

# Sesame Street Workshop: “The Get Healthy Now Show” CH-000-21

## INTRODUCTION (1 - 2 minutes)

*Do or say several of the following to create a safe learning environment for the participants.*

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> Welcome participants | <input type="checkbox"/> Explore ground rules |
| <input checked="" type="checkbox"/> Introduce yourself   | <input type="checkbox"/> Make announcements   |
| <input type="checkbox"/> Review agenda                   | <input type="checkbox"/> Handout nametags     |

**Other:** *Explain that Sesame Street Workshop (SSW) has partnered with WIC to promote an early foundation through healthy habits. So, today they will be viewing the SSW video called “The Get Healthy Now Show.”*

## MATERIALS (1 minute)

*This is a list of what you will need for the session (i.e. visual aids, handouts, activity supplies). Attach supplemental materials.*

- Sesame Street “The Get Healthy Now Show” DVD.
- A working TV and DVD set up.
- Chairs and space to move.
- “The Get Healthy Now Show” packets for each participant.
- Lyrics available for the songs: “Fruit-n-Veggie song!” and the “Help Us Put on a Show”. Write these where participants can read them.

## ICEBREAKER (5 minutes)

**Anchor the topic** *to the participants’ lives by prompting them to think about how the topic relates to them. This should be an easy question or activity likely to bring out positive but brief comments and can be done as a group or in partners.*

**Question/Activity:**

Go around the room and ask participants to describe: What are 2 things you think your child needs to grow healthy. Hopefully physical activity and eating fruits and vegetables will come up, if not mention that physical activity and fruits and vegetables are the foundation for a healthy lifestyle.

<b>ACTIVITIES (22:30 minutes)</b>
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*For each learning activity, list 3-5 open-ended discussion questions and any instructions that are needed for the facilitator and participants.*

**Video/Dancing Activity**

- Start the video
- Encourage children to sing and dance to the DVD and to participate in the activities:
  - Invite children to dance and sing with the Fruit and Veggie 5! (Kids, come on down to dance and sing with the Fruit and Veggie 5!)
  - When the Count is up help children find their heart (13:40-14:45). Invite children to jump with the Count and the Muppets and let them experience what happens to their heart beat as they jump. (Kids, get up and jump with the Count. Do you feel your heart beat faster?)
  - Invite children to dance with Telly, Elmo and Rosita. Let them continue to dance through the end of the video when the Big Tomato arrives. You can post the lyrics to the last song; parents and children may dance, sing or clap. (Kids, come on up and dance with Telly, Elmo, Rosita and the Big Tomato.)
- At the end of the video ask for a volunteer among the children in the class that are older than 2 if they can identify a “sometime” and an “anytime” food. (Would any of the children like to come up front and identify a “sometime” and an “anytime” food?) You can either design your own “sometime/anytime” game (see below) or design your own wheel and have the child volunteer spin the wheel and tell the class if the food he/she landed on is a “sometime or anytime” food.
- Tell parents that they can play the “sometime/anytime” food game at home with their children. (Parents, you can play the “sometime/anytime” game at home with your kids.)

### **“Sometime/Anytime” game (optional):**

*Game using buckets:*

- Have two buckets one green and one red.
- Write “sometime” on the red bucket and “anytime” on the green bucket
- Have another bucket filled with food items (You can use food models, NASCO food cards, food items made from felt or you can make your own cards.)
- Have the child volunteer pick an item from the food item bucket.
- Have the child show the item to the class.
- Ask the child if it is a “sometime or anytime” food.
- Ask the child to put the food item in the correct bucket.
- If you have time ask another child to do the same.

Be creative, you can create many versions of this game. If you do not have buckets, you can simply use boxes or divide a white or black board and write the words “sometime/anytime” (use a green marker for anytime and a red marker for sometime). You can also make a felt board using a large red and green piece of felt to stick your felt food items on; if they do not stick, you can use Velcro. Instructions for making your own food item cards are included in the attachment.

### **Spin Wheel Game (optional):**

You can make a spin wheel version of this game. If you want to make a spin wheel please see the instructions for game materials in the attachment. For the game have a child volunteer to spin the wheel. Once it has landed ask the child to say if it landed on a “sometime” or “anytime” food.

*Key content points the learners need to know:*

1. Children need a variety of fruits and vegetables in their diet.
2. Children need to be physically active every day.
3. Parents need to encourage and offer opportunities to their children so that they can eat a variety of fruits and vegetables and be physically active every day.

<b>CONCLUSION &amp; TAKE AWAY (2 - 3 minutes)</b>
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*Invite the participants to summarize the key points of the session and share how they will use what they learned in the future. List a question/activity to prompt this. Consider listing one community resource that is available for clients who want to learn more.*

*Question/Activity:*

Finally ask a few parents the following questions:

*“How do you plan to include more fruits and vegetables in your children’s/families diet?”*

*“What can you do to help your child accumulate at least 60 minutes of physical activity each day?”*

Listen to comments and answers.

You may also ask a few of the children in the classroom the following questions:

*“What is your favorite fruit and/or vegetable?”*

*“Is that a sometimes or an anytime food?”*

*“What activities make your heart pump faster?”*

**Community Resource (optional):**

- Have lists of parks or the number for the parks and recreation office in your area, the YMCA and other programs be sure to share it with all parents.
- Advise parents about different places where they can get fruits and vegetables in your community (example farmer’s markets, grocery stores, etc). You can also provide information about serving centers and other food programs that are available in your area.
- Write out the Sesame Street Workshop website and invite parents to visit it online to learn more about other healthy initiatives and videos for children.  
[www.sesameworkshop.org/initiatives/health/healthyhabits](http://www.sesameworkshop.org/initiatives/health/healthyhabits)

<b>PERSONAL REVIEW OF CLASS (1 - 2 minutes after class)</b>
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Take a few moments to **evaluate the class** for yourself.

- What went well?
- What did not go as well?
- What will you do the same way the next time you give this class?
- What will you change?

**Sesame Street Work Shop:  
"The Get Healthy Now Show"  
CH-000-21  
Staff Survey**

LA # \_\_\_\_\_

Date \_\_\_\_\_

1. Was the lesson easy to read and follow?

Yes

No

2. Was the DVD a successful means for getting children to move and participate in the activities?

A lot

Somewhat

A little

Not at all

3. About how many children understood the difference between a sometime and anytime food?

All

More than half

About half

Less than half

None

4. What changes would you suggest for improving the lesson? \_\_\_\_\_

\_\_\_\_\_

5. How was the participant feedback?

Positive

Negative

Indifferent

6. Was the Spanish translation appropriate for your participants?

Yes

No

Comments:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Note about New Lesson Survey Forms:**

The first few times a new lesson is presented, staff and participants need to complete the survey forms attached at the end of this lesson. Please note that the *Staff Survey Form* is different from the *Participant Survey Form*. Only 10 - 20 participant surveys need to be completed. Please mail completed new lesson surveys to:

Delores Preece  
Texas Department of State Health Services  
Nutrition Services  
PO Box 14937  
Austin, Texas 78714-9347



**Sesame Street Work Shop:  
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Participant Survey**

LA# \_\_\_\_\_

Date: \_\_\_\_\_

1) I am (circle all answers that describe you):

- a. Pregnant
- b. Breastfeeding
- c. Mother/father of an infant
- d. Mother/father of a child
- e. Teen, younger than 19 years old
- f. Friend
- g. Family member

2) Circle all the words you would use to describe this class:

- a. Helpful
- b. Too long
- c. Important
- d. Boring
- e. I already know it.

List one way to incorporate different colored fruits and vegetables in your child's diet? \_\_\_\_\_

\_\_\_\_\_

List one way to increase physical activity in your child's life. \_\_\_\_\_

\_\_\_\_\_

What idea would you or your family like to try? \_\_\_\_\_

\_\_\_\_\_

Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Thank you for your comments!*



# LESSON ATTACHMENTS

## Making food item cards

### Materials:

- Card stock
- Ruler
- Scissors
- Markers
- Food cut out (see attached food items)
- Glue stick
- Double-sided tape
- Transparent contact paper (to laminate cards)

### Instructions:

- Cut card stock to make 6 to 10 4X4 inches cards
- Cut, draw and color 3 to 5 “anytime” food (examples: eggplant, cherries, watermelon, whole grain bread, brown rice)
- Laminate your cards if you want them to last longer
- Stock using double-side tape or magnetic strip (optional)

## **Making the *Spin the Wheel* game:**

### **Option 1: card stock spin wheel**

#### Materials:

- Heavy card stock
- Compass
- Ruler
- Markers
- Colored paper
- Food cut outs (see attached items or cut your own from a magazine)
- Screw
- Nut and bolt
- Pencil

#### Instructions:

- On heavy card stock and with a compass draw a wheel at least 14 inches in diameter
- Divide the wheel into 5 sections
- Cut out from a magazine or draw and color 3 “sometime” foods and 2 “anytime” foods
- Make an arrow from card stock
- Screw it onto the center of your wheel with a nut and bolt
- Try it out to see that it actually spins. If necessary loosen the nut to allow spinning of the arrow

### **Option 2: wooden spin wheel**

#### Materials:

- Wooden wheel
- Dowels
- Markers
- Drill
- Leather
- Paint
- Stand
- Clamp

#### Instructions:

##### For the wheel:

- Cut out a 3 feet wide circle out of a piece of round plywood.
- Figure out how many sections you want, we recommend at least five; divide your circle accordingly. Use a marker to divide the wheel into at least five slices or sections.
- Place wooden dowels on the edge of each slice. Make the dowels about 2 to 3 inches long. Use a drill to make holes for your dowels. Make sure these are secure and that they don't come off when you spin the wheel.
- Colors each section (red, orange, yellow, green, blue).
- Decorate each section with a certain food. The food items should be a variety of "sometime" and "anytime" foods. You may choose to use the food cut outs provided.

##### For the stand:

- Make the stand big enough to accommodate the wheel's width, leave enough room on one end for the flapper.
- Use a square, thin piece of plywood/particle board for this.
- Drill a hole where you will mount the center of your wheel.
- Make the whole big enough to accommodate a bolt that is about 1/2" wide. Mount the wheel to your stand.

##### For the flapper:

- Cut a piece of leather 3-5 inches long, and about 1/4-1/2 inches thick. You may use an old pair of shoes or an old leather belt.
- Rig up a clamp using two pieces of wood, a couple of screws and the leather flap in between. Attach the clamp part to the stand.



Food Cut Outs









