

Introduction FitWIC Arizona Volume 2

This is a continuation of the FitWIC lessons. Please download them and put them in the notebook with the first lessons that you received. Each lesson is designed to have a physical activity and nutrition education component. The lessons are designed for 2-5 year olds with their caregivers participating.

Each lesson gives the objectives, supplies needed, and preparation that is needed prior to teaching the lesson. There is also a script for the lesson, cooking time (where the children can taste new foods), as well as an evaluation and conclusion.

There are handouts for the lessons in English and Spanish. The Fun Food News which is used as a handout in a couple of lessons can be ordered from the warehouse at www.eatwellbewell.org.

The books for the lessons and the Bon Appetit CD have already been given to the WIC clinics.

Please call Sue Zevan, 602-364-1736 if you have any questions.