

Veggies for Kids - six steps to loving vegetables

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This lesson plan is provided in two different nutrition education methods - facilitated group discussion and learner centered education.

One-on-one Counseling:

One-on-one counseling is a learner-centered approach that focuses on the learners' needs and involves the learner in decision making and problem solving, and can be provided via a bulletin board, display or individual counseling session.

Target Audience:

families with preschool age children

Goals:

This session is offered to encourage children and their families to taste and enjoy vegetables by:

- providing a variety of ideas on how to include vegetables in meals and snacks.
- encourage children to try vegetables by shopping, cooking and eating with their family.

Learning Objectives:

- Participant will name 1 or more ways they can offer vegetables to their child.
- Participant will identify a new recipe or cooking idea that they can try with their families.

Time: 5 to 7 minutes

Time depends upon the amount of discussion with the participant.

Procedure:

Set-up:

Table with bulletin board, flip chart, binder of paper or box.

Title of lesson plan written on the top of the bulletin board, flip chart, binder of paper or box - "Veggies for Kids - six ways to loving vegetables!" along with a list of the 6 steps.

Question written on the bulletin board, flip chart, binder of paper, or box - "List a recipe or cooking idea that you want to try"

Materials:

Veggies for Kids Booklets
fruit and vegetable coloring sheets and crayons for children

Methods for sharing participants' ideas (choose one):

- A. Flip chart on a stand or bulletin board, small cards and pins or tape, pens or markers.
- B. Binder of white paper that participants can write their ideas on and pens.
- C. Box for ideas, small cards and pens

Optional ideas:

- A. Prepare a recipe from the Veggies for Kids booklet and give samples for taste testing.

Key Content Points:

1. The best ways to encourage a child to eat vegetables are to shop, cook and eat together.
2. There are many delicious and simple ways to prepare vegetables.
3. My family should aim for 5 servings of fruits and vegetables each day.

Lesson Overview

1. Welcome

- Introduction of self and topic - "Hi, my name is Carol and today we're going to talk about some fun and easy ways to encourage our children and family to eat vegetables."
- If children are present, give coloring sheets and crayons to children to color during the session.

2. Favorite vegetables

- Ask participant, "What are some of your child's favorite vegetables?"
When a participant says a vegetable that their child likes to eat, ask "How does your child like the vegetable - raw, cooked, in a dish?"

3. Children and vegetables

- Ask participant, "Are there any vegetables that your child doesn't want to eat?"
- Talk with the participant about their experiences.

4. Trying new recipes and cooking ideas

- Give the Veggies for Kids booklet to the participant. Ask the participant to turn to the Index page. Discuss the six steps to loving vegetables - shop and cook together, eat a variety, veggies first, try raw veggies, hide some veggies, and eat your veggies too.
- Ask participant to look through the booklet and choose a recipe or cooking idea they'd like to try with their family. Ask participant, "What recipe or cooking idea will you try at home?"
- Ask participant to write their idea in the binder, or a small card that can be pinned to the bulletin board, flip chart or placed in the box.
- Give the participant time to look through and see the ideas that other participants have written.

Evaluation:

Participants will state 1 or more ideas or recipes they will use at home to encourage their children and family to eat a variety of vegetables.

Lesson Plan developed by Cheryl Yarrington, RDN, MS - ©Nutrition Matters Inc. - August 2016