

NUTRITION

On Your
Own

Self-Paced Lesson

06/2010



**TXIN Title: SP-Zobey: Trip to the Jungle
The Adventures of Zobey (DV0568)
Take-Home Lesson (requires a DVD player)**

Welcome to the Zobey Trip to the Jungle Lesson!

This lesson will help you think of ways to plan fun and healthy parties for your kids. It goes with the Zobey DVD that you got from the WIC office.

1. Show the Zobey video to your child.
Watch and dance along with your child.
2. Read this lesson.
3. Fill out the survey on the last page.
4. Return the survey at your next WIC appointment.



The next time you plan a party, think healthy!

When you are the one in charge of the party, it's easy to make healthy choices. First, plan the foods that you will serve. Use fun recipes that include fruits, vegetables and whole grains. Then think about games. Kids love to move their bodies while they play, so plan lots of active games!

Your guests will have fun, plus you will set a great example. What's more, other parents will be happy that their children enjoyed some healthy foods and got some good exercise.



Healthy Treats for Young Guests

Instead of things like chips, hot dogs, fruit punch, and candy, why not include some healthy snacks along with the cake and ice cream? Kids love bright colors, so serve colorful fruits and vegetables. And whole-grain snacks are natural kid-pleasers. Try some of these ideas:

- Veggie sticks with low-fat dip.
- Cheese with whole-grain crackers or mini whole-wheat bagels.
- Simple sandwiches cut in fun shapes.
- Fruit with low-fat yogurt.
- Serve water, or just small servings of juice (4 to 6-ounces).
- Include a “surprise treat,” like a watermelon or a small version of the fruit sculpture from the Zobey video. For extra fun, hide the surprise in a large box and have kids play “20 Questions” to try to guess what it is.
- Check out the recipes on your Zobey DVD.

Play with Your Food!

Kids love to play with their food, so let them. You might be surprised. Even picky eaters are more willing to taste new foods that they helped to create. Adults will have fun, too!

Make funny faces or silly animals — Make a funny face on a plate using healthy foods. Or make animals using apples, bananas, oranges or bell peppers for the bodies. Add raisins, peas, carrot slices or other items for eyes, nose, and ears. Use low-fat cream cheese to help them stick. Take pictures, then let kids eat their creations!

Kids build their own mini-pizzas — Use whole-wheat English Muffins or pita breads for the crust. Help kids top with tomato or spaghetti sauce, chopped veggies, and low-fat mozzarella cheese. Bake in the oven till cheese melts.

Play it Safe at Your Party

- **Ask parents if their child has a food allergy** (like an allergy to peanuts).
- **Avoid foods that can cause choking in young children** — Avoid small nuts and seeds, whole grapes, hard candy, hot dogs, large pieces of fruit, raw carrots, pretzels, potato chips, popcorn, peanut butter, raisins and other dried fruits, tough meat, and chewing gum.
- **Make foods easy to swallow** — Cut foods into small pieces or short strips. Remove pits and seeds from fruits. Grind or chop nuts.
- **Don't give peanut butter to children younger than 2 years** — For children older than 2, spread a thin layer onto bread or mix it with foods like yogurt, or jelly to make it easier to swallow.
- **Make sure kids wash their hands.**

Party Games for Active Children!

Plan games to keep the kids moving. Your Zobey DVD has a section that shows fun games you can play with your kids. Here are a few more ideas:

- Hula Hoop or jump rope games
- Ball toss games
- Balloon games
- Musical Chairs or dance games (freeze when the music stops!)
- Pretend to be animals, flowers or trees
- Simon Says (with lots of active “Simon Says” commands)
- Duck, Duck, Goose (or “Carrot, Carrot, Corn”)
- Tag, Hide and Seek, or Follow the Leader
- Relay races



Complete the survey on the next page.

We hope this class gave you some new ideas for healthy parties. Be sure to fill out the survey on the next page and bring it with you to your next WIC visit. Thank you!

The Adventures of Zobey: Trip to the Jungle
Take-home Lesson Survey

Please watch the Zobey DVD with your child before doing this form. Then bring the survey with you to your next WIC appointment. The Zobey DVD is yours to keep.

1. Name a way that you could serve a fruit or a vegetable at the next party you plan for your child.

2. List two active games your children would enjoy at the next party you plan for them.

3. What else would you like to tell us about the Zobey take-home class or the Zobey DVD?



Thank you for your answers!