



# HEALTH STARS CURRICULUM: NUTRITION

<p><b>Key Messages</b></p>	<ul style="list-style-type: none"> <li>•Key messages to teach during the lesson</li> <li>• Messages we will ask about in pre and post evaluations.</li> </ul>	<p><b>Every Lesson:</b></p> <ol style="list-style-type: none"> <li>1. Read out loud with your child every day.</li> <li>2. Call 2-1-1 today for help finding food, health care, transportation, and other programs in your neighborhood. 2-1-1 is free!</li> </ol> <p><b>Nutrition</b></p> <ol style="list-style-type: none"> <li>1. Breastfeed your baby for six months without other food or liquids.</li> <li>2. Zero sugary drinks.</li> <li>3. Try that vegetable again!</li> <li>4. Eat meals with your kids every day.</li> </ol>
<p><b>1. Pretest</b></p>		<p>Distribute and collect pretest</p>
<p><b>1. Mini Activity</b></p>	<p>Infused water</p>	<p>While parents are arriving, chop cucumber, mint, berries, oranges, or other items of choice and place them in a pitcher full of water. Let it sit for 15 minutes and serve during snack.</p>
<p><b>2. Book</b></p>	<p><i>Eating the Alphabet</i> by Lois Ehlert</p>	<ol style="list-style-type: none"> <li>1. Review the Reading Parent Education Handout</li> <li>2. Read the story two times. Before you start reading, show the book and ask “What do you think this book is about?” (Demonstrates a key reading strategy to parents).</li> <li>3. The first time read straight through. The second time pause to ask questions.</li> <li>4. Make up stories as you read. Demonstrate that you don’t have to “read” to read.</li> <li>5. Engage the child in the story. Talk about the pictures in the books, ask questions and let the child tell the story. Pause to let the child talk about their friends or experiences.</li> <li>6. After reading, discuss: “Is there a food you didn’t like the first time you tried it, but you liked it the more you tried it?” “What is your favorite fruit or vegetable?” “When do you eat fruits and vegetables?”</li> </ol>
<p><b>3. Snack</b></p>	<p>Variety of Fruits and Vegetables and Infused Water</p>	<ol style="list-style-type: none"> <li>1. Bring a basket for fruits and vegetables with different colors and textures.</li> <li>2. Lay out a blanket and invite everyone to join you for a picnic</li> <li>3. Mindfully taste each one: describe it, feel the outside, chop it in half and smell it, and taste it.</li> <li>4. Encourage kids to try new foods. Ask them if they like it. If they don't say “That’s ok. You might like it next time you try it!”</li> </ol>
<p><b>4. Discussion</b></p>	<p>Review of Parent Education sheet</p>	<ol style="list-style-type: none"> <li>1. Engage parents in a conversation about healthy nutrition</li> <li>2. Be sure to review each of the key points and expand where necessary.</li> <li>3. Give parents the opportunity to ask questions about nutrition or any other health issue they have a question about</li> <li>4. Give each parent the Nutrition Parent Education handout</li> </ol> <p>***If needed, hand out nutrition themed coloring sheets</p>
<p><b>5. Activity</b></p>	<p>Create a new food chart</p>	<ol style="list-style-type: none"> <li>1. Handout the New Food Chart</li> <li>2. Have parents and children identify at least five new fruits and vegetables they want to try and write or draw them in the Food column</li> <li>3. Encourage the parents to try the food too!</li> </ol>
<p><b>6. Goodbye Song</b></p>	<p>Song of choice</p>	<p>Song Suggestions: I Like to Eat Apples and Bananas</p>
<p><b>7. Posttest</b></p>		<p>Distribute and collect posttests</p>

