

Fit WIC Arizona, Volume 2

Lesson Plan for “Marching Time”

Learning Objectives:

- The child and parent(s) will state that dried beans, a good source of protein, and active play helps build muscles and body strength.
- The parent(s) will identify children’s marching activity as a part of the 60 minutes play/physical activity that their child needs each day.

Supplies Needed:

- Room with carpeting that has enough free area that the children can move around and play musical instruments
- Small empty water bottles with several dried beans for each to use as musical instruments
- Bon Appetit! CD, No. 3 “Big Strong Muscles” or any marching music
- CD player
- Copy of Children’s Rules
- MyPyramid for Preschoolers Poster (8 ½ x 11)
- Cooked soft beans (sample size) in small paper cups (pinto beans, kidney beans and garbanzo beans)
- Bag of dried beans
- Bean pictures (pinto beans, kidney beans and garbanzo beans – See Attachment I)
- Hand sanitizer wipes
- Napkins
- Plastic spoons
- Paper towels
- Children’s Fun Food News – Grow a Healthy Child (parent handout-order from warehouse)

Preparation for Lesson:

- Set the date, arrange for room and post announcements of session.
- Order any items from the warehouse as needed one month in advance.
- Preparation for Cooking Time. Estimate the number of attendees in your class before you shop for and prepare the items above.
- Prepare the small water bottles (fill enough bottles for each child and parent with several dried beans and close tightly).
- If needed, make copies of any parent handout,
- Locate Children’s Rules in Section 2. Return rules to Section 2 after session is completed.
- For Cooking Time, prepare the bean samples by placing two of each type of cooked bean into a paper cup, (enough for each participant) before class begins.

Welcome:

Greet each child and parent(s). Tell the children and parent(s) your name. Have puzzles, toys, etc. for children to play with while they are waiting for everyone to join the group.

Group Time:

“Today we’re going to have fun learning about a healthy happy food and marching to music. When you are marching to music, it counts as part of the 60 minutes of active play time you need each day to be healthy. We’re also going to have a special snack to help you march and play! Before we start let’s review some rules for this time together.” Read the Children’s Rules while holding the paper up.

Physical Activity:

Encourage the parent(s) to ask questions and join in the activity.

Step 1 Ask the children to show you how they use their muscles. Review more ways children use muscles such as jumping, marching, kicking a ball, climbing a hill or the monkey bars, running, pounding, pulling, pushing and dancing. Being active helps us build our muscles.

Step 2 Show the MyPyramid for Preschoolers poster to the children and ask, “What food on this Pyramid helps make strong muscles?” Allow time for children to respond. Point to the meat and bean group on the chart and explain, “Meat and Beans provide our bodies with protein that build muscles so we can move in all kinds of ways. Today we will be learning about beans – a protein food along with meat that works in our bodies to build muscles.”

Ask, “Can someone show me their muscles?” Smile and tell them how big their muscles are! Pointing to the Pyramid and the Meat and Bean group, ask, “Have you ever eaten a bean?” Show the children three (3) pictures of different types of beans that you brought for them to try later on in the lesson. Explain “Beans grow on a bush; they must be cooked a long time because they are hard and dry when you buy them at the store.” Show the bag of dried beans. “Beans are yummy to eat and have lots of protein to help build our muscles.”

Step 3 The activity for children is next. Have each child and their parent(s) choose a water bottle shaker for the marching activity.

Step 4 Explain that today everyone will be marching to music and the children will use the bottle shakers as musical instruments as they participate.

Step 5 Have the children and their parent(s) form a large circle. Explain that when the music starts that they will march around and shake their musical instruments to the music. The children and parent(s) are to follow your lead and begin your march with BIG Steps and then take tiny steps, then BIG Steps again.

Have the children repeat this jingle as they march and play their instruments.

“Our muscles grow strong as we march along!”

After a few times around the circle, stop the music and ask, “What do beans do for us?” (help build strong muscles). Have everyone repeat, “They help build strong muscles.” Start the music and continue marching for another minute or until they become tired of marching.

Cooking Time:

Begin this section by saying, “That was fun wasn’t it?” Explain, “Now we’re going to have a taste treat - beans!” Before you pass out the bean cups have them clean their hands with a sanitizer wipe or solution. If you are near a sink, have them wash their hands with soap and water, whichever is more convenient. Pass out the small cups of pinto, kidney and garbanzo beans to the children and parent(s) to try. Have everyone sit down and try each type of bean separately. After they have finished eating the beans, ask them which type of bean they liked the best. Also, ask if they know of some food that they eat that has beans in it (burritos, pork & beans, salads, soup, etc). Remind them of the protein they are eating.

Evaluation:

After the taste test has concluded, review the lesson on physical activity and protein to build strong muscles. Ask, “How many minutes should children play and be active each day? That’s right, 60 minutes, because exercise helps build strong muscles. Why do we eat beans? That’s right, because they help build strong muscles, too.” Holding up the MyPyramid for Kids poster ask, “What food group do we find beans in? That’s right, the Meat and Beans group on the MyPyramid for Preschoolers poster.”

Conclusion:

Thank all the children and their parent(s) for attending your class. Reinforce that the beans help build strong muscles along with the exercise they do each day; and, they’re muscles got stronger as they marched today. Give each parent a copy of the Grow a Healthy Child Fun Food News. Invite them to come back.

ATTACHMENT I



Kidney Beans



Pinto Beans



Garbanzo Beans