

SNAP Session #4:



Variety of Options

Background

One of the best predictors of physical activity is the amount of time that children spend outside. Being outside brings freedom from TV and from similar sedentary pursuits, and offers ample room for vigorous movement.

Girls will be more likely to spend time outside if they have a parent, sibling, or friend to have fun playing with them. If being outside is not practical, furniture can be rearranged inside to create a space for physical activity.

Today's activities

(time needed 30-90 minutes)

******These are the most essential parts: everything else is optional and at leader discretion

▶ **INTRO:** Discussion points (5-10min)- Talk with the girls about all of these points below.

******▶ **PHYSICAL ACTIVITY:** Active Games (15-20min) Use the active game described below (Toss & Hop), or have a volunteer parent and girl present a game to play where all girls can participate and be active for most of the time. Shoot for at least 1500 steps during the walk & talk session.

Today's activities

- ▶ How am I doing check-up? (5min)- Read it aloud, and discuss briefly as you go.
- **▶ NUTRITION: tasting the rainbow snack preparation (10-15min) & practicing a family meal with girls, leaders, and parents (5-10min), Clean-up (5min)
- ▶ Discussion & assignment (5min)- Talk about turning off the TV while eating, and review what was learned today. Hand out copy of Take steps together take-home sheet

Objectives

Girls will:

- Review the target behaviors of our intervention.
- Learn some physically active games to play in troop meetings and with parents at home.
- Develop further kitchen skills, practice asking skills and good manners while eating.
- Learn that TV viewing and eating should be kept separate from each other.

Discussion Points

Healthier Troops in a SNAP

- Physically active meetings led by visiting parents and girls
- Making fruit and vegetable snacks led by visiting parents and girls
- Taking healthy steps, drinking water, and having family-connected meals at home too
- Girls get to practice courage, confidence, & character by working with parents to improve health

Collect completed sheets from session 3

- Review why water is a wonderful choice
- Discuss ways girls came up with to substitute water for soft drinks

Discussion Points

Why is it good to separate eating and TV watching?

- Allows conversation at meal; focuses your attention on enjoying food and dining companions
- Helps you keep track of what you are eating and how much you are eating, so you don't eat too much of the wrong things
- Protects us from junk-food advertisers
- Can keep food off the couch and carpet in TV rooms
- Any others you can think of?

How am I doing check-up?

Child version- to do as group discussion

For the following questions, please raise your hand to answer what you did last week.
(Leader should praise the girls' efforts, help them to find ways to improve.)

1. How many times did your family sit down together at home to eat a meal this past week?

- A) Three or more times
- B) Once or twice
- C) Never

2. How often did you have the TV turned off during meals at home?

- A) All the meals
- B) Some of the meals
- C) None of the meals

3. How often did you help your parents prepare the meal and clean up afterwards?

- A) All the meals
- B) Some of the meals
- C) None of the meals

4. How often did you have a fruit AND a vegetable during meals at home?

- A) All the meals
- B) Some meals
- C) None of the meals

5) How often did you have water instead of soda/pop or soft drinks during meals at home?

- A) All the meals
- B) Some meals
- C) None of the meals

6. How often did you take steps together (walking or being active) with your mom or dad?

- A) Three or more times
- B) Once or twice
- C) Never



Goal Setting:

Each girl should pick one of the six areas above to improve for next time.

What is your goal for next time?



How am I doing check-up?

Parent version- to fill out at drop-off or pick-up.

For the following questions, please raise your hand to answer what you did last week.

1. How many times did your family sit down together at home to eat a meal this past week?

- A) Three or more times
- B) Once or twice
- C) Never

2. How often did you have the TV turned off during meals at home?

- A) All the meals
- B) Some of the meals
- C) None of the meals

3. How often did you help your parents prepare the meal and clean up afterwards?

- A) All the meals
- B) Some of the meals
- C) None of the meals

4. How often did you have a fruit AND a vegetable during meals at home?

- A) All the meals
- B) Some meals
- C) None of the meals

5) How often did you have water instead of soda/pop or soft drinks during meals at home?

- A) All the meals
- B) Some meals
- C) None of the meals

6. How often did you take steps together (walking or being active) with your mom or dad?

- A) Three or more times
- B) Once or twice
- C) Never



Goal Setting:

Each parent should pick one of the six areas above to improve for next time.

What is your goal for next time?



Session 4: Active games-

Try this at home!

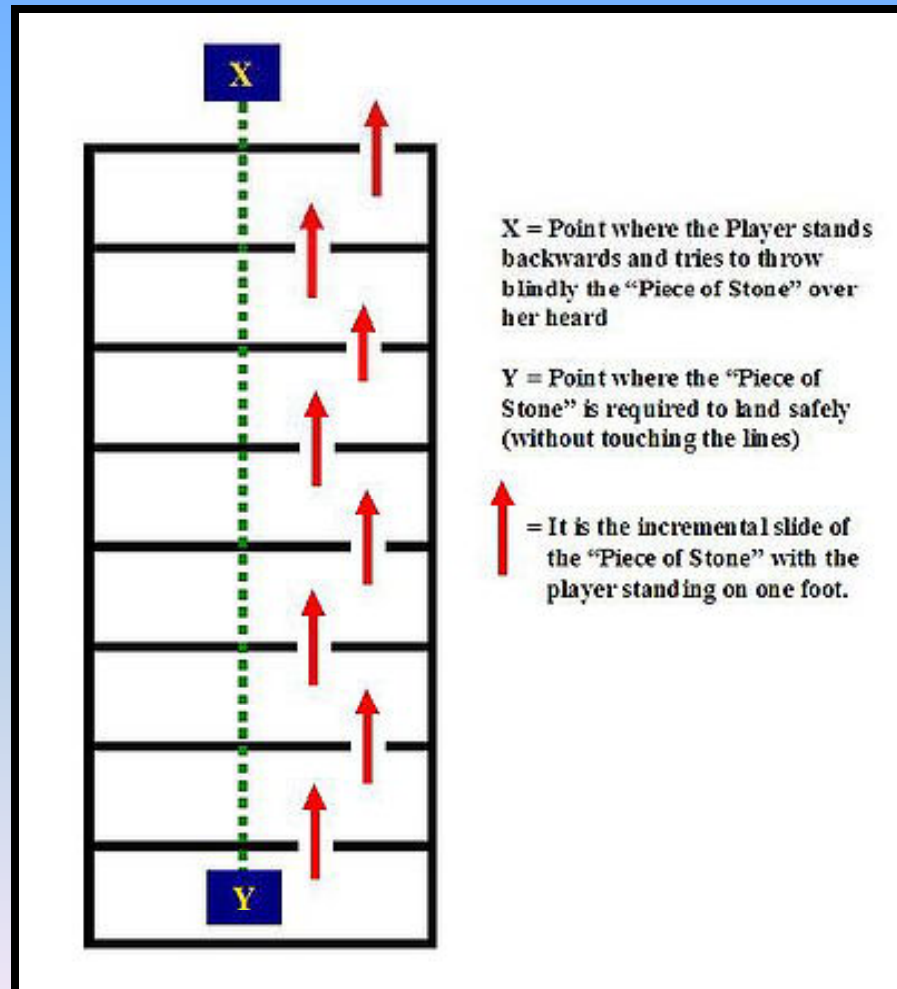


1) Toss & Hop (Chindro)

Court/Equipment

- Using sidewalk chalk, sidewalk cracks, tape, or other methods, create a playing court consisting of 5 boxes (sort of like hopscotch but looking like a big, wide ladder).
- Boxes should be about 2 to 4 feet wide, and 2 to 3 feet long. Only equipment is a stone, lid, or other small object.

Toss & Hop (Chindro)





Rules

- Two or more players will take turns, and score up to five points per turn. The highest score after five rounds of taking turns is the winner.
- Using a stone, lid, or other small object, a player stands at one end and tosses the object onto the court. The tossed object (lid) must land completely within a box on the court, not touching any lines, or the player loses her turn for that round.
- Next, the player stands next to the tossed object, balancing on one leg. Points are scored for advancing the object back toward the starting point by picking up and throwing the lid one box at a time. Player must hop forward on one leg without landing on a box line or going out of the court.

Rules

(continued)

- One point is scored for each successful advance from box to box (up to 5 points total- maximum points can be earned by throwing lid the full length of the court and successfully advancing it back to start).
- The player's turn ends when: 1) any body part other than the balancing foot touches the ground; 2) the lid does not land fully within the next box- not touching lines; 3) the player's foot does not land fully within the next box- not touching lines; 4) the lid is advanced back to the start

Modification-

Standing and hopping forward on both feet may make the game physically easier.

Session 4: Tasting the rainbow fruit & veggie design

Or substitute any fruit and vegetable snack recipe for girls to prepare and eat.

Objective:

The girls will prepare a fruit and vegetable snack and learn the benefits of eating a variety of colors of fruits and vegetables.

Time: 15-25 minutes (preparation & eating)



Optional- Have a design contest and take a picture of the best design.

Session 4: Tasting the rainbow fruit & veggie design

Materials:

- Basket of cherry tomatoes (red)
- Pound bag of baby carrots (orange)
- Two bananas (yellow)
- Two green peppers (green)
- Bunch of purple grapes &/or basket of blueberries (blue/purple)
- Paper plates & utensils if desired
- Knife & cutting board (butter knife can be used if safety is a concern)
- Cups of water



Procedure

- 1) Discuss with the troop the benefits of eating different colored fruits and vegetables. Divide girls into teams and have the girls wash and cut the foods into quarter-sized pieces or smaller.
- 2) Next, teams will arrange the foods in designs such as a rainbow pattern. Discuss with girls the colors of the fruits and vegetables being sampled, emphasizing the importance of including these in their diets.
- 3) When all designs are finished, practice family meal with good manners and asking skills, using fruit and vegetable designs as the snack, served with a cup of water.

Session 4 Assignment:

Taking Steps Together

Pass out homework sheet for girls to take home and complete.

