

Fit WIC Arizona, Volume 2

Lesson Plan for “Simon Says”

Learning Objectives:

- The child and parent will identify 60 minutes of active play a day as a component of being healthy.
- The child and parent will taste a snack made with whole grains.

Supplies Needed:

- Copy of Children’s Rules
- A room with carpeting or tile that has enough free area for the physical activity portion of the lesson
- A batch of Southwest Popcorn with enough for every parent and child to taste.
- Wipes for hand washing
- Small paper plates
- Napkins
- Parent handout “Whole Grains”

Preparation for Lesson:

- Set the date, arrange for the room and post announcements of the session.
- Order any items from the warehouse as needed one month in advance.
- After estimating the number of attendees, shop for ingredients and prepare a batch of Crunchy Snack Mix.

Crunchy Snack Mix

- 1 cup toasted oat cereal
- 2 cups whole grain dry cereal
- 1 cup pretzel sticks

Instructions:

1. Wash hands with warm water and soap.
 2. Mix all ingredients together in a bowl.
- Make copies of parent’s handout, “Whole Grains”.
 - Take out Children’s Rules in Section 2 of Fit WIC Arizona notebook for use in this session. Return rules to Section 2 of the notebook after session is completed.
 - Gather supplies needed.

Welcome:

Greet each child and parent. Tell the children and parents your name. Have puzzles, toys, etc. for children to play with while they are waiting for everyone to join the group.

Group Time:

“To be healthy, it is important to have 60 minutes of active play time a day. Who can tell me what active play is? Is it watching TV? Is it running?” Allow time for children and parents to answer. “That’s right, it is running, jumping and dancing. Can anyone give me any other examples of active play?” Allow time for children and parents to answer. “Before we start let’s review some rules for this time together.” Read the Children’s Rules while holding the paper up.

Physical Activity:

Encourage parents to ask questions and join in the activity.

Step 1 “Let’s play a game to get our bodies moving. Being active and eating a variety of foods are two things we can do to stay healthy. You need at least 60 minutes of active play every day. After our game we will try a snack made from whole grains.”

Step 2 “We’re going to play a game called ‘Simon Says’. Now when I say ‘Simon Says’ then you do that movement. If I don’t say ‘Simon Says’ then don’t do that movement. For instance, if I say ‘Simon Says’ touch your toes, then you touch your toes. If I just say touch your toes, then don’t touch your toes.” Begin saying ‘Simon Says’ only before some of the requests, reminding children they are not supposed to move without Simon’s permission. To keep all children participating all the time, divide the group into two lines. When a child moves without Simon’s permission, he or she leaves the original line and goes to the back of the other line.

Step 3 “Let’s get into two lines” Do the following movements saying ‘Simon Says’ before them unless they are starred. (Do this for 10 minutes, repeating some of the movements if needed.)

- Raise your arms
- Wave your arms back and forth
- Touch your head
- Touch your toes
- Stand up tall
- *Touch your shoulders
- Stand on one foot
- *Stand on the other foot
- Bend and touch your knees
- Hop three times on one foot
- *Run in place
- Jump up and down three times
- March in place
- Turn around in a circle
- *Put your arms out to the side and make a circle with them
- Pretend you are jumping rope

Step 4 “To be healthy, it’s also important to eat whole grains every day. They give us energy to run and play. Whole grain foods are also important because they have fiber, vitamins, and minerals to keep us healthy. Half of the grains you eat every day should be whole grains like toasted oat cereal, oatmeal, whole grain bread and corn tortillas.”

Cooking Time:

Have paper plates with samples of Crunchy Snack Mix on them ready for children and parents to taste. Be sure to give children a hand wipe before they eat. “What is the whole grain in our snack today?” Allow children and parents time to answer. “That’s right, it’s the toasted oat cereal and the whole grain cereal.”

Evaluation:

“How many minutes should children run and play each day?” Allow time for children and parents to answer. “That’s right 60 minutes. What are some of the reasons it’s important to eat whole grains?” Allow time for children and parents to answer. “They give us energy to run and play. They also have fiber, vitamins, and minerals to keep us healthy.”

Conclusion:

Give each parent a “Whole Grains” handout. Explain that children and adults need whole grains every day and that this handout helps with ideas to include whole grains at meals. Invite them back for the next class.



Whole Grains

- ❖ Eat plenty of whole grains which give your family fiber, vitamins, and minerals.
- ❖ Half of the grains you eat every day should be whole grains.
- ❖ Look for the word “whole” before the name of the first few ingredients on the label such as “whole wheat flour”.
- ❖ To include more whole grains in your meals:
 - Buy bread that says “100% whole wheat
 - Eat oatmeal or another whole grain cereal for breakfast
 - Use whole wheat flour in place of half of the all-purpose flour in recipes for pancakes, bread, waffles, and cookies
 - Serve low fat cheese on whole grain crackers
 - Mix whole grain cereal with low fat yogurt for a yummy treat
 - Use corn tortillas instead of flour tortillas
- ❖ Examples of whole grains:
 - Whole wheat
 - Oats
 - Brown Rice
 - Barley
 - Rye

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Granos Enteros

- ❖ Coma suficientes granos enteros que le dan a su familia fibra, vitaminas y minerales.
- ❖ La mitad de los granos que come todos los días deberían ser granos enteros.
- ❖ Busque la palabra “whole” antes del nombre de los primeros ingredientes en la etiqueta como “whole wheat flour”.
- ❖ Para incluir más granos enteros en sus comidas:

Compre pan que diga “100% trigo entero

Coma avena u otro cereal de trigo entero para el desayuno

Use harina integral, en lugar de la mitad de la harina regular, para las recetas de panqueques, pan, waffles y galletas.

Sirva queso bajo en grasa en galletas saladas integrales

Mezcle el cereal integral con yogur bajo en grasa para un bocadillo delicioso

Use tortillas de maíz en lugar de tortillas de harina

- ❖ Ejemplos de granos enteros:

Trigo Entero

Avena

Arroz Integral

Cebada

Centeno



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