

Lesson Plan and Self – Study Module

Sesame Street Kit: Healthy Habits for Life

Topic

- Eat healthy and be active as a family every day

Target Audience

- Parents or Caregivers and Proxies with children that are 1 – 5 years old. Siblings and other young children are welcome.

Key Messages

- Eat “anytime” foods (fruits, vegetables, whole grains, lean meats, low fat dairy and water) everyday
- Eat “sometime” foods (foods that are high in sugar, fat or salt) only once in a while
- Encourage your family to be active everyday

Methods

- Display Sesame Street characters or stuffed toys such as Elmo. If possible, set the room up like a television show with chairs for the “audience” and a designated area for the presenter. The Sesame Street Kit contains a DVD that will be the centerpiece of today’s lesson, and is designed to be discussed with participants using this interactive lesson plan. It is not recommended that the DVD be shown on its own without participant interaction and discussion.
- Introduce today’s activity as a chance to participate on the “Get Healthy Now” Television Show. Thank your guests for being a part of today’s “show.”
- Provide lesson overview (this is best done on a large board for all to see, but can be done verbally).
- Today’s session will vary depending on how much of the 43 minute DVD is shown. The segments on the DVD may be used interchangeably:
 - a) Twenty minutes are for the “Get Healthy Now Show.”
 - b) The final 23 minutes consist of twelve “View and Do” segments. The presenter may decide how much of the DVD will be shown. The goal is to limit the education session to 30 minutes.
- You may modify today’s session depending on availability of the Sesame Street Kits. One copy may be kept for future clinic use.
- Be sure to use open-ended questions. Pause for 5-7 seconds before proceeding with the next part of the session. Provide affirmations even if the responses are incorrect, e.g., “thank you for sharing that”. This will help participants feel comfortable in sharing their input.

Lesson Plan Overview

- The Sesame Street Kit is designed to help families eat more fruits, vegetables, and healthier foods. Families will be motivated to get moving, and have fun together. The following topics will be showcased during today’s activity:
 - Welcome/Introduction of the “Healthy Habits” Toolkit

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- Families (children, parents, and caregivers) will be able to describe their favorite fruits and vegetables
- Description of “sometime” and “anytime” foods
- Practical fun activities will be promoted to get families moving and to be more active and healthy.

Materials

The Sesame Street Kit (in English and Spanish) includes:

- Healthy Habits for Life Magazine ---includes Quick and Easy Activities, Read-Along Poems, and Cut-Out Recipe Cards
- The Get Healthy Now Show DVD (You will need a DVD player and television to watch.)
- The Get Healthy Now Storybook
- Get Active With WIC Handout (October, 2008)
- How to Get Your Children to Eat More Fruits and Vegetables Handout (December 2006)
- Sesame Street stuffed toys and characters such as Elmo (Optional)

OPEN: Emotion-based counseling starts with provocative questions, activities or stories that lead to emotion-based conversations, not to an immediate transfer of knowledge.

Encourage participants to introduce themselves, their child(ren) and tell one reason why they enjoy watching the Sesame Street Television show?” (Allow children to participate as much as possible)

“Thanks, that’s great! Every child loves to watch and learn while watching the Sesame Street television show. The show is fun and is trusted by many parents because it helps children learn in a creative and fun way. How can we forget the happy Sesame Street opening song? It makes children feel excited and happy!”

DIG: During the "dig" step, the facilitator asks questions to get the learners to open up, share their memories and experiences and get closer to the topic.

“Name your favorite fruit and vegetable and tell us why you enjoy them so much.”

Sample responses:

- I like apples because they are crispy.
- I like bananas because they are fun to eat.
- I like mangos because they smell nice and are sweet.
- Our family likes broccoli because it is easy to cook.
- We eat sweet potatoes because everyone in my family likes them.

Tips: Silence is good (it means the learner is thinking!)

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CONNECT: During the "connect" step, parents connect the conversation topic with their values, attitudes, beliefs and feelings. The facilitator helps parents reflect on their personal needs and wants and connects them to the health-related behaviors being suggested.

"We've talked a lot about why we enjoy the Sesame Street show and our favorite fruits and vegetables, now let's watch the Sesame Street DVD."

The entire DVD focuses on three major themes: 1) fruit and vegetable intake, 2) "sometime/anytime" foods, and 3) interactive physical movement. It is not expected that the entire video be shown at each nutrition education session. The goal is to limit the education session to 30 minutes.

The "Get Health Now Show" may be shown and discussed with participants or the "View and Do" segments may be shown and discussed. The presenter may show and discuss any combination of segments on the 43 minute DVD:

- A. The "Get Healthy Now Show" (23 minutes)**---Help the Sesame Street cast put on the show until "Big Tomato" arrives.
- B. Twelve "View and Do" Segments (20 minutes)**—short segments that emphasize healthy eating and movement
- | | |
|---|------------------------------------|
| 1. Everybody move | 7. Snack time |
| 2. Physical activity for children with disabilities | 8. Mango tango |
| 3. Fast food eating (portion control) | 9. Bike riding in the neighborhood |
| 4. Eating your "colors"---fruits and vegetables | |
| 5. "Anytime" and "Sometime" foods | 10. Choosing vegetables |
| 6. Eating breakfast | 11. The fruit dance |
| | 12. The veggie dance |

After watching the DVD, ask parents/caregivers or children the following questions.

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What are “sometime” foods? What are “anytime” foods?

Sample responses:

- “Sometime” foods can be eaten once in a while, and are usually fatty, sugary or salty.
- “Anytime” foods can be eaten anytime. They are good for you and help keep your body healthy and strong.
- Cake and cookies are “sometime” foods. We eat them at birthday parties.
- Oranges can be eaten “anytime.” They help make my body healthy and provide vitamin C.
- Oatmeal is an “anytime” food because it gives me energy. I like to eat it for breakfast.
- Green beans are an “anytime” food. My mom makes them for dinner.
- My favorite “anytime” food is? _____

Name one enjoyable physical activity you and your family will try at home?

Sample responses:

- I can ride my bike or play with my rollerblades/skates.
- I like to dance to my favorite music.
- I can wiggle in place.
- We can walk to the grocery store.

Tips: Remember to share the “Get Active With WIC” Activity Sheet and the “How to Get Your Child to Eat More Fruits and Vegetables” handout so participants can try other activities and various fruits and vegetables at home. Encourage session participants to share stories, examples and ideas, emphasizing that all comments are important. Be sure to summarize the most important points.

ACT: During this “step” the facilitator helps the participants identify specific action steps and build confidence to help them be the parent they want to be.

“What will you and your family do this week to be healthier?”

“What are some ways you can be more active while playing at home or in your neighborhood?”

“What vegetables, fruits or snacks do you plan to try after today’s activity?”

“What are ways to limit “sometime” foods? What “anytime” foods will you eat at home?”

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Let the parents choose what steps to take; wrap up by thanking clients for sharing their stories, examples and ideas; ask permission to share with others.

Tips: Your agency may also consider offering fruits, vegetable or the snacks shown on the Sesame Street Cut-Out Recipe Cards.

Evaluation

Encourage participants to share at least one new thing learned and/or set a personal goal. As you wrap-up today's activity, ask parents, caregivers or proxies:

"Before we end today, what other questions do you have?"

Self-Study Module (SSM)

Procedures

Agencies must have a procedure for using SSM, PPM NE 5.2

Methods

1. Give participants the "Sesame Street Healthy Habits for Life Magazine." Ask them to review it and complete the self study module handout.
2. Ask the participant to choose activities and foods they are willing to try and write them on the self study module handout. This will help participants personalize the material from the magazine.
3. When the participant has completed items on the handout, ask them what questions they have and if they would like to talk with a CHP/Nutritionist about any of the information covered or any other information.

***** This SSM is not yet translated. Notification will be sent when the Spanish version is available.

KIDS' ACTIVITY PYRAMID

READY... SET... GO PLAY!



TURN OFF THE TV & GO OUTSIDE!
Playing outside is a great way to be active and have fun.

EXPLORE YOUR COMMUNITY

plan outings often

- visit a park or playground
- find a new trail to walk, ride or hike
- visit a local farm or farmers' market
- join a play group
- go ice skating or sledding
- visit a museum or library
- participate in family events
- check out community events

BUILD YOUR SKILLS

aim for at least 60 minutes each day

- | | | | |
|----------|-----------|------------|-------------------|
| running | climbing | twisting | throwing |
| jumping | rolling | marching | kicking |
| chasing | tumbling | bending | dribbling |
| hopping | dancing | stretching | bouncing |
| crawling | balancing | catching | swinging racquets |

PLAY EVERY DAY

aim for 60 minutes or more each day

- | | |
|----------------------------------|--------------------------------|
| go outside | rake leaves & jump in the pile |
| take a walk | take care of pets (walk a dog) |
| help around the house | pick up toys |
| ride your bike | help shovel snow |
| help in the garden | make a snow angel |
| make a fort to crawl in & around | invite a friend to play |

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Physical Activity—Ideas for Children and Families to be Active



Items to Use:	Suggested Activities:	Items to Use:	Suggested Activities:
<p>Ball or use instead:</p> <ul style="list-style-type: none"> • Rolled-up socks • Crumpled paper or foil (could put in bag and tie shut) • Yarn ball • Beanbags • Similar objects per activity <p>*Ballons are <u>not</u> recommended due to choking risks</p>	<p>Catch – play catch with more than 1 person</p> <p>Bowling—set up empty containers (i.e. Milk jugs, water or juice bottles, or empty cereal boxes) and child rolls ball to knock then down</p> <p>Follow the Path—create a path, using: stick in dirt, side walk chalk, or shovel snow, etc. and have child, using feet, to guide the ball down the path.</p> <p>Bounce the ball—depending on ball and age, have child bounce ball alone or to someone else.</p>	<p>Sidewalk chalk or use instead:</p> <ul style="list-style-type: none"> • Stick in dirt • Masking/similar tape • Raked leaves or grass clippings 	<p>Hop to It—create boxes or circles and have child hop in/out of area</p> <p>Cross the Line—draw single line and have child jump over the line</p> <p>Hopscotch—create hopscotch diagram (numbers 1-10) using chalk, tape or stick in dirt. Use a beanbag/stone and have child toss to square 1 and hop or jump to 1 then repeat to 10. Then back down from 10 to 1.</p> <p>Tight Rope Walker—create a line for child to walk along (depends on age).</p>
<p>Bucket or use instead:</p> <ul style="list-style-type: none"> • Empty plastic food containers (ice cream or other containers) • Laundry basket • Non-breakable mixing bowl 	<p>Toss—toss ball or other safe objects into empty container.</p> <p>Tidy up Toss—same idea for picking up toys</p>	<p>Foam Frisbee or use instead:</p> <ul style="list-style-type: none"> • Small plastic lid(s) • 2 small foam plates glued/taped together 	<p>Disc toss—toss the disc to another person or into a basket, box, or bowl.</p> <p>Ring toss—if center is hallow, create a ring toss setting up empty water bottles or cans to toss the ring onto the bottle.</p>
<p>Nylon Scarf or use instead:</p> <ul style="list-style-type: none"> • Bandana/Handkerchief • Square piece of cloth • Light weight dish cloth • Paper Towel • Ribbons 	<p>Scarf catch—child can throw the scarf/bandana into the air and catch it.</p> <p>Dance Wand—attach cloth or ribbon to a wooden spoon. Child can make movements with the wand (circles, zig zags, etc.)</p> <p>*note: consider safety of spoon handle depending on child’s age</p>	<p>Water or similar drink bottle</p>	<p>Water Weights—adults; use water bottles to carry as added hand weights when walking</p> <p>Water Walk course—create a row of empty water bottles for child to walk circling in between the empty bottles.</p> <p>Bottle Bowling—set up empty water bottles in pyramid shape (like bowling pins) and roll a ball or rolled up socks to knock them down.</p>
<p>Bubbles and Wand:</p> <ul style="list-style-type: none"> • Store bought bubbles or make your own mixture (see recipe below) • Wand ideas: <ul style="list-style-type: none"> • Fly swatter • Straw • Pipe cleaner (shaped) 	<p>Catching bubbles—have an adult or older child blow the bubbles while smaller child tries to catch them.</p> <p>Watch them pop—blow the bubbles for child and have them stomp on the bubbles to pop them</p>	<p>Using their own body movements</p>	<p>Pretend to be a favorite character or animal (like ‘Thomas the Train’ and move like a train).</p> <p>Airplane—child can raise arms out and move like an airplane.</p> <p>Dance—if available, put on music and do silly dance moves.</p>

Homemade Bubbles Recipe

2/3 cup concentrated liquid dish washing soap

4 cups water

Optional: 1 Tablespoon corn syrup OR 1 Tablespoon glycerin (inexpensive and can be found in healthcare department at the store, ask the pharmacy person).

Pour water into large container, like a dishpan or empty clean milk jug.

Add the dishwashing soap and gently stir.

Optional: Add corn syrup or glycerin and gently stir.

Let the bubble mixture sit for several hours before using. The longer it sits the better the bubbles.

Cover and store any leftover bubbles for another day. Leftover plastic yogurt or margarine containers with lids work great for storing bubbles.

Tips:

1. Some dishwashing liquids work better than others; so you may want to try different brands.
2. Distilled water may help make the bubbles better.
3. Let the wand sit in the bubble mix for a few seconds before blowing bubbles; stirring creates suds or foam, which are bubble busters!

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How Big Is a Serving?

- Fruit - 1 cup of fruit or 100% fruit juice or 1/2 cup dried fruit count as a 1 cup serving.
- Vegetable - 1 cup of raw or cooked vegetables or vegetable juice or 2 cups of raw leafy greens can be considered 1 cup.

Kids Love to Cook!

Let your kids wash, peel and chop the veggies for recipes the whole family can enjoy. Kids will gobble up the foods they help fix.

Try this quick-to-fix recipe!

Oven Wedge Fries

Makes 4 servings

2 large potatoes

1 tsp olive or vegetable oil

Preheat oven to 450 F. Scrub potatoes well.

Cut them lengthwise into 6 wedges the size and shape of dill pickle spears. Dry them on a paper towel. In a large bowl, toss the potato spears with olive oil until they are well covered.

Spread potatoes on a baking sheet, and dust them with paprika or parsley or one of the Seasoning Variations listed below. Bake for 20-30 minutes or until fork-tender.

Or, cook them in a wire basket on the grill.

Seasoning Variations:

Dried spice mix,

Parmesan cheese,

2 cloves of garlic, finely chopped,

Cayenne red pepper or chili powder.

Nutrient analysis per serving: 80 calories

1 g fat, 0 mg cholesterol, 2 mg sodium, 13 percent of calories from fat.

Recipe from: *Eater's Choice: A food Lover's Guide to Lower Cholesterol*

For more information:

Call or visit your Illinois Department of Human Services' Family Community Resource Center (FCRC).

If you have questions about any Illinois Department of Human Services (IDHS) program, call or visit your FCRC. We will answer your questions. If you do not know where your FCRC is or if you are unable to go there, you may call the automated helpline 24 hours a day at:

1-800-843-6154

1-800-447-6404 (TTY)

You may speak to a representative between:
8:00 a.m. - 5:30 p.m.
Monday - Friday (except state holidays)

For answers to your questions, you may also write:

Illinois Department of Human Services
Bureau of Customer and Provider Assistance
100 South Grand Avenue East
Springfield, Illinois 62762

Visit our web site at:

www.dhs.state.il.us



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State of Illinois

Rod R. Blagojevich, Governor

Department of Human Services

Carol L. Adams, Ph.D., Secretary



How to Get Your Children to Eat More Fruits & Vegetables



Variety is the Spice of Life!

- Offer at least one fruit, vegetable or juice that is high in vitamin A every day.
- Offer at least one fruit, vegetable or juice that is high in vitamin C every day.
- Offer at least one serving of a high fiber fruit or vegetable every day.
- Offer a cabbage family vegetable several times a week, such as cabbage, broccoli, cauliflower, kohlrabi, bok choy, kale, Swiss chard, Brussels sprouts, beet or mustard greens.

Set a Good Example

Be a role model for your child.
Eat a variety of fruits and vegetables.

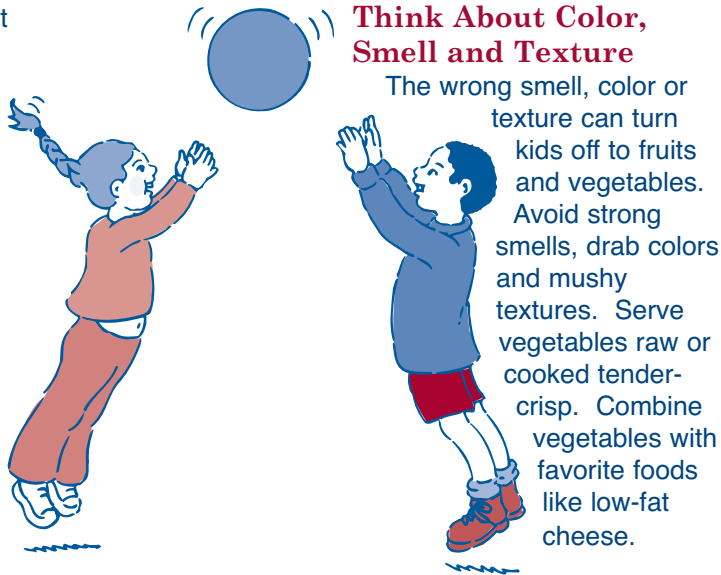
Serve Fruits and Vegetables Raw Instead of Cooked

Serve your children raw slices of apples, pears, carrots, celery, radishes, cucumbers, broccoli or cauliflower. The crunchy texture is a real hit!



Don't Mix Foods Such as Peas and Carrots

Kids like to know what they are eating. Serve all foods separately. Let your child mix the foods if he or she wants them mixed.



Think About Color, Smell and Texture

The wrong smell, color or texture can turn kids off to fruits and vegetables. Avoid strong smells, drab colors and mushy textures. Serve vegetables raw or cooked tender-crisp. Combine vegetables with favorite foods like low-fat cheese.

Be Sure Smooth Foods Don't Have Lumps

Kids are suspicious of those round, bumpy mystery objects in their mashed potatoes that are supposed to be smooth!

Offer Dips or Dressings on the Side

Many veggies and fruits taste great with a dip or dressing on top. Dressings add dash and zip to fruits and vegetables.

- Serve low-fat or fat-free lemon yogurt on cantaloupe or honeydew melon.
- Place a bowl of low-fat salad dressing on the table as a dip for carrot sticks and green peppers.
- Mix up instant pudding with skim milk and use it as a dip for fruit and berries.

Offer Old Favorites and New Foods Together

Encourage your child to taste any new veggies. Have old favorites around to complete the menu. If they don't like the new food the first time, remove the food and try again in a few weeks.

Add Vegetables to Favorite Foods

- Shred veggies such as zucchini or carrots into meat loaf or casseroles.
- Use veggies and fruits to make a sandwich face.

Have Fruits and Vegetables Around and "In Sight"

It's hard to choose grapes over potato chips if they aren't in the house. Studies show that families that have fruits and vegetables around will eat more of them!

- Put a few extra fruits and vegetables into your shopping cart this week.
- Visit the local farmer's market or grocery. Let your child pick out some favorites or something new.

- Put a bowl of fruit on the table.
- Keep carrot and celery sticks in a clear container in the refrigerator.

How Many Vegetables and Fruits Should Kids Eat?

Experts recommend that children eat five or more servings of fruits and vegetables every day.



¿Qué Tamaño Es Una Porción?

- Fruta - 1 taza de frutas o jugo 100% de fruta o 1/2 taza de fruta seca es igual que una porción de 1 taza.
- Verduras o Vegetales - 1 taza de verduras o vegetales crudos o cocidos o jugo de vegetales o 2 tazas de variedades de lechugas (greens) crudas puede ser considerado 1 taza.

¡A Los Niños Les Encanta Cocinar!

Permita a sus niños lavar, pelar y cortar las verduras para las recetas que le gustan a toda la familia. A los niños les encanta comer todos los alimentos que ellos ayudan a preparar.

¡Trate esta receta que se hace rápido!

Papas Fritas al Horno

Para 4 porciones

2 papas grandes

1 cucharita de aceite de olivo o vegetal

Pre-caliente el horno a 450 grados F. Lave bien las papas. Córtelas longitudinalmente en 6 trozos del tamaño y forma de pepinos encurtidos. Séquelos en una toalla de papel. Ponga los trozos de papa con aceite de olivo en un tazón grande hasta que se cubran bien. Extienda las papas en un envase plano para hornear y le pone polvo de paprika o perejil o añada una de las variaciones de condimentos indicados abajo. Hornee de 20-30 minutos o hasta que estén suaves cuando los pruebe con el tenedor. O los cuece en una cesta de alambre en la parrilla.

Variaciones para sazonar:

Combinación seca de especias,

Queso Parmesano,

2 dientes de ajo, finamente cortados,

Polvo de ají (chile) "cayenne" rojo.

Análisis de nutrición por ración: 80 calorías
1 g. de grasa, 0 mg. de colesterol, 2 mg. de sodio, 13 por ciento de calorías de grasas.

Receta de: "Eater's Choice: A food Lover's Guide to Lower Cholesterol"

Para más información:

Llame o visite su Centro de Recursos Para la Familia y Comunidad (FCRC) del Departamento de Servicios Humanos de Illinois.

Si usted tiene alguna pregunta sobre los programas que ofrece el Departamento de Servicios Humanos de Illinois (IDHS), llame o visite su FCRC. Contestaremos sus preguntas. Si usted no sabe dónde está su FCRC o si no puede ir allá, puede llamar a la línea automática de ayuda las 24 horas del día al:

1-800-843-6154

1-800-447-6404 (TTY)

Puede hablarle a un representante entre:

8:00 a.m. - 5:30 p.m. Lunes - Viernes
(excepto en días feriados del estado)

Para respuestas a sus preguntas, también puede escribir a:

Illinois Department of Human Services
Bureau of Customer and Provider Assistance
100 South Grand Avenue East
Springfield, Illinois 62762

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www.dhs.state.il.us



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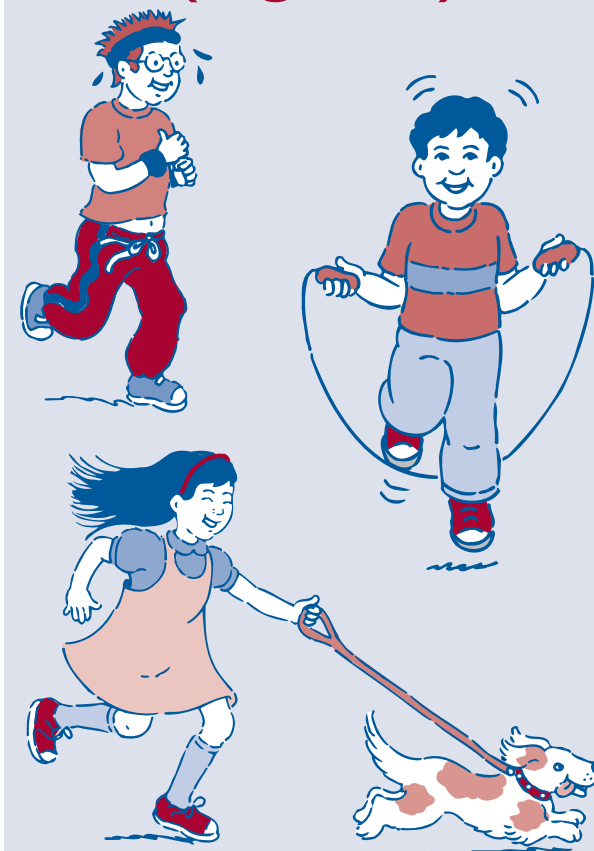


Estado de Illinois
Rod R. Blagojevich, Gobernador

Departamento de Servicios Humanos
Carol L. Adams, Ph.D., Secretaria



Cómo Conseguir Que Sus Niños Coman Más Frutas y Verduras (Vegetales)



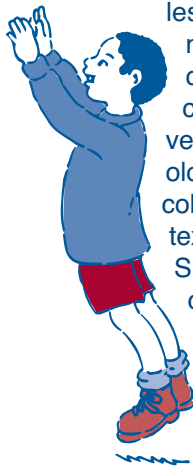
¡En la Variedad Está el Gusto!

- Sirva por lo menos una fruta, verdura o jugo alto en vitamina A todos los días.
- Sirva por lo menos una fruta, verdura o jugo alto en vitamina C todos los días.
- Sirva por lo menos una ración de fruta o verdura alta en fibra todos los días.
- Sirva a la familia una ración de col varias veces a la semana, tal como col, brécol, coliflor, colinabo, bok choy, col rizada, acelga suiza, coles de bruselas, remolacha o "mustard green".



Piense Sobre el Color, Olor y Textura

El olor, color o textura que no les agradan a los niños les pueden quitar el deseo de comer frutas y verduras. Evite los olores fuertes, colores pardos y texturas amasadas. Sirva verduras crudas o cocidas suaves y crocantes. Combine verduras con sus alimentos favoritos como queso bajo en crema.



Haga un Buen Ejemplo

Sea un modelo para su niño. Coma variedades de frutas y verduras.

Sirva Frutas y Verduras Crudas en vez de Cocidas

Sirva a sus niños rajadas crudas de manzanas, peras, zanahorias, apio, rábanos, pepinos, brécol o coliflor. ¡La textura crujiente es lo mejor!

No Mezcle Alimentos Tales Como Chicharos y Zanahorias

Los niños quieren saber lo que ellos comen. Sirva todos los alimentos separados. Permita que sus niños mezclen los alimentos si los quieren mezclados.



Asegúrese Que Los Alimentos Suaves No Estén Aterronados

¡Los niños sospechan de las cosas redondas, misteriosas y abultadas en el puré de papas que se supone sea suave!

Sirva Salsas o Aderezos Separados

Muchas verduras y frutas saben muy bien con alguna salsa encima. Los aderezos le dan buen sabor a las frutas y verduras.

- Sirva yogur de limón con poca crema o grasa con melones cantalupo o "honeydew".
- Coloque un tazón de salsa o aderezo con poca crema en la mesa para las zanahorias y pimientos verdes.
- Mezcle el pudín instantáneo con la leche desnatada y úselos como salsa para frutas.

Sirva Sus Alimentos Favoritos Juntos Con Nuevos Alimentos

Aliente a su niño a probar cualquier verdura. Tenga los alimentos favoritos alrededor para completar el menú. Si no les gusta los nuevos alimentos la primera vez, quítelos y trate de nuevo en unas semanas.

Añada Verduras a Sus Alimentos Favoritos

- Pique verduras tal como "zucchini" o zanahorias con carnes o cazuelas.
- Use verduras y frutas para hacer emparedados.

Tenga Fruta y Verduras Alrededor y "A la Vista"

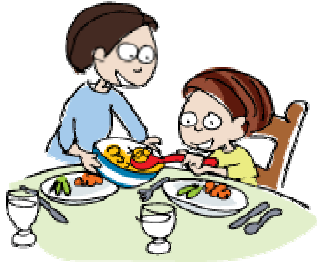
Es difícil escoger entre uvas o patitas fritas si no las tiene en la casa. ¡Un estudio indica que las familias que tienen frutas y verduras alrededor comerán más de ellas!

- Ponga unas cuantas frutas y verduras extras en su carrito de compras esta semana.
- Visite el mercado o tienda local de frutas. Permita que su niño escoja alguno de sus favoritos o algo nuevo.
- Ponga un frutero en la mesa.
- Mantenga zanahorias y apio en un contenedor transparente en el refrigerador.

¿Cuántas Verduras y Frutas Deben Comer los Niños?

Los expertos recomiendan que los niños coman cinco o más porciones de frutas y verduras todos los días.





The Sesame Street Kit: Healthy Habits for Life Self Study Module

Participant Name: _____ Date : _____

As your child's first and most important teacher, you lay the building blocks for a lifetime of healthy habits. **Everyday** moments are perfect for getting healthy as a family.

Eat Fruits and Vegetables **Every Day**

- Help your child learn about “anytime” foods such as fruits and vegetables.
- Plan a meal with your child that has colorful fruits and vegetables.
- Try a new fruit or vegetable at least once a month.
- When shopping for food, have your child pick their favorite fruit or vegetable.
- Offer veggies and low fat dip as a snack.
- Fruits and vegetables have Vitamin A, Vitamin C and fiber to keep you healthy.

“Get Moving” **Every Day**

- Take the stairs instead of the elevator.
- When you see your child hopping and jumping, join in. Children learn by watching their parents.
- It can be fun to stretch your arms and legs throughout the day.
- Go for a walk after dinner.
- Being active helps you feel energized!

Please list one thing you will do **every day** to help you family stay healthy.

My Goal: _____

Would you like to talk with the CHP/Nutritionist today? ____ Yes ____ No