

# Fit-N-Fun Lesson Plans

## MOOOVE WITH MILK

Audience: Families with children ages 3 through 5 years

Objectives:

- Provide participants with experiences that identify the connection between strong physical activity, milk, and strong bones.
- Provide exercise experiences to encourage physical activity and energy balance among parents with their children
- Encourage participants to select an activity from the Fit WIC Activity Book to try at home.

Time: 15 minutes

Materials:

- Fit WIC Parents Guide
- Optional materials:
  - Book: Moove to Low Fat Milk
  - Music (tape/cd player & playtime favorites tape/cd)
  - Handout: Think your Drink
  - Recipe for smoothies

Lesson Plan:

1. Welcome, Introduction (1 minutes)
  - a. Introduce self and welcome participants to Fit-N-Fun Playtime!
  - b. Briefly state the purpose and length of Fit-N-Fun activity.
2. Warm Up Activity (2 minutes)
  - a. "Tell us your favorite activity or sport that you like to do" OR "Tell us your name and tell me about what different kinds of milk you have tried"
- 3 Discussion Points:(5 minutes)
  - a. "Feeling good means drinking low fat milk and doing activities together as a family. Today we are going to talk about the milk we drink then do some Fit-N-Fun Activities. Our bodies need exercise/activity as much as it needs milk!"

- b. "Think about dairy foods like milk, cheese & yogurt you and your child had today/yesterday".
  - c. "Milk, cheese & yogurt help make strong bones. Exercise/activity also makes our bones strong.
  - d. Have low fat milk with meals and play every day to build strong bones.
4. Fit-N-Fun Activity (5 minutes)
  - a. Choose from the following activities from the Fit WIC Parents Guide to conduct with caregivers & children:
    - Freeze Dancing (p. 31)
    - Milk Jug Catch (p. 33)
    - Marching Band (p.33)
    - Scarves & Ribbons (p.33)
5. Closing & Take home message (3 minutes)
  - a. Have participants choose an activity to do at home.
  - b. Give Fit-N-Fun Activity Guide and Mooove to low fat milk book to participants to take home.
  - c. Feel good by playing every day & drinking low fat milk.