful and accepting learning environment by welcoming participants, introducing yourself, reviewing the agenda, exploring ground rules, making announcements, etc.</p>	<p>Hi, my name is ____! Thanks for coming out to be gardeners with us.</p> <ul style="list-style-type: none"> • Today, we'll get to learn about the fruits and vegetables we need to eat to grow big and strong. • We're going to learn about where fruits and vegetables come from. <p>To the parents: Thank you for coming today. Learning where food comes from can be a really fun experience. By doing things like gardening and growing plants, we get in touch with nature and learn to appreciate how long it takes for plants to grow from seeds into things we can eat. All that patience and waiting for our food to be ready to eat takes a while, but it can make wonderful memories together and help build healthy food habits that will last a lifetime.</p>
<p>Icebreaker: Anchor the topic to the participants' lives. Use a question or activity likely to bring out positive but brief comments; this can be done as a group or with partners.</p>	<p>Ask parents and children:</p> <ol style="list-style-type: none"> 1. What's your name? 2. What is your favorite fruit or vegetable? 3. Have you ever tried growing fruits or vegetables?
<p>Activities: For each learning activity, list instructions and include 3-5 discussion questions. Keep in mind that activities should enable participants to meet the learning objectives.</p>	<p>Activity: Grow Together</p> <ul style="list-style-type: none"> • Choose 1 or more activities to walk parents and children through together. <p>Discussion Questions - Encourage group discussion throughout the activities.</p> <ol style="list-style-type: none"> 1. Where do fruits and vegetables come from? (Seed planted in soil, plus water and sunlight.) 2. Does anyone have a garden now, or did you ever have a one when you were growing up? Tell us about it. <ul style="list-style-type: none"> • What are some of your favorite things to grow? 3. Kids are more likely to try new foods if they help to grow and prepare them. What are other ways you help your children learn about fruits and vegetables? 4. There are lots of ways to help kids try new fruits and vegetables. You are real-life experts. How do you work fruits and vegetables into your family meals? <p>Activity 1: Mystery Seeds</p> <ul style="list-style-type: none"> • Here are some fruit and vegetable seeds. Can you guess what each one will turn into? • Instructor: Teach them the corresponding fruit or vegetable that grows from that seed. You can either show a picture of a fruit or vegetable, or bring in plastic or real foods.

Item	Notes for Leading the Session
	<ul style="list-style-type: none"> • Let's sort the seed packets into fruits and vegetables! Fruits have seeds in them when they are big. <p>Activity 2: Grow Your Own Bean Plant</p> <ul style="list-style-type: none"> • Instructor: Demonstrate how to grow a bean using a plastic bag, wet paper towels, and a lima/butter bean. • Here is a bean that I have soaked overnight, a paper towel, and a bag. • Place your bean inside the paper towel and fold the paper towel around the bean several times. • Instructor: Bring around a bowl of water for families to wet the bean and paper towel. • Briefly put your bean and paper towel into the water to get it damp, not dripping. • Place everything into an airtight plastic bag and close it. • Mark the date and your bean's name on the bag using a marker. • Take this home and place it in a sunny window. Check it each day. If it gets dry, spray it with water to keep it damp. • The bean should sprout within the next week! • Once it has a sprout, plant it in some dirt and water it regularly to watch it grow. <p>Activity 3: Seed Art</p> <ul style="list-style-type: none"> • Did you know that the beans you eat are cooked seeds? They can grow into tall plants that make more beans, too! • Other fruits and vegetables, like carrots and broccoli, also come from seeds and are not only tasty but are really good for growing bodies. • Instructor: Talk about what the foods on each color sheet do for our bodies using the sheet as a guide. <ul style="list-style-type: none"> • Examples: Beans help you stay active! Carrots help grow healthy eyes! Broccoli makes you strong! • Now let's make our own sheets come alive. You can glue the seeds to your artwork to give it texture, too! • Instructor: Hand out the supplies. While families work, engage them with discussion questions. <p>Instructor tips:</p> <ul style="list-style-type: none"> • Give positive encouragement by saying "You'll be so proud when you see your bean grow at home!" and "I can see you're using lots of colors in your artwork!"

Item	Notes for Leading the Session
<p>Closing/Reflection:</p> <p>How will you use this in the future? List/share resources for clients.</p>	<p>Closing question:</p> <ul style="list-style-type: none"> • It's so cool to see children start to understand where their food comes from. Teaching your children about fruits and vegetables is a gift that sets them up for a lifetime of healthy habits, so GOOD JOB, moms and dads. • Let's talk about ways that you can keep this going next week at home. What's one fun food activity you could try? <p>Distribute takeaway handouts for parents to use at home.</p>

Part 3: Coloring Sheets

Part 4: Take-Home Sheet

Part 5: Promotional Flyer

