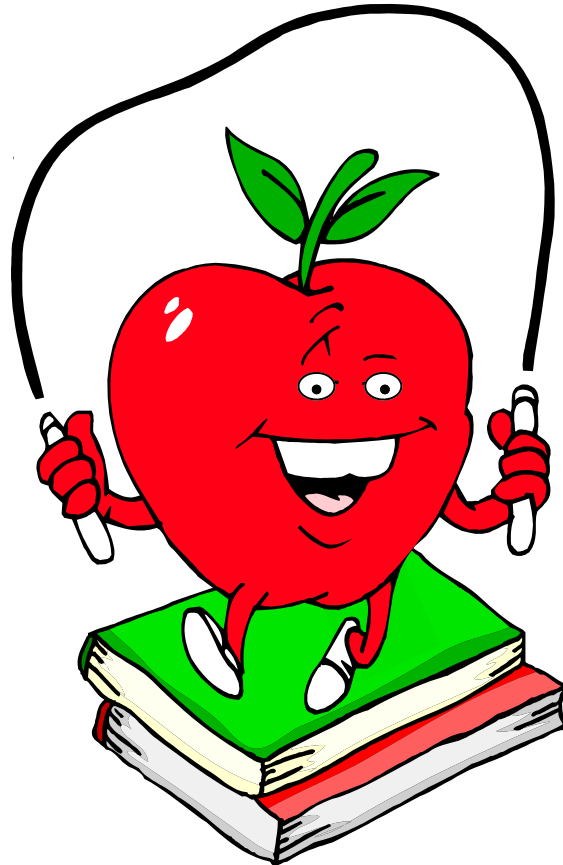


# ***Literacy, Food & Fitness***



## **Teaching Families with Low Literacy Skills About Nutrition and Exercise Using Children's Literature**

A collaborative effort from:



Project Read - North San Mateo County

# ***Literacy, Food & Fitness***

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## **Authors:**

Pat Jarvis and Laura McCaffrey

## **Layout and Design:**

Laura McCaffrey

## **Contributors:**

Jan McCulloch, Pat FitzPatrick, Tom McCaffrey, Holly Fulghum-Nutters, Shellika Sharma

## **Translation:**

Mary Barcelata and Fernando Cordova

## **Field Testing:**

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*Reading Across MyPyramid* and *Happy Healthy Me* produced by the University of California Cooperative Extension Division of Agriculture and Natural Resources

[www.MyPyramid.gov](http://www.MyPyramid.gov)

[www.nutritiondata.com](http://www.nutritiondata.com)

[www.prevention.com](http://www.prevention.com)

[www.funwithfood.com](http://www.funwithfood.com)

*Family Health & Literacy: A Guide to Easy-to-Read Health Education Materials and Web Sites for Families*, by Julie McKinney and Sabrina Kurtz-Rossi. Download available at:

[www.worlded.org/us/health/docs/family](http://www.worlded.org/us/health/docs/family)

## **Disclaimer:**

This publication contains the opinions and ideas of its authors. It is intended to provide helpful and informative material to help integrate health and literacy education in family literacy programs. It is provided with the understanding that the authors are not medical providers.

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# Introduction

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## Overview

Literacy, Food & Fitness (LFF) is a nutrition and literacy program for young children and their parents and caregivers. It uses a traditional story time format to introduce nutrition and exercise concepts. Hands-on nutrition and physical activities reinforce healthy choices.

## Goal

Young children and their parents and caregivers will learn about healthy eating and physical activity habits that will last a lifetime through story time activities.

## Objectives

Children and their parents and caregivers will:

- Know they should eat more of some foods and less of others.
- Know how to choose the healthiest foods from each food group.
- Know they need physical activity every day.

# Introduction

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## Lesson Topics:

Lessons include specific nutrition objectives relative to the lesson theme and promote a key nutrition and fitness message:

- Lesson 1: **Know Your Pyramid** - Eat a Rainbow Every Day
- Lesson 2: **Groovy Grains** - Whole is More Wholesome
- Lesson 3: **Vital Vegetables** - Vary Your Veggies
- Lesson 4: **Fantastic Fruit** - Fruit for Fiber
- Lesson 5: **Calcium Rich Foods** - Build Strong Bones and Teeth
- Lesson 6: **Protein Power** - Keep Your Protein Lean
- Lesson 7: **Fitness is Fun** - Exercise Every Day

## Each Lesson Includes:

- **Lesson Preview:** Summary, Objectives, Lesson Message.
- **Background Information for Instructor:** Topic information for instructor's benefit - can be shared informally with group participants.
- **Reading Activity:** Storybook reading with featured books - one for preschool-kindergarten and another for grades 1-3. Sample questions and nutrition "Tip To Teach" included.
- **Music, Poetry and Finger Play Activity:** Reinforces lesson theme.
- **Physical Activity:** Group exercise to get the heart pumping. Exercise "Tip To Teach" included.
- **Exploratory Activity:** Step-by-step instructions and supply list to reinforce lesson message.
- **Craft Activity:** Step-by-step instructions and supply list related to lesson topic.
- **Coloring Activity:** Easy to use reproducible coloring page.
- **Snack Activity:** Recipe that features foods from each lesson.
- **Knowledge Quiz:** Reinforces lesson content.
- **Parent Handout:** Reproducible information sheet for parents to take home.



# Introduction

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LFF recommends two featured books for each story time reading activity; one for preschool - kindergarten and the other for first—third grades. Both books complement the lesson objectives. Whenever possible, at least one book in the lesson is available in Spanish.

All of the books used in this curriculum can be purchased at local bookstores and web vendors or borrowed from your local library. Schools may also have some of the books, as many are on the California Recommended Reading List for elementary students.

LFF has included a set of reproducible food model pictures in the Appendix. Food pictures from newspaper food ads, magazines, seed catalogs, coloring books, or clipart programs can also be used. Real food or plastic food models can also be used to support the lessons.

MyPyramid resources and colorful downloadable materials can be obtained from the USDA web pages, [www.MyPyramid.gov](http://www.MyPyramid.gov).

*Family Health and Literacy—A Guide to Easy-to-Read Health Education Materials and Web Sites for Families* by Julie McKinney and Sabrina Kurtz-Rossi is a terrific resource to integrate health and literacy education in family literacy programs.

LFF is a nutrition and literacy program developed for preschool children through third grade and their caregivers. They learn food and nutrition concepts by having high quality storybooks with food-related themes read to them, followed by hands-on nutrition activities. The nutrition activities draw on information from the *Dietary Guidelines for Americans 2005* and *Reading Across MyPyramid* by the University of California Cooperative Extension.

Providing families with knowledge to make healthy choices is one of the best ways to help them develop a lifetime habit of healthy eating and exercise. Through the books and activities, children and their parents will learn four important concepts of a healthy diet:

- **Variety** — Eat an array of foods from all five food groups and subgroups.
- **Proportionality** — Eat more of some foods (fruits, vegetables, whole grains, and fat-free and low-fat milk products) and less of others (foods high in saturated fats or trans fats, cholesterol, added sugars and salt).
- **Moderation** — Choose forms of foods that limit intake of saturated fats and trans fats, added sugars, cholesterol and salt.
- **Activity** — Be physically active every day.



# Introduction

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## LFF PROGRAM QUIZZES

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### DIRECTIONS: HOW TO USE THE QUIZZES

- Each of the 7 sessions has its own quiz, designed to evaluate the impact of the session on the participants.
- The quiz is done at the end of the session.
- Hand the quiz to the child in each child/adult pair. This avoids embarrassing the adult.
- Explain the quiz aloud to the group. Sample script: *“I am going to ask a few questions about what we learned today. After I ask each question, talk with your child/parent/caregiver about what the answer should be. Then the adult will circle the correct answer on the sheet. Okay?”*
- Read aloud the first question and instruct them to circle the answer for question one.
- Watch the group for non-verbal signals that they are done with that question before reading the next one.
- When all the questions have been read aloud by you, and answered by the pairs, collect the quizzes before they leave the room.

