

NUTRITION

On Your
Own

Self-Paced Lesson

SP-Zobey: Searching for a Rainbow



Welcome to the Zobey *Searching for a Rainbow* Self-Paced Lesson

Instructions

1. Watch the *Zobey Searching for a Rainbow* 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 children eat the colors of the rainbow!

Here's how:

- Be a good role model! Show them that having lots of colors on your plate is fun and tastes good.
- Let your child help in the kitchen and get creative. Try a “make your own” taco or pizza night and let your child pick their own toppings. Encourage them to get creative with the colors and shapes of foods!
- Read books with your children about fruits and vegetables. Here are some examples:
 - *Up, Up it Grows and Follow the Rainbow with Toby* by Texas WIC — ask for one at your WIC clinic!
 - *Eating the Alphabet* by Lois Ehlert — find it at your local library.
 - *The Very Hungry Caterpillar* by Eric Carle — find it at your local library.
- Get your child involved in growing and selecting fruits and vegetables. Start a windowsill garden with herbs or let them help choose vegetables and fruits at the grocery store.
- Go to <https://texaswic.org/kids> for lots of fun activities to do 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 Searching for a Rainbow

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 Searching for a Rainbow*:

<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?

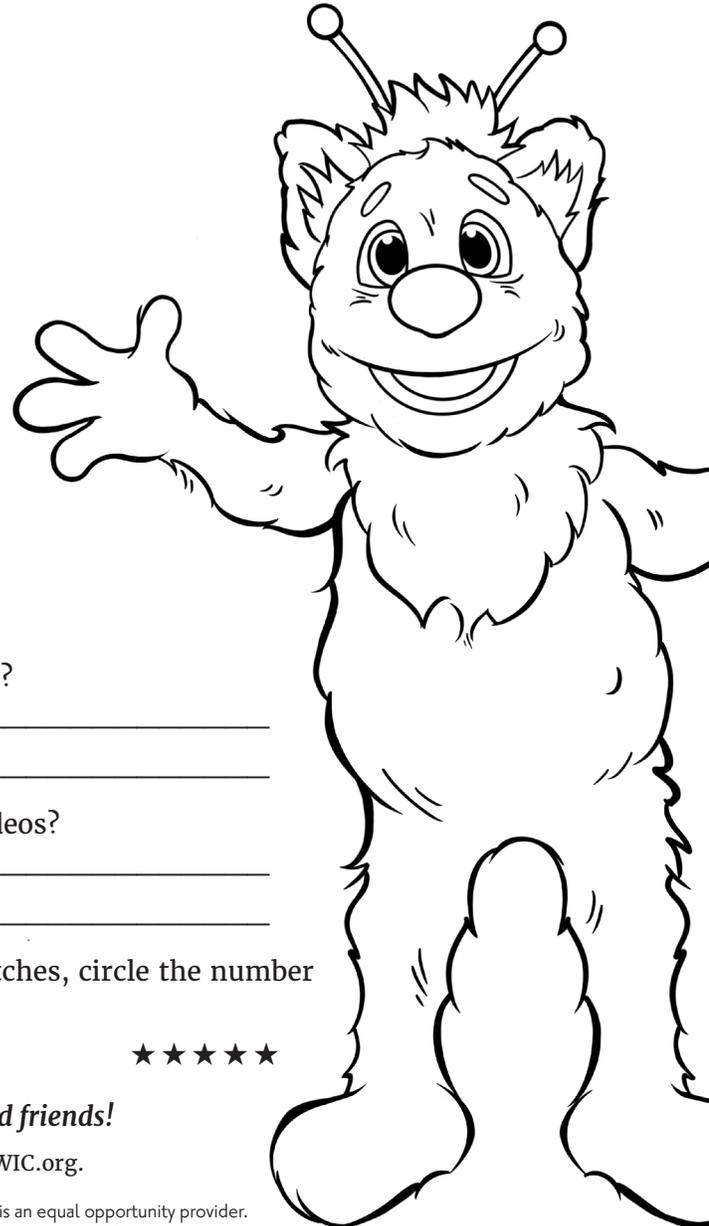
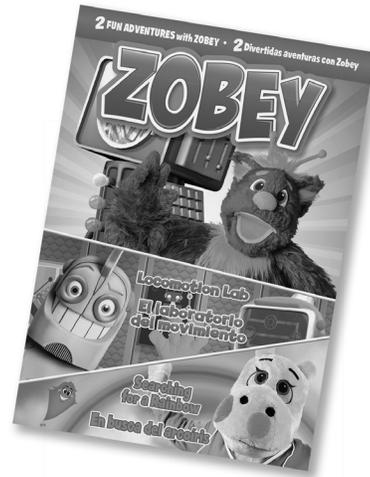
<input type="checkbox"/> During the entire video
<input type="checkbox"/> Often
<input type="checkbox"/> Sometimes
<input type="checkbox"/> Not at all
6. Did you dance to the video with your child?

<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.



★ ★★ ★★★ ★★★★ ★★★★★

Thank you from Zobey and friends!

Visit our website at TexasWIC.org.



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