

West Virginia WIC's "Learning for Health" Project

Lesson Plan #4:

New Food Adventures

The outcome for this session is to have parents see themselves as role models for their children in eating new foods and to focus on strategies to increase fruits, vegetables, whole grains and high-calcium foods for children and adults.

Learning Objectives

By the end of this session, parents/caregivers will be able to:

1. List at least one problem they have with getting their children to eat new foods.
2. Brainstorm ideas for getting children (and adults) to eat new foods - especially fruits, vegetables, whole grains, high-calcium foods).
3. Choose at least one idea to try at the next family meal or share one thing they will do to be a "role model" for their children.

Materials

- Lesson Plan Posters (2)
- Copies of Parent Fact Sheet (1 two-sided sheet)
- Easel, flip chart and colorful markers
- Supplies to share one easy, quick physical activity with children and/or parents.
- Pencils and/or pens for adults to write if they wish.
- Seaweed and paper plate if you wish to use this group activity.

Preparation

- Set up room in an informal way - chairs in a semi-circle if possible.
- Hang up the posters so all the group participants can see them easily OR you can attached the posters to an easel and show them at the appropriate time.
- Prepare any the supplies for at least one easy physical activity idea.

Introduction

- Introduce yourself and welcome everyone.
- Explain the purpose of the group and the estimated time.

- Have each group member share their name and one problem they have getting their child(ren) to try new foods.

Discussion Questions

After every one has shared their picky eater problem, ask them what kinds of things have they tried to get their picky eater to eat new foods.

List these on the flipchart. They may have tried things like:

- Bribing
- Forcing
- Pleading
- Telling their child “it’s healthy”
- Telling their child that kids are starving in India...
- Refusing to make other kinds of food for the meal
- Telling the child “I’ll be saving this for your breakfast...”
- Hiding the new food in something else.

If any of these are not mentioned, you can share some of these ideas.

Next, tell the parents that you have something great for them to try. Offer seaweed to parents as a snack (new food most have not tried). Do not tell them what it is.

Pass the plate around and encourage them to try a piece then ask:

Why do you think you might not be willing to sample the seaweed?

Ask the following questions...

- What if I said that it’s healthy? Would you eat it?
- What if I said that you MUST eat it?
- What if I said that it is the only thing that you will get for dinner tonight?
- What would encourage you to try it? Write down these ideas.

- Adults may not be open to trying new foods, but expect kids to be willing.
- There are many things we do (and say) that don’t help kids try new foods.

Now, let’s try to think of ideas for encouraging kids to try new foods? (Write ideas down on flipchart or board so that everyone can see)

Share poster #1 and #2 and review/summarize what you have just discussed in your group. Highlight the ideas the group shared FIRST then point out some of the ideas/information on the posters that was not discussed in the group. Review this information more as an FYI.

Activity

- Use the seaweed to focus discussion and get group participants thinking creatively.
- Demonstrate the easy and fun recipe “Pudding Shake Up” from the handout. Let children shake the containers. Remember to use plastic containers with tight fitting lids.

Evaluation/Wrap-up

- Here is something that you might be interested in (hold up copy of fact sheet). It includes many of the things we talked about today. It includes many of the ideas we talked about and a couple of easy recipes (point out the “Pudding Shake Up” recipe if you include this food demo activity).
- Who would like one? (pass out to interested participants)
- What new ideas will you try within the next couple of days to help your picky eater? Go around the group and have each person share the one new idea they will try.
- Thank them for coming to the group and participating. Let them know that they can call you or stop by for more information whenever they wish.