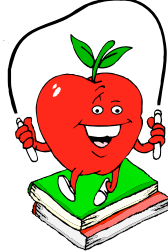


Segment 1 Slides

LFF - The Model and the Manual

Literacy, Food & Fitness

Teaching Families with Low Literacy Skills About Nutrition and Exercise Using Children's Literature



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Assisting People in Reaching their Library Goals

Why AmeriCorps and childhood obesity awareness and prevention?

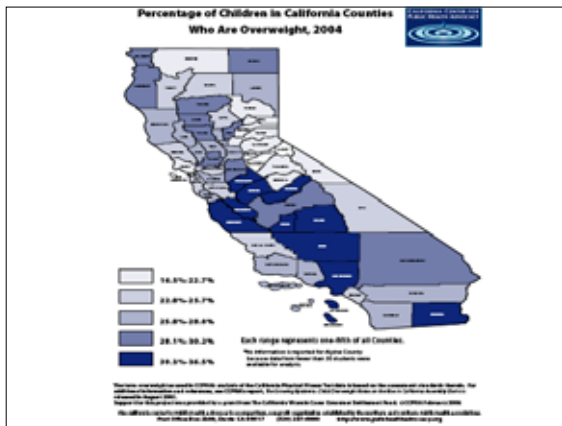
- Opportunity to address a critical need: combating the childhood obesity epidemic.
- To gain valuable experience planning, promoting and carrying out educational programs.



WHY?

- Childhood obesity has reached epidemic levels and continues to rise in California.





WHAT?



- Literacy, Food & Fitness (LFF) is a nutrition and literacy program for families.
- LFF uses a story time format to introduce nutrition and exercise concepts.

WHAT YOU'LL BE DOING



- You will be using and/or adapting these workshops in your programs.
- You will evaluate and report the results to the State Library.

WHO?

The LFF program was developed for literacy programs:

- MLLS
- FFL
- ELLI
- Libraries
- Schools
- Community centers



GOALS AND OBJECTIVES

Goals:

Families will learn about healthy eating and physical activity AND increase their interest in books and reading.



Objectives:

Families will:

- Know they should eat a variety of foods from all five food groups.
- Know they should eat more of some foods and less of others.
- Know they need physical activity each day.

Literacy, Food & Fitness Family Workshop



Place: _____
Date: _____
Time: _____

Come, bring your family & learn about healthy choices using:

- Stories
- Songs
- Games
- Snacks
- Free books!



Each Lesson Includes:

- Lesson Preview
- Background Information for the Instructor
- Reading Activity
- Music, Poetry & Finger Play Activities
- Physical Activity
- Exploratory Activity
- Craft Activity
- Coloring Activity
- Snack Activity
- Knowledge Quiz
- Parent Handout



Lesson Preview

- Summary of the lesson
- Lesson Objectives
- The Lesson's Message



Background Information for the Instructor



Reading Activity

- Each program begins with the featured story.
- Have children sit in front of you on a carpet or blanket.
- Arrange chairs behind the carpet in a semi-circle for the adults.
- Use the "Tip to Teach" as a message for parents.



Segment 2 Slides

Demonstration of the LFF Model

Music, Poetry and Finger Play Activity



Physical Activity



Find the "Tip To Teach" in each lesson directed to the adults.

Exploratory Activity

Experiential Learning

- Each lesson involves participants in experiences that require them to interact, question, reflect, and transfer what they have learned to the real world.



Craft Activity



Snack Activity



Food Safety Tips

- Everyone washes hands with soap & warm water.
- Clean and disinfect surfaces where you will be preparing food. (Mix 1 teaspoon bleach with 1 quart of water for an inexpensive disinfectant.)
- Keep cold foods a refrigerator or cooler.
- Always wash fresh fruits and vegetables, even if they will be peeled and cooked.
- Don't sneeze or cough near the food. Children with colds should be kept away from communal food.
- Use plastic knives with children. Young children need close supervision even with plastic knives.

Sample Quiz

Circle the correct answer:
1. We need calcium for:

Strong bones Curly hair Nice skin Bright eyes



2. To build strong bones I should exercise:

Once a Week Every day Once a year Once a month

Parent Handouts



Reproducible information in Spanish and English for parents to take home.

Segment 3 Slides

Read-Aloud Tips

Read Aloud Tips

- Prepare in advance.
- Preview the book with the children.
- Think about how you will read aloud.
- Ask open-ended questions about the pictures and the story.
- Look for ways to relate the story to LLF goals and objectives.



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Final Words

Have fun and call us with any comments, suggestions or questions.

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