

# NUTRITION

On Your  
Own

Self-Paced Lesson

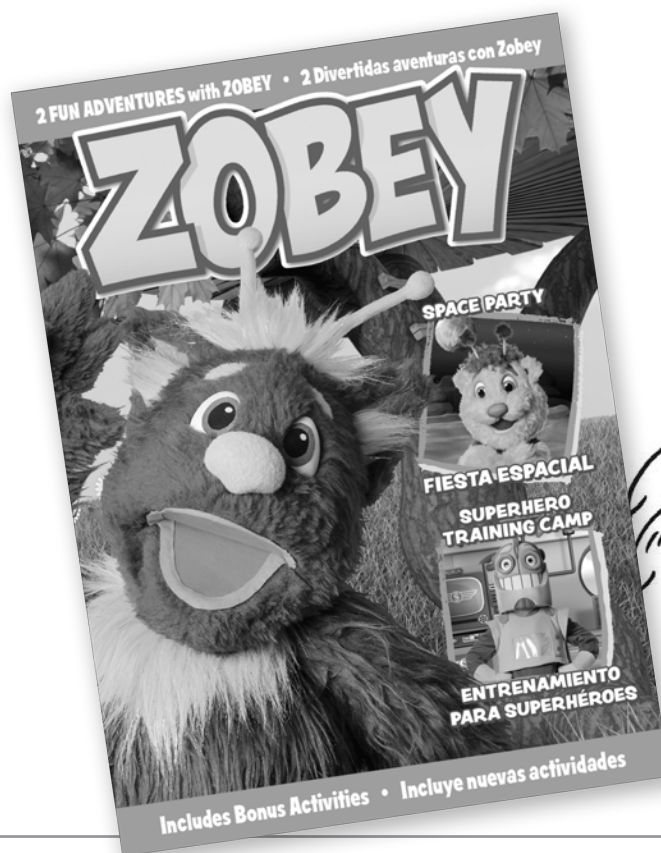
SP – Zobey: Superhero Training Camp

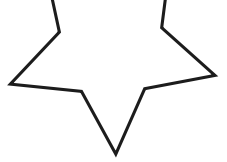


## Welcome to the Zobey Superhero Training Camp Self-Paced Lesson

### Instructions

1. Watch the Zobey Superhero Training Camp 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.





# Be your child's Superhero! Here are some ideas to help:

- Be active. Children need a lot of active play every day. And it's good for Ssuperhero parents too!
- When possible, get outside. Take walks, play catch, kick a soccer ball, go to the park or head to a nearby swimming pool.
- Dance to the Zobey videos for indoor active play.
- Try to limit screen time (TV, phone, tablets) to 1-hour per day for children aged 2 – 5. Encourage other activities, like reading books, coloring and playing with other children.
- Eat nutritious, colorful foods like vegetables and fruits and encourage your child to do the same. Remember they do what you do. You are their role model and superhero!

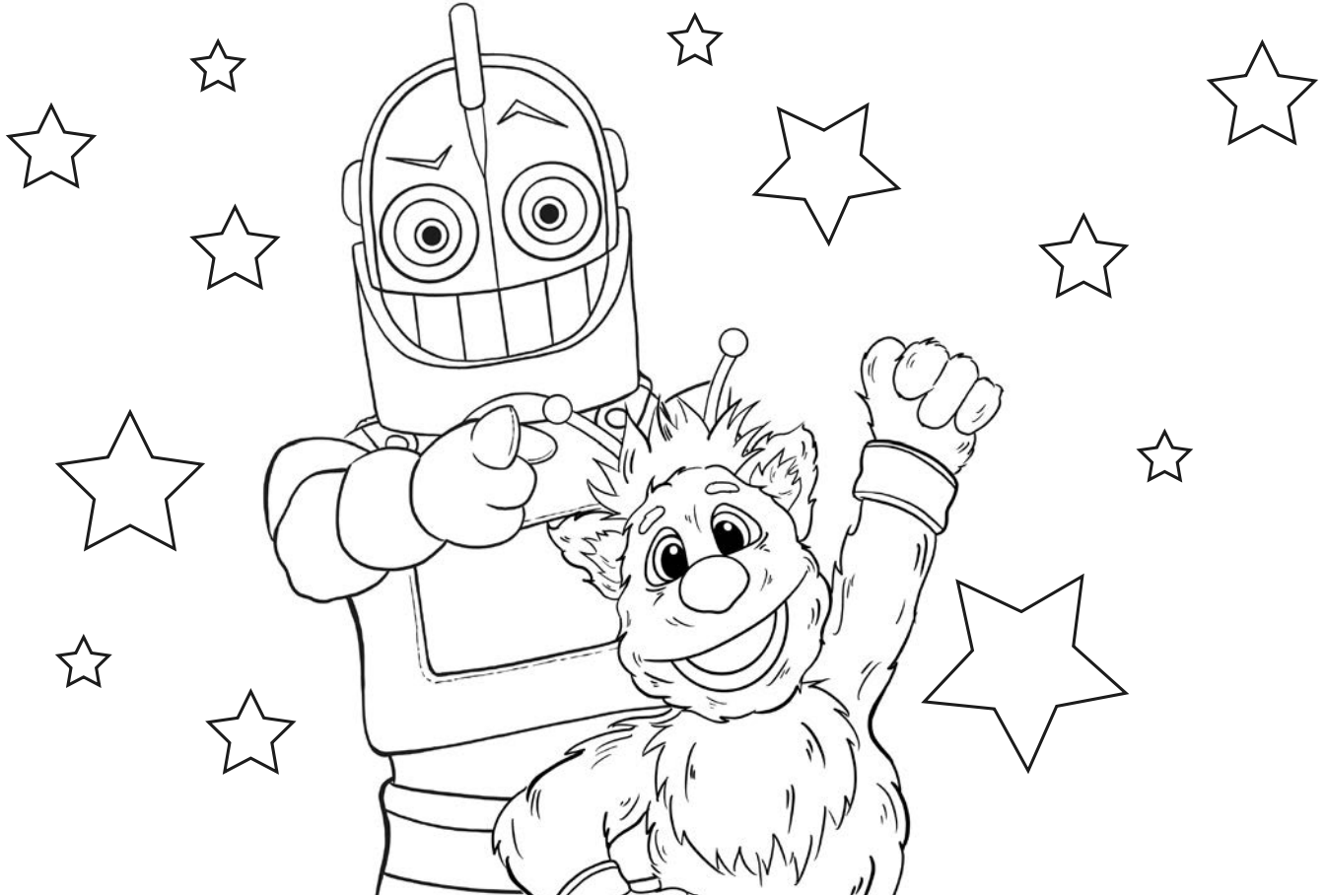
## Please answer the following questions about this lesson:

1. I can be my child's superhero this week by: \_\_\_\_\_

\_\_\_\_\_

2. One activity I plan to do with my child this week is: \_\_\_\_\_

\_\_\_\_\_



## Self-Paced Lesson Survey Zobey Superhero Training Camp

**Parents, please answer the following questions about your child under 5 who watched the Zobey video.**

1. How old is your child? \_\_\_\_\_
2. My child is a (circle one):    Boy    Girl
3. My child watched Zobey Superhero Training Camp:

- 1 time
- 2-4 times
- 5-9 times
- 10+ times

4. Has your child ever asked to try a new food after watching Zobey (check all that apply)?

- Carrots
- Beans
- Berries
- Other: \_\_\_\_\_

5. What was your child's favorite part of the Zobey video?

\_\_\_\_\_

\_\_\_\_\_

6. What is one suggestion you have to improve Zobey videos?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

7. 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](http://TexasWIC.org).*

