

NUTRITION

On Your
Own

Self-Paced Lesson

SP: Up Up It Grows with Toby

"Up, Up it Grows!" with Toby
Take Home Lesson for WIC Children's Book



Welcome to the "Up, Up it Grows!" with Toby Lesson

This lesson is about helping children learn about where food comes from and how they can help in the kitchen. It goes with the book that you got from the WIC office. To get credit for this lesson:

1. Read the book with your child.
2. Read this lesson.
3. Answer the questions on the last page of this lesson.
4. Bring your answers with you to your next WIC appointment.

In this lesson we will explore:

- How to help your child learn to like new foods.
- Ways for children to learn about how food grows.
- Ideas to help kids have fun in the kitchen.



Liking new foods takes time!

Young children are naturally cautious about trying new foods. In fact, it often takes about 10 times of offering a new food to a child before he will accept it. That's normal!

Parents sometimes get worried if their child does not want to try new vegetables or fruits. The best thing parents can do is to enjoy healthy foods themselves and keep offering them at meal and snack times. Another idea is to help your child learn how fruits and vegetables grow. Children are curious, and the more they learn about how food grows, the more interested they become in trying them.

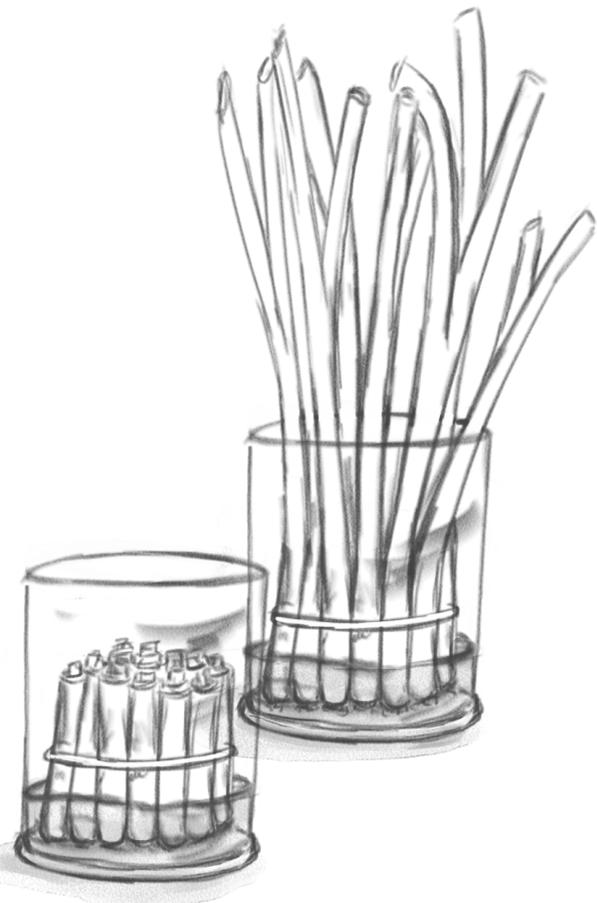
How can I help my child learn where food comes from?

Here are a few ideas to try:

- Visit a farmer's market, local farm, or backyard garden. Kids will love meeting the farmers! If there are no farms nearby, perhaps friends or family have a garden you can visit.
- Get out some crayons and draw a garden with your child as you talk about how foods grow. Show pictures of food growing on trees and vines and in the ground, and talk about how plants need sunlight and water to grow.
- Plant a vegetable, fruit, or herb in a pot and let your child help take care of it. Tomatoes and herbs are easy to grow in pots in small spaces. Encourage your child to help water it and watch it as it grows.



Try this! Green onions are cool! Take a bunch of green onions and cut off the tops. Use the green tops in a recipe, and save the white bottoms of the onions. Stand the cut white pieces in a small clear glass container of water and place near a window. In a few days the green tops will start to grow again, creating new green onions to use again. Wow!



What are some safe activities that kids can do in the kitchen?

Children who help prepare their food are more likely to eat it. So, let your child help you in the kitchen with simple tasks. It may get a little messy, but it's worth it to set up healthy habits to last a lifetime.

Toddlers can do things like:

- Tear lettuce leaves.
- Help wash produce.
- Stir or mash ingredients in a bowl.

Preschoolers can begin to do harder tasks with help. They can learn to:

- Break eggs into a bowl.
- Use measuring cups.
- Spread peanut butter on bread.
- Peel a hard-boiled egg.
- Cut soft foods with a plastic knife.

Children can also learn to help set the table to make family mealtimes easier for everyone!

What kind of activities have you tried in the kitchen with your child?



Self-Paced Lesson Survey

"Up, Up it Grows!" with Toby (SP-000-53)

Please read the book with your child before answering these questions. Then bring your answers with you to your next WIC visit.

1. What did you enjoy most about reading this book with your child?

2. What is one thing you would like to do with your child to help him or her learn about how food grows?

3. Think about the meals or snacks you will make in the next week. What are some things your child can do to help in the kitchen?

*Thank you
for your answers!*

Visit our website at TexasWIC.org.