

Session One - Role Modeling

Core Messages

1. They learn from watching you. Eat fruits and veggies and your kids will too.
2. They take their lead from you. Eat fruits and veggies and your kids will too.

Background Information

The two role modeling messages used in Session One encourage parents to set a good example by eating fruits and vegetables themselves. Several studies have shown that children's consumption of fruits and vegetables is correlated with parents' intake.¹⁻⁴ Children are also more likely to eat new foods when they see a parent consuming them.⁵

Sources for Additional Information*

1. Cooke LJ, Wardle J, Gibson EL, Sapochnik M, Sheiham A, Lawson M. Demographic, familial and trait predictors of fruit and vegetable consumption by pre-school children. *Public Health Nutr.* 2004;7:295-302.
2. Wardle J, Carnell S, Cooke L. Parental control over feeding and children's fruit and vegetable intake: How are they related? *J Am Diet Assoc.* 2005;105:227-232.
3. Fischer JO, Mitchell DC, Smiciklas-Wright H, Birch LL. Parental influences on young girls' fruit and vegetable, micronutrient, and fat intakes. *J Am Diet Assoc.* 2002;102:58-64.
4. Cullen KW, Baranowski T, Rittenberry L, Cosart C, Herbert D, de Moor C. Child-reported family and peer influences on fruit, juice and vegetable consumption: Reliability and validity of measures. *Health Educ Res.* 2001;16:187-200.
5. Adessi E, Galloway AT, Visalberghi E, Birch LL. Specific social influences on the acceptance of novel foods in 2-5-year-old children. *Appetite.* 2005;45:264-71.

This information is adapted from the USDA website, <http://www.fns.usda.gov/fns/corenutritionmessages/default.html>

Session Overview

During this session, participants will be introduced to dialogue learning and how this course may be different from other courses they have taken. Participants will also learn the importance of role modeling and how to role model healthy eating habits for their children.

Dialogue Learning Tips

- Use open questions.
- Time management is important in maintaining learner participation and energy. After asking an open question, let participants know that you will give them a few minutes for discussion. Let them know when the discussion time is almost up, and then end the discussion at the time you had planned.

- After asking a question:
 - Wait five seconds before listening to responses. This will allow all participants time to gather their thoughts and respond.
 - Allow participants to volunteer answers. Do not call on participants.
 - Affirm participants' answers. Use their names, thank them for contributing, and tell them why you are thanking them. For example, "**Thank you for sharing Martha. I imagine most of us can relate to what you said.**"
 - Avoid praising participants' responses, (e.g., avoid saying "good" or "excellent").
- Ask follow-up questions to show you are listening to participants' responses.

Time Required for Lesson: 45 minutes

PREPARATION

Bring with you:

- Name tags (one for each participant)
- Colorful markers or pens (to write on the name tags)
- The session poster
- Copies of the participant handout
- The educator handout
- Sign-in sheets
- A watch or clock so that you can effectively manage time

Before the participants arrive:

- Display the poster for this session in the room.
- Arrange the tables and chairs so that all participants will be able to see you and each other. Make sure there is nothing (such as a desk) between you and the participants. If there is a round table in the room that will fit everyone, use that table.
- Put name tags, markers, and the sign-in sheets at the front of the room.
- Put one copy of the participant handout at each participant's seat.
- Make a name tag for yourself, and put it on your shirt where participants will be able to see it.

***These are not to be distributed to participants.**

WELCOME and OVERVIEW (10 minutes)

Start by greeting participants as they walk in the door. Greet them with a smile, and say hello. Ask them to make a name tag and take a seat.

Once everyone has arrived, tell them:

- Your name and affiliation,
- You are excited to be teaching this program,
- The purpose of this program is to discuss simple ways that they can help their children eat more fruits and vegetables,
- The program is six sessions long and you hope they will be able to join you for each of the six sessions.
- Any logistical details that they may need, such as the times, dates, and locations for the rest of the sessions.

Tell the participants that this class will be a little different from other classes they may have taken. Inform them that:

- There will be plenty of opportunities for them to discuss the course material with each other. However, they will not have to speak unless they want to. You will not call on them or in any other way require them to speak in front of the whole group.
- You will wait for five seconds after you ask a question or ask for feedback before listening to responses. This will allow them a chance to gather their thoughts.
- You want everyone to feel included. You expect that all participants will help you make everyone else feel included. If someone is late, someone else in the class should catch them up on what has happened when they arrive.

Practice following these rules:

- Tell participants that today they are going to explore how children learn from watching and copying the actions of important adults in their lives. This is especially true when it comes to eating fruits and vegetables.
- Point out the poster for this session and read it aloud.
- Tell the participants that you will work together to think about how they can be role models for the children in their lives.

LESSON (30 minutes)

Anchor (5 minutes)

Ask the participants to introduce themselves to the person sitting next to them and discuss feeding their young child. Ask them to talk about any challenges or successes they have encountered feeding their young child healthy foods.

While they are discussing, stand and wait. Don't interrupt their discussions.

Allow participants to discuss for three minutes. Just before three minutes, remind participants to finish up. Avoid going over three minutes. You don't want to lose their attention!

Bring the group back together by saying, **"Sounds like you had a lot to say! Who will share the challenges and/or successes you have had in feeding your young child healthy foods?"**

Don't ask them to share what their partner said unless their partner has said this is okay.

After someone shares, affirm their response by thanking them by name and telling them why you are thanking them.

Listen to comments from three or four participants; you do not need to hear from everyone.

If no one responds after five seconds, you can say something like, **"I hope this exercise has gotten you to start thinking about feeding young children."** Then move on to the next activity.

Add (5 minutes)

Read through the front of the handout with the participants. Ask the discussion questions on the educator handout as you go.

Point out the information about mangos on the back of the handout and the recipe for Mango Smoothies.

Apply and Away (10 minutes)

Ask participants to describe a time during the last week when they were a role model for their children. This does not have to be related to food or eating. Listen to and affirm a few participants' responses.

Ask participants to use the "Goal Setting" section on the back of the handout to write down a time during the next week when they will have a chance to role model healthy eating. Ask a few participants to share what they have written.

CLOSER (5 minutes)

Refer back to the poster and remind participants that it is important to role model healthy eating for their children.

Point out the "Practice Being a Good Role Model" section on the back of the handout and remind participants that they can be a good role model by:

- **Eating healthy foods in front of their children**
- **Sharing a variety of healthy foods with their children**
- **Talking to their children about why they eat healthy foods.**

Thank the participants for coming and tell them when and where the next session will be held. As participants leave, say goodbye to them by name. Wait to leave until all of the participants have left.

FOLLOW-UP (after the session)

Text or Email Messages

Text or email messages can be sent to your participants to reinforce the main points of this session and remind them about the next session. The table below outlines approximately when your participants will receive the messages based on the frequency of your classes.

If you have this much time between sessions	Reinforcement message 1 will be sent:	Reinforcement message 2 will be sent:	Reinforcement message 3 will be sent:	Reinforcement message 4 will be sent:	Reminder message will be sent:
One Week	Two days after the session	N/A	N/A	N/A	Five days after the session (two days before the next session)
Two Weeks	Two days after the session	Nine days after the session	N/A	N/A	Twelve days after the session (two days before the next session)
Three Weeks	Two days after the session	Nine days after the session	Seventeen days after the session	N/A	Nineteen days after the session (two days before the next session)
Four Weeks	Two days after the session	Nine days after the session	Seventeen days after the session	Twenty four days after the session	Twenty six days after the session (two days before the next session)

Enrollment message

Participants will receive this message after signing up for the text messages.

* Hi [first name]! Thanks for signing up for messages! We'll send 1-2 a week. Reply "STOP" to quit receiving text messages. Feeding 4 Healthy Eating

Sample Reinforcement Messages For Lesson 1

* Hi [first name]! Eat fruits & veggies & your kids will too. Try adding fruit to breakfast! Feeding 4 Healthy Eating (Reply "STOP" to quit receiving texts)

* Hi! At dinner tonight tell your kids how yummy & delicious you think fruits & veggies are. Feeding 4 Healthy Eating (Reply "STOP" to quit receiving texts)

* Hi! Have you tried mangos? Look for them fresh or frozen in the grocery store. Share a mango smoothie with your child today! Feeding 4 Healthy Eating

* Hi [first name]! Eating fruits & veggies for snacks shows your kids that you enjoy them. Feeding 4 Healthy Eating (Reply "STOP" to quit receiving texts)

* Hi! In the grocery store talk about why you are buying fruits and veggies and how good they taste. Feeding 4 Healthy Eating (Reply "STOP" to quit texts)

Reminder Message

* Hi! Looking forward to seeing you at the next session: [DATE, TIME, and LOCATION]. Feeding 4 Healthy Eating (Reply "STOP" to quit receiving texts)

Session One: Role Modeling Sign-In Sheet

Date: _____

As part of the **Feeding for Healthy Eating** program you can receive messages about feeding your young child.

We will send you 1–2 messages a week. These messages will give you reminders about what we talked about in class and suggestions for how to do the things that we talked about in class. We will also remind you when the next class will be held.

You can sign up for text messages or email messages.

To sign up for the text messages, **write your cell phone number below**. Only sign up for the text messages if you have an unlimited text message plan. You will be charged your standard rate for these messages.

Name: _____

Cell phone number: _____

To sign up for the email messages, **write your email address below**.

Email address: _____

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Role Modeling

Children learn from watching you.

Eat fruits and veggies and your kids will too.

One way to encourage your children to eat healthy foods is to be a role model. Show your children that you enjoy eating fruits and vegetables.

Your child is very interested in what you do. If you eat fruits and vegetables, your child will be interested in trying them.

How can I model healthy eating for my children?

Choose healthy foods when you are with your children.

- Share healthy foods with your children at meals.
- Avoid asking your child to eat a food you are not eating.
- Choose healthy snacks when your children are around.

Eat a variety of healthy foods.

- Show your children that there are many delicious, healthy foods.
- Share your excitement about trying new fruits and vegetables or try old favorites prepared in a new way.

Talk to your children about the healthy choices you make.

- In the grocery store, "We're buying fruits and vegetables today! They are good for our bodies and they taste good."
- When making dinner, "We're making fruits and vegetables tonight! I like them and they make me feel good."
- At a restaurant, "I'm looking for a meal that has some fruits and vegetables. I just don't think a meal is complete without them!"

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Try a New Food!

Mango

Mangos can be found in the produce department of most grocery stores.



Selecting Mangos: Ripe mangos feel a little soft when squeezed. Unripe mangos feel hard when squeezed.

Storing Mangos: keep ripe mangos in the refrigerator and unripe mangos at room temperature.

You can also purchase frozen mango in the freezer section of most grocery stores.

Practice Being a Good Role Model

Eat healthy foods in front of your children.

Share a variety of healthy foods with your children.

Talk to your children about why you eat healthy foods.

Bring healthy snacks to share with your children when you are running errands.

Mango Smoothie

Try this recipe with your child!

Ingredients

- 1 fresh mango or 1 cup frozen mango
- ½ cup low-fat milk
- ½ cup ice
- ¼ cup vanilla low-fat yogurt

Directions

1. Place the mango, milk, ice, and yogurt in a blender.
2. Blend until smooth.

Serves: 2

Nutritional Information per Serving

Calories: 110
Total Fat: 1g
Saturated Fat: 0.5g



Ask your child which fruit they would like to add.

Mango Makes a Great Addition to Many Meals

- Put diced mango on top of waffles or pancakes.
- Put chopped mango over grilled or sautéed pork, fish, or chicken.
- Add mango chunks to your next fruit salad.
- Make a tasty salad by tossing together chunks of mango, chopped romaine lettuce, black beans, chopped tomato, and diced red onion. Squeeze a lime over the top.

Goal Setting

What is one way you can role model healthy eating for your children during the next week?



Role Modeling

1 ANCHOR Activity
Ask participants to discuss with the person next to them:

- What challenges have you encountered in feeding your young child healthy foods?
- What successes have you had in feeding your young child healthy foods?

Allow 3 minutes for discussion.
Have a few people share their answers.

2 ADD Activity
Read through the front of the handout with the participants.

3 Discussion Question: Can you share with the group a time when your child wanted to eat what you were eating? How often does this happen? **?**

4 Discussion Question: When you are in the grocery store, what are some other ways you can talk with your children about the importance of eating healthy foods? **?**

5 Discussion Question: Have you tried introducing a new food to your children recently? How did your children react? How do you get them excited about eating new foods? **?**

Children learn from watching you.
Eat fruits and veggies and your kids will too.

1 2

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3

How can I model healthy eating for my children?

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- At a restaurant, "I'm looking for a meal that has some fruits and vegetables. I just don't think a meal is complete without them!"

4 5

6
Ask participants to look at the back of the handout. Ask who has tried mangos before and who has given their child mango. Encourage participants to try the smoothie recipe.

APPLY and AWAY Activities

1.) Ask participants to describe a time during the last week when they were a role model for their children. This does not have to be related to food or eating.

2.) Ask participants to use the "Goal Setting" section on the back of the handout to write down a time during the next week when they will have a chance to role model healthy eating.

Remind them that they can be a good role model by:

- Eating healthy foods in front of their children
- Sharing a variety of healthy foods with their children
- Talking to their children about why they eat healthy foods.

TAKE AWAY Message: It is important to role model healthy eating for your children.

Talking Points:

Parents who refuse to eat healthy foods themselves can:

- Encourage them to increase their consumption of fruits or vegetables by trying new things with their children.
- They can also role model healthy eating in other ways. Encourage them to:
 - Talk about the importance of fruits and vegetables when they are in the grocery store buying them for their children.
 - Ask other adults in the household to eat fruits and vegetables with their children.
 - Limit their consumption and purchase of unhealthy foods to times when their children are not with them.
 - Remind their children that unhealthy foods are "sometimes" foods.

Parents who say they are already good role models for their children can:

- Praise them for being a good role model. Ask them how specifically they act as a good role model. You can also ask them how their children react to the example they are setting, e.g. "Do your children like to eat the foods they see you eating?"

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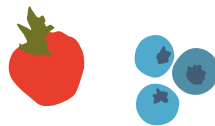
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