



ABCD Eat Right!

LEARNING OBJECTIVES

This lesson will increase child's awareness of eating healthy foods and incorporating lifestyle behaviors to help prevent diseases like cancer and diabetes.

INTRODUCTORY ACTIVITIES

Introduction

- Welcome and pass out folders
- Complete forms
- Explain workshop objective

Description of Ready to Learn Service

- There are 148 PBS stations with Ready to Learn services that provide workshops and outreach for parents and caregivers
- The Ready to Learn initiative is funded through the U.S. Dept of Education.
- Describe First Book program.
- Talk about other workshops we offer to parents and teachers.

Icebreaker

- Give children a printed puzzle template. Have children create and color a picture of a favorite meal. Parents cut the puzzle pieces apart. Hide the pieces in the room. Have child find all the pieces and put the puzzle back together. Put puzzle pieces in a baggie to store.

Station and program information

- Refer to Children's program schedule.
- Programs can be taped for later use and this provides adult with more control over what is to be taught.
- Each program is based on a curriculum and is age appropriate for certain age.
- Guess what age level your groups show is appropriate for?
- Go over children's programming handout.

VIEW

The Kids and Cancer Prevention vignette, "ABCD Eat Right!"

A ground-breaking program in San Antonio inner-city schools uses elementary and middle school classrooms to incorporate healthy eating and exercise habits into children's lives. They engage not only the students, but their families, too, with games, rewards and even special prizes. The program is designed to prevent diabetes, but

when the families learn the behaviors, they're also learning how to prevent cancer.

READ

Dinosaurs Alive and Well by Laurie Krasny Brown and Marc Brown

Before Reading the Story: Read the title of the story and discuss the picture on the book cover. What do you see? What do you think this book will be about? Ask children what a person needs to do in order to stay alive and well. Ask what the difference is between good/bad eating habits. Ask children what might happen if a person eats the wrong foods all the time.

Model to parents how to conduct a book walk by explaining the cover of the book, back of the book, spine, title, author and illustrator.

Introduce story: This is a book which emphasizes aspects of living a life that result in good health. As you read the book ask questions like, "Why is it important to eat the right kinds of foods?", and "Why is it important to keep your body and hands clean?"

*Other Books you can use for this topic are:
The Very Hungry Caterpillar by Eric Carle
Gregory, the Terrible Eater by Michelle Sharmar*

VIEW

Berenstein Bears Clip "Too Much Junk Food"
Available in RTL Clip Reel in English & Spanish

Before the video: Tell parents that PBS shows are all created with the intent of teaching children something (social skills, literacy, reading, math, problem solving). It is important for them to encourage their children to be active watchers of television, and to be aware of what and how much the child is watching. Limiting television is essential in a child's life.

Model interactive viewing while watching the short clip. As they watch the video ask them to look for something they can do at home with their child to make learning fun!

DO

A learning activity

Introduce to children and parents two easy activities they can play.

1. Introduce a Memory Game that children and parents can play together to review/reinforce healthy food choices and lifestyle activities that keep you alive and well.
2. Play a categorization game that identifies foods that are healthy and foods that are not as healthy.

MATERIALS

- Memory Cards (printed on cardstock)
- T-Chart on cardstock (printed on cardstock)
- Food picture cards (printed on cardstock)
- Scissors
- Glue stick

ACTIVITY #1

1. Distribute Memory Card sheets to families.
2. Children and parent(s) cut apart cards on outside solid lines and then cut apart on dotted lines. The cards are now to be folded in half on inside solid lines. Using the glue stick, glue the folded cards together.

3. Mix the cards up. Keep all the cards facing the correct direction so that you can see the smiley faces.
4. Place all the cards down in a 4x4 square so that only the smiley faces are showing.
5. Taking turns, try to match up the cards. As matches are found, remove that pair of cards from the playing area.

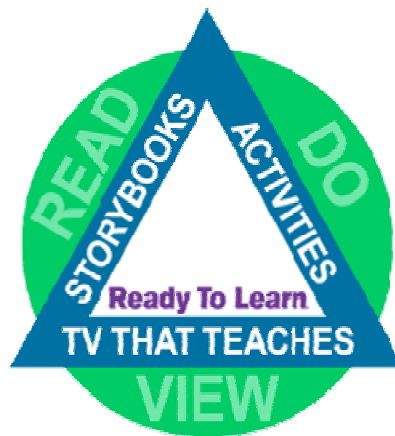
on the T-Chart.

MATERIALS LIST FOR BAGS

- *Dinosaurs Alive and Well*
- Puzzle template (printed on cardstock)
- Memory Cards (printed on cardstock)
- Food picture cards (printed on cardstock)
- T-Chart (printed on cardstock)
- Gluestick
- Scissors
- Things to Do at Home
- Participant Information Sheet
- Evaluation
- Children's Programming Schedule

ACTIVITY#2

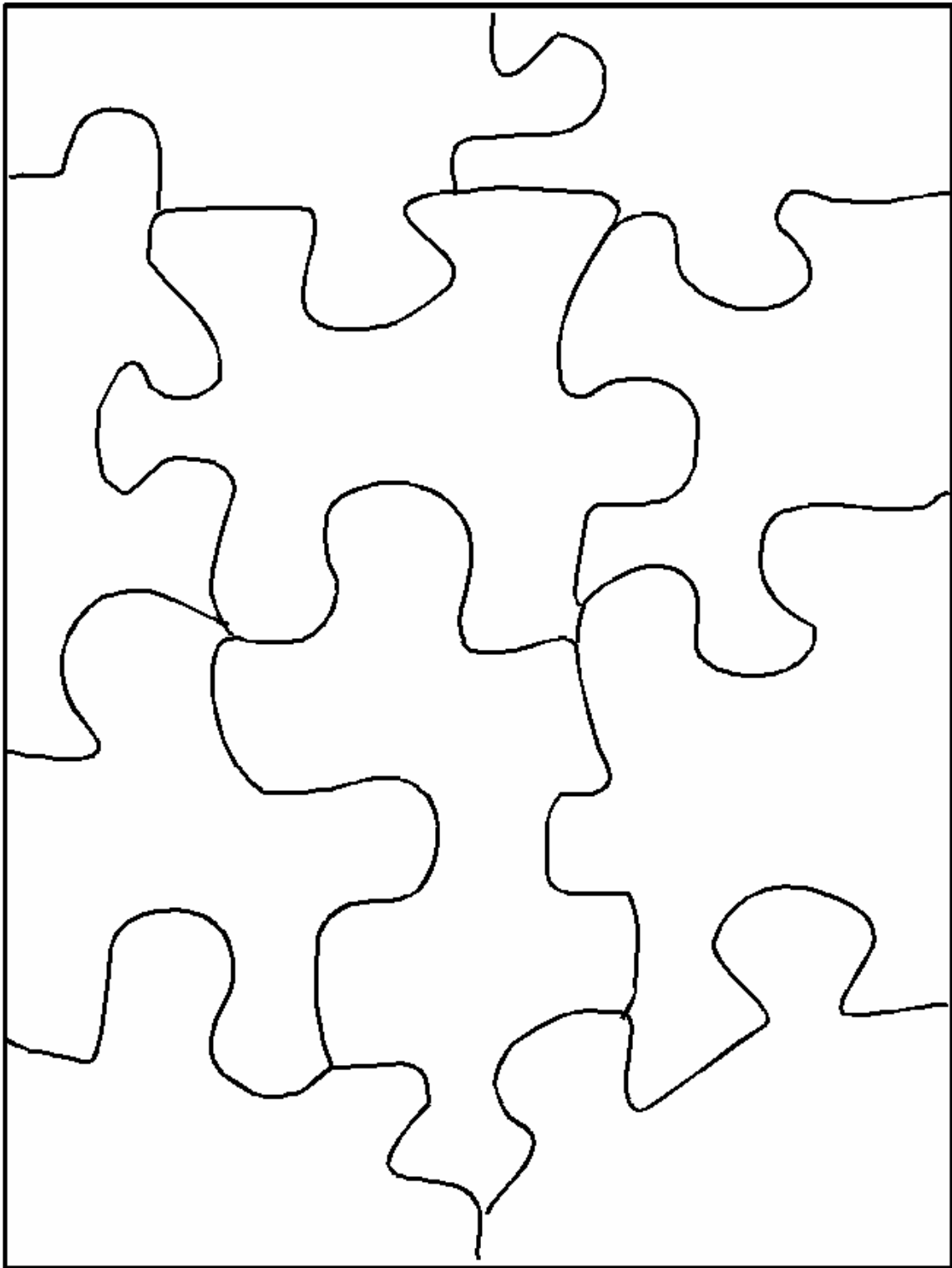
1. Distribute the T-Chart and food picture cards printed on cardstock.
2. Cut out the food cards.
3. Families discuss and decide whether each food picture represents a "Healthy" or "Not as Healthy" choice to eat.
4. Place the cards under the correct column

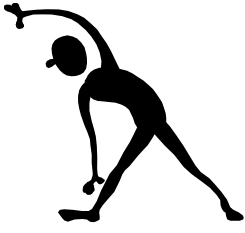






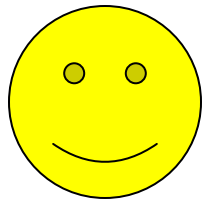


PBS Ready To Learn is supported by a cooperative agreement from the U.S. Department of Education,

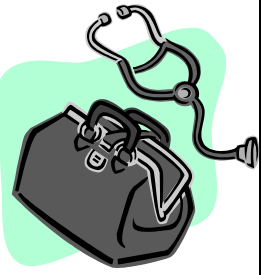



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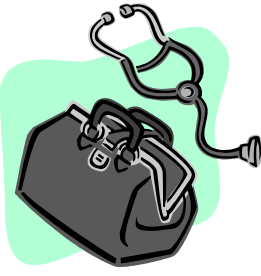
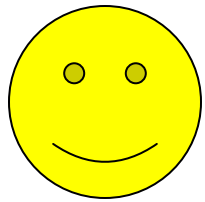
Puzzle Template

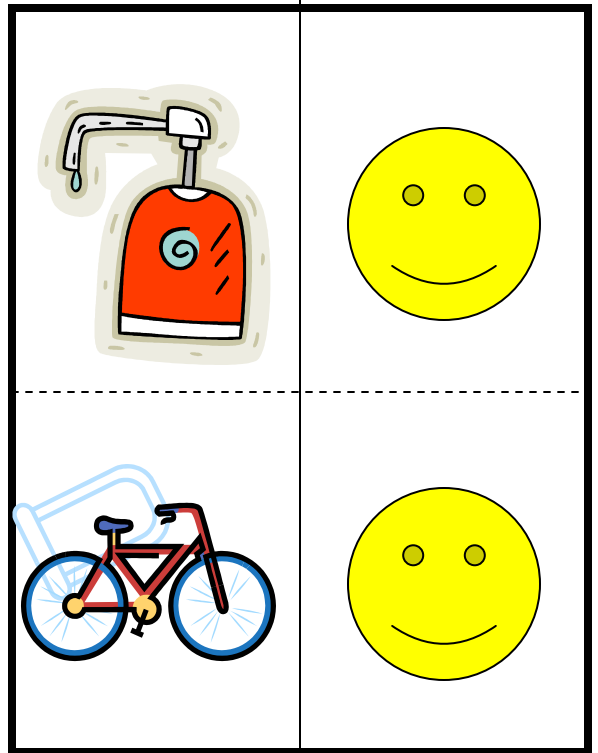
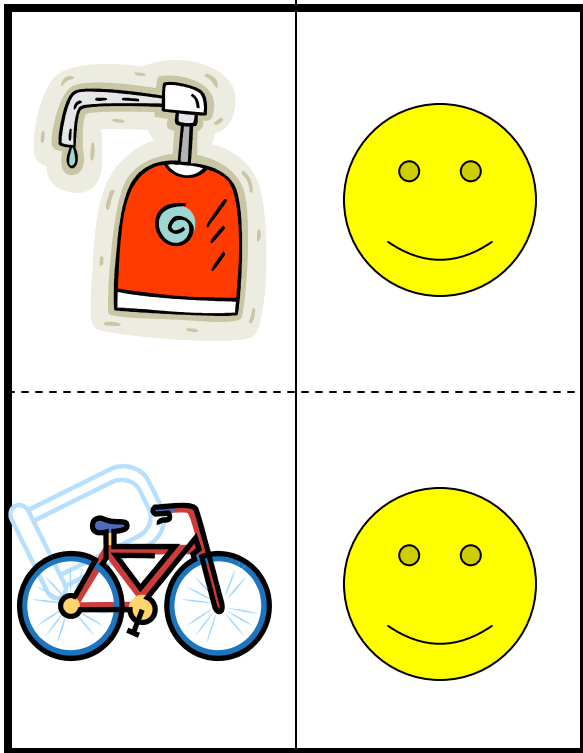
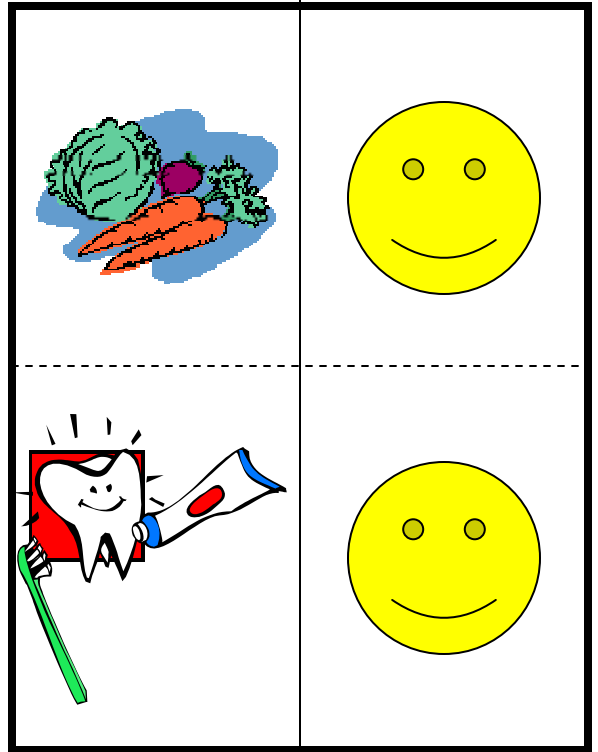
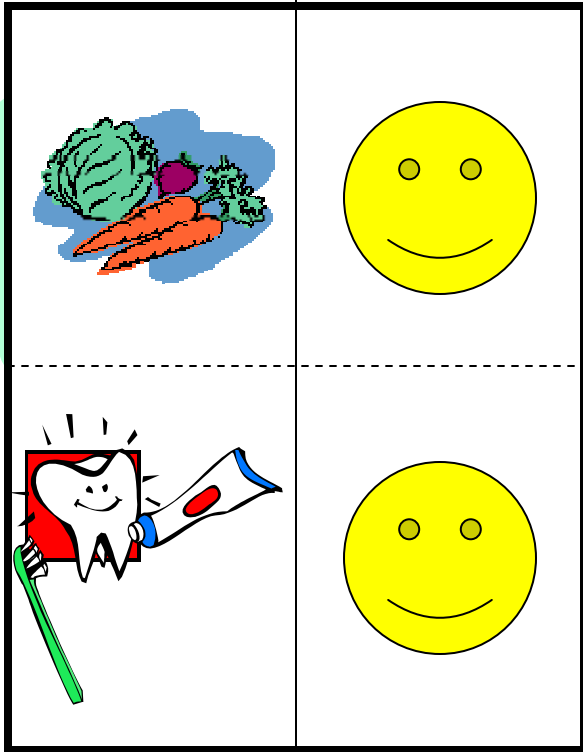


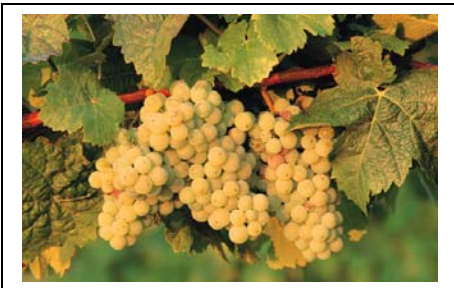
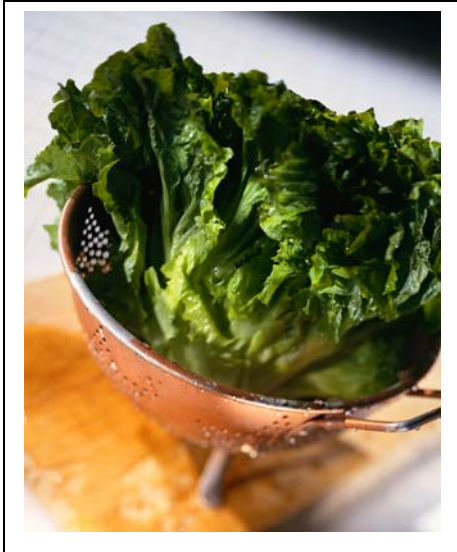
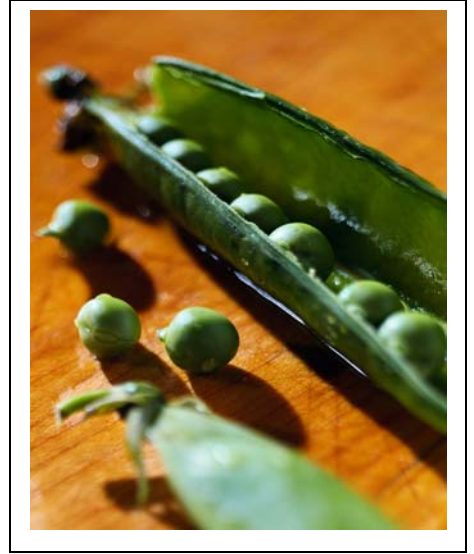
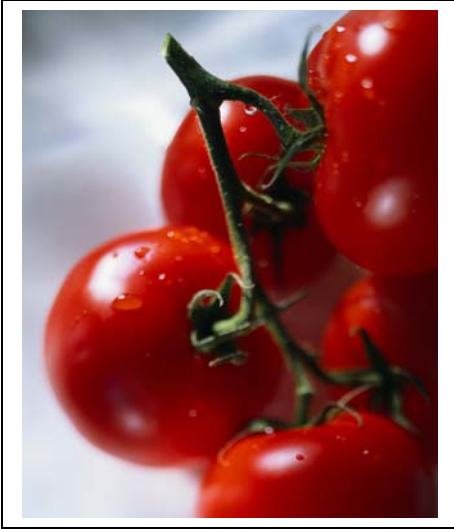
	
	



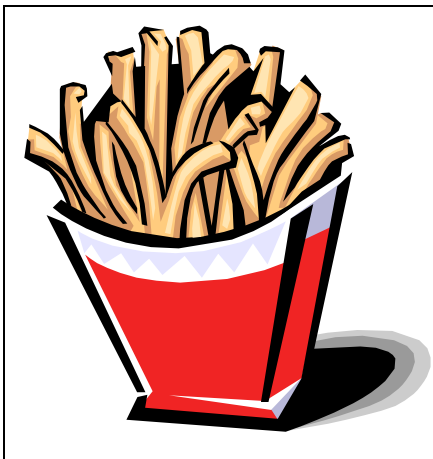
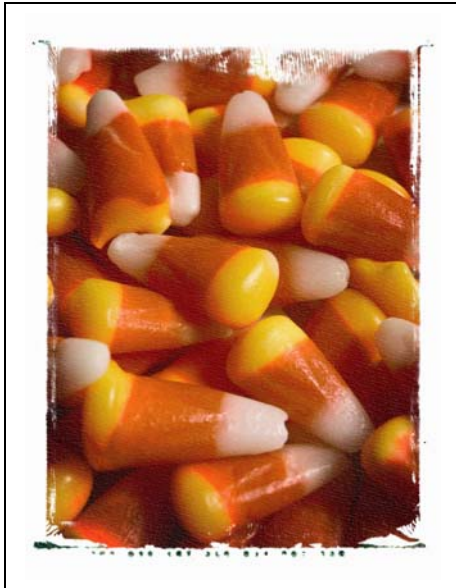
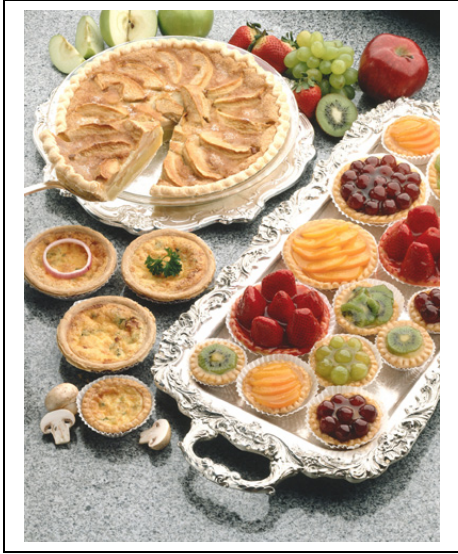
Not as Healthy

Healthy

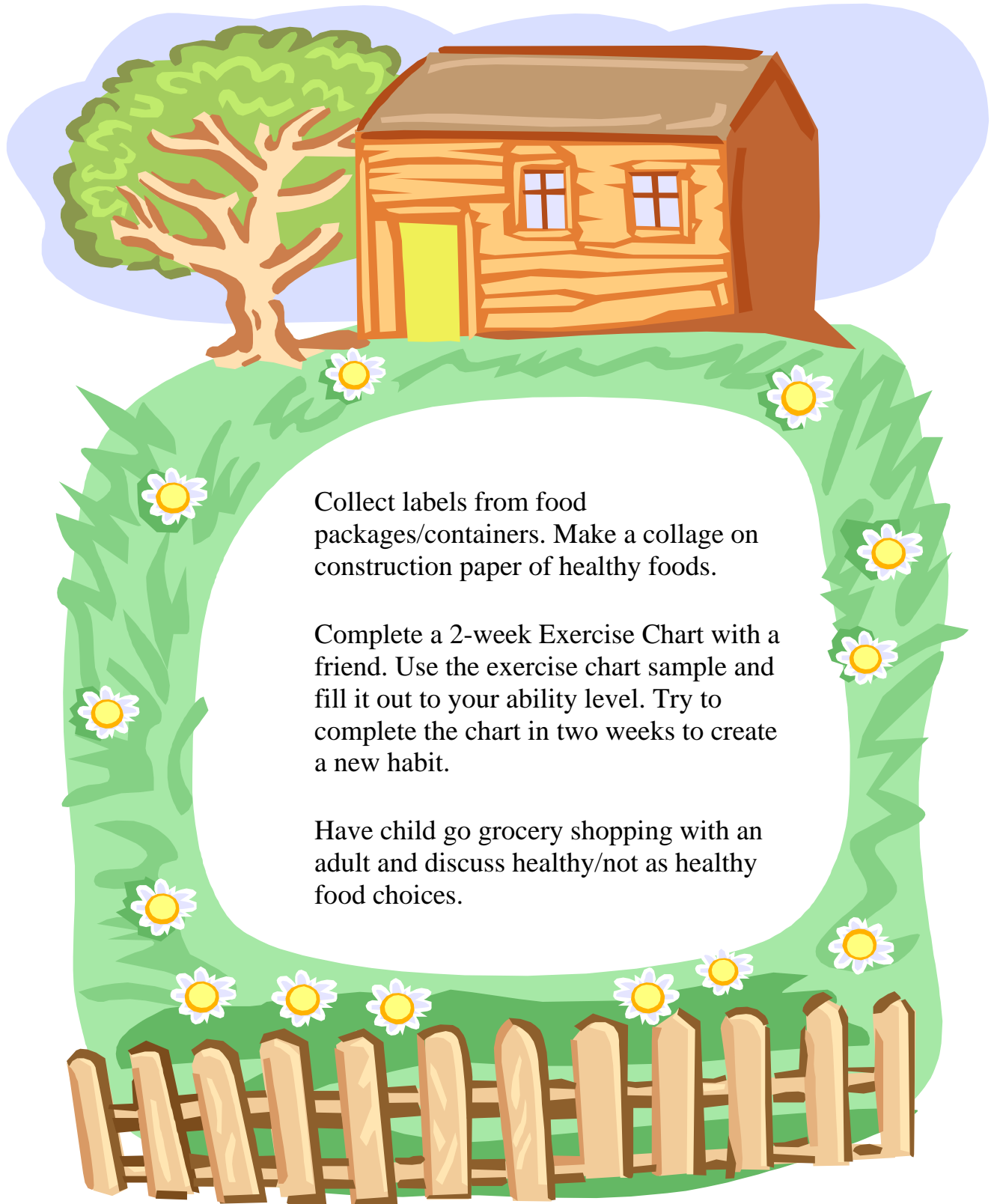


WORKSHOP LESSON PLAN

ABCD Eat Right!



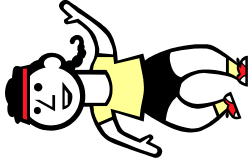
Things to Do at Home



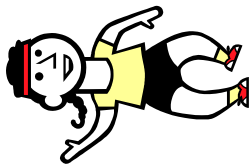
Collect labels from food packages/containers. Make a collage on construction paper of healthy foods.

Complete a 2-week Exercise Chart with a friend. Use the exercise chart sample and fill it out to your ability level. Try to complete the chart in two weeks to create a new habit.

Have child go grocery shopping with an adult and discuss healthy/not as healthy food choices.



2-week Exercise Chart



Exercise/Reps	SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
___ Jumping Jacks	Me							
	Friend							
___ Running in ___ Place	Me							
	Friend							
___ Leg Lifts (standing)	Me							
	Friend							
___ Sit Ups	Me							
	Friend							
___ Your Choice	Me							
	Friend							