



HOP'N Club

Module 17: The New Stuff on the Block

BACKGROUND

To effectively improve healthy behaviors in the home environment, it is important to first assess the environment. This module helps students become aware of their home environment and discuss possible areas for improvement. One possible area for improvement is increasing PA and F/V options.

OBJECTIVES

Youth will:

1. Become aware of their home health environment.
2. Discover new physical activities and fruits/vegetables

STRATEGIES

1. Environmental scan
2. Self-assessment
3. Capacity building through active tasting experiences to improve self-efficacy and enjoyment of new

TIME NEEDED

60 minutes

- Greeting, turn in cameras (2)
- Discuss findings of home Environment (10)
- New physical activity and Discussion (35)
- Taste test activity and Discussion (13)

GETTING READY

1. Box for camera return
2. Copies of Grocery List
3. Napkins, plates, utensils for taste test
4. New foods
5. Copies of Yoga instruction and/or video

1. Greeting, turn in cameras.

2. Discussion of self-assessment in home environment. Instructor-led discussion of items found or not found in scavenger hunt. The students will suggest ways to improve their home environments.

3. Activity 1: Flexible Fun (yoga). The students will follow along with instructor (or video) performing yoga moves designed for the younger population. Discuss students' opinions on the new activity, such as their favorite moves. The students will receive an instruction sheet depicting exercises to teach family and practice at home.

4. Activity 2: Taste Test – the test you don't study for. The students will try the different fruits and vegetables offered. After tasting, they create a grocery list of their favorite fruits and vegetables to show parents.

FREQUENTLY ASKED QUESTIONS

1. Do I have to try that new food? No, you don't have to try that, but I really would like you too. You don't have to eat the whole piece, just a little taste. You never know if you like it until you try it. This could be your new favorite fruit or vegetable!
2. What if I don't like to do yoga? Today we are going try a new version of yoga. If you still don't like that version, there are many other types of new activities, and probably many that you would enjoy. Remember that a good physical activity is ANYTHING that gets you moving and breathing harder.
3. Isn't yoga like some Buddhist religion? There are many types of yoga. Yes, many yoga practices incorporate religious beliefs. However, the yoga done with HOP'N does not influence religion. It is simply stretching exercises used to increase flexibility in a very kid friendly way.
4. What country is this from? Yoga originated in India, but yoga, especially the different postures, is very popular in many countries, including the United States, because it is an activity lots of people can participate in and enjoy.

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Activity 1: Flexible Fun - Yoga

Objective:

Students will try a new physical activity- yoga. Hopefully this new physical activity will create a new enjoyment.

Materials:

- Yoga video (Yoga for Children with Vasanthi Bhat and Students)
- Yoga handout

Time:

Yoga demonstrations and practice (35)

Total: 35 minutes

Procedure:

The instructor will explain to the students that: yoga is a calm quiet activity; some positions on the video may be new and difficult; students should try their best and nothing should be painful; finally, if you do not wish to attempt a pose please don't ruin the experience for others, just sit criss-cross quietly. Students will learn different moves and participate in the stretches. Students will receive handouts to follow along and bring home to parents. Following the yoga moves, there will be a discussion about the student's views on the new physical activity.

Discussion Points:

Discuss what students liked or did not like about yoga. Allow students to discuss what other new physical activities they would like try.

Modifications:

Yoga is an activity that can be enjoyed by people with various abilities. Students with physical differences may need help modifying postures to increase their ability to participate.

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Activity 2: Taste Test – the test you don’t study for

Objective:

Students will taste a fruit and vegetable that they have never tried before. The purpose of this taste test is to expose children to new healthy food choices and hopefully begin a liking for these new foods.

Materials:

- Napkins
- Small paper plates
- Kumquats
- Mango
- Snap peas
- Uglifruit
- Toothpicks
- Copies of “My Grocery List” handout

Time:

Tasting new fruit and vegetable (5)

Discussion of new fruit, vegetable, and grocery list (8)

Total: 13 minutes

Procedure:

Students will taste the new fruits and vegetables. Student’s will receive “My Grocery List” handout and create their list. Follow-up activity discussing the taste test and grocery list favorites.

Discussion Points:

Discuss different ways the new foods can be prepared, healthy recipes that include these foods, suggested spices or dips that are commonly used with these foods. Also discuss grocery list and why children prefer some fruits and vegetables to others. Also discuss healthy ways to prepare and eat any fruit or vegetable (i.e. always wash, first try foods raw before preparing other ways).

Modifications:

The fruits and vegetables may vary based on grocery store availability.

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Introduction

1. Welcome students back to HOP’N Club. Say,

This is the seventeenth week of HOP’N Club. What is HOP’N Club? HOP’N Club is a once a week club where we focus on four healthy goals. What are the four HOP’N Goals? Be Physically Active everyday. (Great. How many minutes should we try to get at least? 60 minutes And how many minutes after school? 30) Eat fruits and vegetables at every meal or snack. Cut back on T.V. and video games. (Does that mean never watch T.V.? No, but we should try to limit our T.V. to 2 hours a day.) Drink less soda and juice drinks. (Does that mean never drink soda and juice drinks? No, but we should try to limit our soda and juice drinks to less than one glass a day.) What does HOP’N stand for? Healthy Opportunities for Physical Activity and Nutrition. Did everyone have an opportunity to find things on their house hunt list and take pictures? Please turn in your cameras. Today, we will do things you may or may not have tried before. Hopefully, you will try something new today that you will enjoy.

Flexible Fun

1. Explain yoga to the students. Say,

Yoga is a calm quiet activity; some positions on the video may be new and difficult; students should try their best and nothing should be painful; finally, if you do not wish to attempt a pose please don’t ruin the experience for others, just sit criss-cross quietly. You will learn different moves and participate in the stretches. You will receive handouts to follow along and bring home to parents.

2. Discuss what students liked or did not like about yoga. Allow students to discuss what other new physical activities they would like try.

Modifications:

Yoga is an activity that can be enjoyed by people with various abilities. Students with physical differences may need help modifying postures to increase their ability to participate.

Taste Test

1. Allow students to taste the new fruits and vegetables.

2. Handout “My Grocery List” handout.

3. Discuss different ways the new foods can be prepared, healthy recipes that include these foods, suggested spices or dips that are commonly used with these foods. Also discuss grocery list and why children prefer some fruits and vegetables to others. Also discuss healthy ways to prepare and eat any fruit or vegetable (i.e. always wash, first try foods raw before preparing other ways).

Modifications:

The fruits and vegetables may vary based on grocery store availability.

Review

1. Remind the students. Say,

I hope everyone learned something new today. Remember to share yoga with your family, and talk about other new activities you can do as a family. Also, share your shopping list with your family and talk to your family about picking up new things to try.

2. Collect nametags.