

# NUTRITION

On Your  
Own

Self-Paced Lesson

SP-Zobey:Locomotion Lab



## Welcome to the Zobey Locomotion Lab Self-Paced Lesson

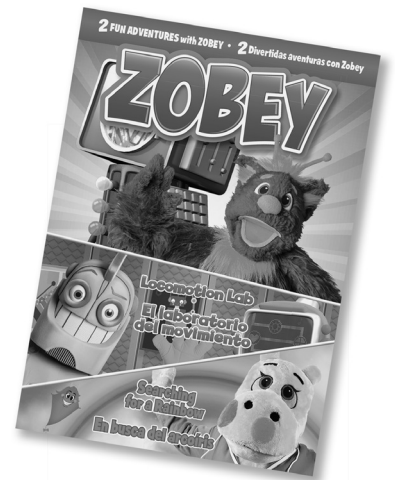
### Instructions

1. Watch the Zobey Locomotion Lab video at home with your child. View the video online or on the DVD provided by your WIC clinic. Dance and have fun with your child!
2. Read the information.
3. Answer the questions.
4. Take this form back to your WIC clinic for class credit.

**Parents — you can help your child be a problem solver!**

**Here's how:**

- Ask your child to help you put together a meal. Ask them to think about foods of different colors and types to make a colorful, healthy meal.
- Kids love playing hide and seek. Hide things around the house or outdoors and have your child find them. This is a fun game for kids and a great family activity. They learn how to concentrate and figure out what makes a good hiding place. And it helps them problem-solve, too!
- Encourage your children to play with puzzles. Putting puzzles together is a great problem-solving activity as kids learn how to put the pieces together.
- Go to <https://texaswic.org/kids> for books, recipes, games and more to explore with your kids!
- View more Zobey and fun activity videos on our YouTube channel, Healthy Texas Kids.



**Please answer the following questions about this lesson:**

1. I can help my child try a new colorful food by: \_\_\_\_\_  
\_\_\_\_\_
2. One meal that I can enjoy with my family this week is: \_\_\_\_\_  
\_\_\_\_\_
3. One activity that I can do with my child this week is: \_\_\_\_\_  
\_\_\_\_\_

## Self-Paced Lesson Survey Zobey Locomotion Lab

**Hello Parents. Please answer the following questions about your child who is under age 5 and watched the Zobey video.**

1. How old is your child?
 

<input type="checkbox"/> 0-12 months	<input type="checkbox"/> 3-4 years old
<input type="checkbox"/> 13-24 months	<input type="checkbox"/> 4-5 years old
<input type="checkbox"/> 2-3 years old	<input type="checkbox"/> Age 5 or over
2. My child is a (circle one):    Boy    Girl
3. My child watched Zobey Locomotion Lab:
 

<input type="checkbox"/> 1 time
<input type="checkbox"/> 2-4 times
<input type="checkbox"/> 5-9 times
<input type="checkbox"/> 10+ times
4. Has your child asked to try a new fruit or vegetable during or after watching the video?
 

<input type="checkbox"/> Yes
<input type="checkbox"/> No
5. How much did your child dance to the video?
 

<input type="checkbox"/> During the entire video
<input type="checkbox"/> Often
<input type="checkbox"/> Sometimes
<input type="checkbox"/> Not at all
6. Did you dance to the video with your child?
 

<input type="checkbox"/> All of the time	<input type="checkbox"/> For a short time only
<input type="checkbox"/> Most of the time	<input type="checkbox"/> Not at all
<input type="checkbox"/> Some of the time	
7. On what device did your child watch this video?
 

<input type="checkbox"/> TV	<input type="checkbox"/> Desktop computer
<input type="checkbox"/> Tablet	<input type="checkbox"/> Laptop computer
<input type="checkbox"/> Mobile phone	
8. What was your child's favorite part of the Zobey video?  
 \_\_\_\_\_  
 \_\_\_\_\_
9. What is one suggestion you have to improve Zobey videos?  
 \_\_\_\_\_  
 \_\_\_\_\_
10. Compared to other children's programs your child watches, circle the number of stars you and your child would give this program.

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*Thank you from Zobey and friends!*

Visit our website at [TexasWIC.org](http://TexasWIC.org).



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