

Nutrition Education and Breastfeeding Lessons and Accompanying Videos

To order lessons and videos use the **Texas WIC Materials Order Form** and fax to (512) 458-7446.

Lesson Code	Lesson Title – Breastfeeding Classes (BF)	Accompanying Video (if any)
BF-000-07 English/Spanish	<p><i>Breastfeeding & Working: It's Worth the Effort</i> This is a motivational group lesson and how-to lesson, talks about difficult breastfeeding situations with working or going to school and helps identify possible solutions. (This lesson and video will be deleted October 2004.)</p>	<p><i>Breastfeeding & Working It's Worth the Effort,</i> Stock no. 5466 Produced by TDH</p>
BF-000-08 English/Spanish	<p><i>Benefits of Breastfeeding</i> This is a motivation lesson and consists of discussion and a bingo game. It is for women trying to decide whether or not to breastfeed. Discusses benefits of breastfeeding. (4/95)</p>	No video
BF-000-09 English	<p><i>Giving You The Best That I Got, Baby</i> This is a motivation and information lesson that targets African American pregnant women. It uses discussion as a means to involve participants and encourages class to participation in discussion of the benefits of breastfeeding.</p>	<p><i>Giving You The Best That I Got, Baby</i> Stock no. 5955 (Order from Johns Hopkins University Maryland WIC at 410-659-2658</p>
BF-000-12 English/Spanish	<p><i>Infant Feeding Cues</i> This is a how to lesson and shows many examples of correct breastfeeding techniques,. The video was produced without narration so the instructor can narrate, pause the video and discuss each section. (2/98)</p>	<p><i>Infant Feeding Cues</i> Order directly from Markit Video at http://www.omikron.pwp.blueyonder.co.uk/markit/menu/BF8.htm</p>
BF-000-13 English/Spanish	<p><i>A Helping Hand for Breastfeeding Moms</i> This is a motivational discussion lesson for pregnant or breastfeeding moms and their families. It discusses ways family members can help support the breastfeeding mom and baby and explains why family support is important to help breastfeeding to succeed. Covers milk production process. (2/98)</p>	<p><i>Breastfeeding and The Family</i> Stock no. 6609 Produced by TDH</p>

Lesson Code	Lesson Title – Breastfeeding Classes (BF)	Accompanying Video (if any)
BF-000-14 English/Spanish	<i>The Best Investment</i> This motivational discussion and activity lesson encourages breastfeeding and explains why breastfeeding is an investment in your child's health.	No video Discussion and activity
BF-000-15 English/Spanish	<i>Teen Breastfeeding: Why Breastfeed?</i> This is a motivational and instructional lesson designed to target teens. (2/99)	Why Breastfeed Stock no. 7456 English Stock no. 7612 Spanish Injoy Productions
BF-000-16 English/Spanish	<i>Teen Breastfeeding: Starting Out Right: Positioning and Latch On</i> This how to lesson encourages pregnant teens to breastfeed and encourages postpartum teens to continue to breastfeed beyond the first few weeks, and reemphasizes positioning and latch-on information. (2/99)	<i>Starting Out Right</i> Stock no. 7613 – English Stock no. 7614 – Spanish Injoy Productions
BF-000-17 English/Spanish	<i>Teen Breastfeeding: Starting Out Right: Hunger Cues, Satiety and Engorgement</i> This how to lesson encourages pregnant teens to breastfeed and postpartum teens to continue to breastfeed beyond the first few weeks and covers hunger cues, how to tell if your baby is getting enough to eat and engorgement. (2/99)	<i>Starting Out Right</i> Stock no. 7613 English Stock 7614 Spanish Injoy Productions
BF-000-18 English/Spanish	<i>The Best Thing/EsLo Mejor</i> Motivational and instructional lesson encourages pregnant moms to breastfeed. Discussion covers benefits of breastfeeding and informs moms about who they can talk to if they have questions or concerns about breastfeeding. (5/99)	<i>The Best Thing</i> Stock no. 7438 Produced by TDH
BF-000-19 English	<i>Breast Is Best Fed -</i> This motivational and instructional lesson encourages pregnant moms to breastfeed. Discussion and instructions on how to position baby at the breast and how to achieve correct latch-on. (6/00)	<i>Learning How To Breastfeed Your Baby</i> Stock no. 7449 Johns Hopkins University, Center for Communications, at 410 659-2658

Lesson Code	Lesson Title – Breastfeeding Classes (BF)	Accompanying Video (if any)
BF-000-20 English/Spanish	<i>Breastfeeding Basics: Learning to Breastfeed</i> This motivational, how to lesson is for pregnant women and their partners. It is one of three lessons developed for use with the video. BF-000-20 covers the first 15 minutes. (11/02)	<i>Breastfeeding: The How to Video</i> Stock no. 6771 Vida Productions
BF-000-21 English/Spanish	<i>Breastfeeding Basics: Positioning and Latch On</i> This motivational, how to lesson for pregnant women and their partners. (11/02)	<i>Breastfeeding: The How To Video</i> Stock no. 6771 Vida Productions
BF-000-22 English/Spanish	<i>Men and the Breastfeeding Experience</i> This motivational and education lesson for expectant fathers may be used with the 5 minute video segment at the end of the video. (11/02)	<i>Breastfeeding: The How To Video</i> Stock no. 6771 Vida Productions
BF-000-23 English/Spanish	<i>A Mother’s Guide To Breastfeeding</i> This is a management and discussion interaction lesson. Answers concerns on how to avoid sore nipples, how to discreetly breastfeed in public, and who to call for help and information. (revised 1/04)	<i>A Mother’s Guide to Breastfeeding</i> Stock no 7128 Produced by TDH
BF-000-24 English	<i>The Breastfeeding Game</i> A discussion and motivational lesson for pregnant women. (1/00)	<i>Breastfeeding Basics: The Breastfeeding Game-Benefits</i> Stock no 7110 Injoy Productions – to reserve a copy contact TDH Audiovisual Library
BF-000-25 English	<i>Straight Talk from Breastfeeding Moms</i> This is a management lesson. This lesson encourages moms to breastfeed their babies well beyond the first few months. (1/00)	<i>Straight Talk from Breastfeeding Moms</i> Stock no. 7096 Injoy Productions - to reserve a copy contact TDH Audiovisual Library
BF-000-26 English/Spanish	<i>Valeries’ Diary</i> This motivational and instructional lesson discusses breastfeeding benefits, management and support. (9/00)	<i>Valeries’ Diary</i> Stock no. 7212 English /Spanish Stock no. 7134 English only closed captioned Injoy Productions

Lesson Code	Lesson Title – Breastfeeding Classes (BF)	Accompanying Video (if any)
BF-000-27 English/Spanish	<i>Breast is Best: Scientifically Proven Benefits of Breastfeeding</i> This motivational and instructional lesson discusses the scientifically proven benefits of breastfeeding. (9/02)	The Benefit of Breastfeeding Stock no. 7106 Eagle Productions
BF-000-28 English/Spanish	<i>Breastfeeding Rummy</i> <i>This is a motivational breastfeeding lesson for pregnant WIC participants. Participants learn the benefits of breastfeeding and how to resolve common concerns about breastfeeding while playing a card game. (9/03)</i>	No video – Card Game
BF-000-29 English/Spanish	<i>Breastfeeding and Returning to Work</i> This is a motivational lesson is appropriate for pregnant women and newly breastfeeding moms considering the continuation of breastfeeding after returning to work or school. Helps women identify tips for approaching their employer about pumping at work and activities they can do before returning to work to make it easier to continue breastfeeding. Revised 3/04	<i>Breastfeeding and Returning to Work</i> Stock no. 7106 Eagle Production
BF-000-30 English/Spanish	<i>Breastfeeding: That's the Ticket!</i> This is a motivational and instructional breastfeeding lesson for pregnant WIC participants. Gives pregnant moms useful tools and confidence to handle barriers and myths about breastfeeding and other common breastfeeding situations the mother may encounter in the hospital. 11/03	No video – Card Game

Lesson Code	Lesson Title – Child Feeding Classes(CF)	Accompanying Video (if any)
CF-000-06 English/Spanish	<i>Smart Snacking for Children</i> This lesson shows two mothers’ ways to feed children healthy snacks by interacting with their children in the kitchen and at the playground. Motivates viewers to feed their children healthy snacks by showing fun, colorful recipes. 10/95	<i>Smart Snaking for Children</i> Stock no. 5935 United Learning
CF-000-07 English/Spanish	<i>Watching Your Child’s Weight: How to Promote Healthy Weight for Your Child</i> This discussion lesson gives reasons why putting an overweight child on a diet does not work and includes things to do to help an overweight child. (7/96)	No video – discussion
CF-000-08 English/Spanish	<i>Watching Your Child’s Weight: Healthy and Tasty Cooking Demonstrations for the Family</i> This activity and discussion lesson discusses ways to cut out fat in food preparation and includes a sample low-fat pizza snack. (7/96)	No Video Activity discussion
CF-000-09 English/Spanish	<i>Watching Your Child’s Weight: How Do You Get Your Child To Eat, But Not Too Much?</i> This activity discussion lesson deals with the negative consequences of forcing a child to eat and of the amount of food served. Tips are also provided for making mealtimes enjoyable for children. (7/96)	No video – Activity discussion
CF-000-10 English/Spanish	<i>Watching Your Child’s Weight: Don’t Use Food As a Reward or Punishment</i> This discussion lesson deals with inappropriate use of food as a reward for children and how setting limits can prevent a child from becoming overweight. (7/96)	No video Discussion
CF-000-11 English/Spanish	<i>Watching Your Child’s Weight: Grocery Store Tour: Shopping for Healthy Snacks for Kids</i> This discussion and activity lesson identify foods that are healthy snacks for children. Health snacks are sampled during the lesson. (7/96)	No video Activity discussion

Lesson Code	Lesson Title – Child Feeding Classes(CF)	Accompanying Video (if any)
CF-000-12 English/Spanish	<i>Smart Snacking for Children: Food Demonstration</i> This food demonstration lesson discusses ways children can help prepare healthy snacks and includes some easy snack recipes. (10/96)	No video Food demonstration and discussion
CF-000-13 English/Spanish	<i>Feeding the Picky Eater</i> This discussion lesson helps parents understand oral toddler eating habits and identify ways they can help their toddler eat a healthy diet. (10/96)	No video Discussion
CF-000-14 English/Spanish	<i>Food for Thought</i> This discussion lesson discusses ways to prevent behavior problems at mealtime and ways to feed a picky eater. 4/97)	<i>Food for Thought</i> Stock no. 6039 United Learning
CF-000-15 English/Spanish	<i>Child Obesity: Lily Faces A Problem</i> This discussion and activity lesson illustrates the importance of healthy eating habits, physical activity, and meal planning for children. Ideas for quick and easy snacks and meals. (8/97)	<i>Child Obesity: Lily Faces A Problem</i> Stock no. 7440 United Learning
CF-000-16 English/Spanish	<i>Up to Five</i> This activity lesson identifies the benefit of keeping a child on WIC up to the age of five years. (8/98)	No video Activity lesson
CF-000-17 English/Spanish	<i>Feeding Your Child 1-3 Years</i> This lesson shares the experiences of three families in feeding their 1-3 year old toddler and covers a variety of topics that concern feeding toddlers. (8/00)	<i>Feeding Your Child 1-3 Years</i> Stock no. 7442 Produced by TDH
CF-000-18 English/Spanish	<i>A Healthy Body Suits Me: Breakfast is for Champions</i> This lesson encourages eating breakfast everyday for a better start. Discusses the benefits of eating breakfast, ideas of foods easy to eat for breakfast and making time to eat breakfast. (8/02)	<i>A Healthy Body Suits Me</i> Stock no. 7462 Produced by TDH
CF-000-19 English/Spanish	<i>A Healthy Body Suits Me: Bring the Outside In</i> This lesson discusses how regular physical activity benefit families and how it can be part of the daily routine.	<i>A Healthy Body Suits Me</i> Stock no. 7462 Produced by TDH

Lesson Code	Lesson Title – Child Feeding Classes(CF)	Accompanying Video (if any)
CF-000-20 English/Spanish	<i>Making Grocery Shopping Pleasant</i> This lesson uses discussion with parents on tips for limiting the influence of ads on their child’s demands for fast food or junk food. (11/03)	No video
Lesson Code	Lesson Title – Children’s Classes (CH)	Accompanying Video (if any)
CH-000-05 English/Spanish	<i>Chuckles and the Super Snacks</i> This lesson is for children 3-5 years old, features Chuckles the Clown. (2/92)	<i>Chuckles and the Super Snacks</i> Stock no. 4954 Produced by TDH
CH-000-06 English/Spanish	<i>Chuckles and the Happy Teeth</i> This lesson is for children 3-5 years old and teaches how to take care of their teeth. (7/92)	<i>Chuckles and the Happy Teeth</i> Stock no. 5007 Produced by TDH
CH-000-07 English/Spanish	<i>Mommy’s Milk for Mommy’s Baby</i> A children’s activity lesson talks about different kinds of mammals and how they feed their babies. This lesson teaches that each mother’s milk is best for her baby. (1997)	<i>Mommy’s Milk for Mommy’s Baby</i> Stock no. 5505 Produced by TDH
CH-000-08 English/Spanish	<i>Let’s Read! <u>Lunch</u></i> Children’s lesson is uses the book <i>Lunch</i> by Denise Fleming. encourages eating different kinds of fruits and vegetables. It promotes parents reading to their children. Each local agency will need to purchase this book. (3/97)	No video A reading lesson Purchase book <i>Lunch</i> by Denise Fleming
CH-000-09 English/Spanish	<i>Let’s Read! <u>Bread, Bread, Bread</u></i> Children’s lesson for ages 2 to 5 years old uses the book <i>Bread, Bread, Bread</i> by Ann Morris. The lesson discusses the variety of breads from different cultures. It teaches how bread is made and which other foods contain bread. This lesson encourages parents to read to their children. Each local agency will need to purchase this book.	No video A reading lesson Purchase book <i>Bread, Bread, Bread</i> by Ann Morris

Lesson Code	Lesson Title – Children’s Classes (CH)	Accompanying Video (if any)
CH-000-11 English/Spanish	<i>Let’s Read! <u>Tops & Bottoms</u></i> A children’s reading lesson and activity lesson for ages 3 years and older uses the book <u>Tops & Bottoms</u> by Janet Stevens. Children learn the name of one vegetable that grows above the ground and one that grows below ground. Each local agency will need to purchase this book. (7/99)	No video A reading lesson Purchase the book <i>Tops & Bottoms</i> by Janet Stevens
CH-000-13 English/Spanish	<i>Let’s Read! <u>D.W. The Picky Eater</u></i> A children’s reading and activity lesson for ages 3 to 5 years old is uses the book <u>D.W. The Picky Eater</u> by Marc Brown encourages children to try new foods. Each local agency will need to purchase this book.	No video A reading lesson Purchase the book <i>D.W. The Picky Eater</i> by Marc Brown
CH-000-14 English/Spanish	<i>Something Good For Babies</i> This lesson teaches children between the ages of 2 to 5 years old the importance of mother’s milk in providing good nourishment for babies. (2/01)	No video Discussion lesson
CH-000-15 English/Spanish	<i>Mammal Baby Bingo</i> A children’s bingo game. (2/04)	No video A bingo game
CH-000-16 English/Spanish	<i>Let’s Read! <u>Growing Vegetable Soup</u></i> A children’s reading lesson uses the book <u>Growing Vegetable Soup</u> by Lois Ehlert promotes eating vegetables by talking about how people grow them in gardens. (11/03)	No video A reading lesson Purchase the book <i>Growing Vegetable Soup</i> by Lois Ehlert
CH-000-17 English/Spanish	<i>Let’s Read! <u>I Know an Old Lady Who Swallowed A Pie</u></i> A children’s reading lesson uses the book <u>I Know an Old Lady Who Swallowed A Pie</u> by Alison Jackson covers portion control from a humorous angle. (11/03)	No video <i>Purchase the book ! I Know an Old Lady Who Swallowed A Pie</i> by Alison Jackson
CH-000-18 English/Spanish	<i>Let’s Read! <u>Breastmilk Makes My Tummy Yummy</u></i> This children’s reading lesson uses the book <u>Breastmilk Makes My Tummy Yummy</u> by Marc Brown discusses the baby who is breastfeeding and where babies get their food. (5/03)	No video A reading lesson Purchase the book <i>Breastmilk Makes My Tummy Yummy</i> by Marc Brown

Lesson Code	Lesson Title – Dental Health Classes (DH)	Accompanying Video (if any)
DH-000-03 English/Spanish/ Vietnamese	<i>Take Time For Teeth</i> This lesson discusses how and why parents should keep their own mouth and their baby’s mouth healthy. It demonstrates how to check the baby’s mouth for “white spots” or potential cavities, and includes information on dental check-ups, dental sealants and baby bottle tooth decay. (11/97)	<i>Take Time for Teeth</i> Stock no. 6571 Produced by TDH
DH-000-04 English/Spanish	<i>Healthy Teeth: A Guide for Parents of Preschoolers, Part A</i> This lesson identifies the causes of tooth decay and gives suggestions for healthy snacks. Part A covers dental health for children 2 years and younger. (3/99)	<i>Healthy Teeth: A Guide for Partents of Preschoolers</i> Stock no. 5253 English Stock no. 6021 Spanish Produced by TDH
DH-000-05 English/Spanish	<i>Healthy Teeth: A Guide for Parents of Preschoolers, Part B</i> This lesson covers dental health for children 3 and older, including care of the primary teeth, thumb sucking, tooth decay, and good dental habits and what to expect at a dental visit. (3/99)	<i>Healthy Teeth: A Guide for Parents of Preschoolers</i> Stock no. 5253 English Stock no. 6021 Spanish Produced by TDH

Lesson Code	Lesson Title – Food Economics Classes (FE)	Accompanying Video (if any)
FE-000-05 English/Spanish	<i>Sally Gets Her Money’s Worth: Economical Food Choices</i> This lesson discusses economical shopping tips and using unit price labels to get the best value. Two videos are available for use with this lesson. (1/98)	<i>Sally Gets Her Money’s Worth Economical Food Choices</i> Stock no. 7071 Produced by TDH or <i>Supermarket Smarts: The 5 A Day Way</i> Stock no. 7453 Boyd Products at (860) 233-5870

Lesson Code	Lesson Title – Food Group Classes (FG)	Accompanying Video (if any)
FG-000-04 English/Spanish	<i>5 A Day Bingo</i> Use the materials in the 5 A Day white notebooks (one in English and one in Spanish). (1/97)	No video Bingo Game
Lesson Code	Lesson Title – Food Safety Classes (FS)	Accompanying Video (if any)
FS-000-02 English/Spanish	<i>Kitchen Food Safety – Fight Bacteria</i> This activity lesson highlights four areas of food safety: clean, separate, cook and chill. It is important for parents to know this so they can protect their infants from food borne illness.	No video Activity lesson
Lesson Code	Lesson Title – Growth & Development Classes (GD)	Accompanying Video (if any)
GD-000-01 English/Spanish	<i>Growing Healthy Families Through Physical Activity</i> This interactive lesson encourages participants to learn about the benefits of physical activity, and to set physical activity goals for their family. (6/00)	No video Interactive lesson
GD-000-02 English/Spanish	<i>Let's Get Our Body Moving</i> This activity lesson encourages children to be active by using different animals as examples. This lesson is for children ages 1-5 years old.	No video Activity lesson
GD-000-03 English/Spanish	<i>Being Active As A Family</i> This lesson gives ideas on how to get families involved in regular physical activity and eating a healthy diet. It discusses safety tips for exercising indoors with children. 12/03	<i>Being Active As A Family</i> Stock no. 7721, closed caption, produced by United Learning

Lesson Code	Lesson Title – General Nutrition Classes (GN)	Accompanying Video (if any)
GN-000-02 English/Spanish	<i>Rise and Shine Breakfast</i> This lesson discusses the importance of making breakfast a priority. (12/94)	<i>Breakfast Lily Changes A Habit</i> Stock no. 5740 United Learning
GN-000-06 English/Spanish	<i>Grasa, No Gracias</i> This lesson shows the health benefits of lowering fat in the diet and how to make a positive change in eating habits. (4/97)	<i>Grasa, No Gracias</i> Stock no. 7072 Produced by TDH
GN-000-07 English/Spanish	<i>Small Changes, Big Differences</i> This lesson discusses low fat and high fat foods and dietary changes that can lower fat consumption. (4/97)	<i>Small Changes, Big Differences</i> Stock no 7452 Produced by TDH
GN-000-08 English/Spanish	<i>Fruits and Vegetables: Lily Bets on Five A Day</i> This lesson discusses different ways to incorporate five servings of fruits or vegetables into the daily diet. Two videos are available for use with this lesson. (2/98)	<i>Fruits and Vegetables: Lily Bets on Five A Day</i> , Stock no. 7446 or <i>Supermarket Smarts: The 5 A Day Way</i> Stock no 7453 Both by United Learning
GN-000-09 English/Spanish	<i>Milk Comparison</i> This discussion lesson examines the different types of milk and compares total calories per serving and grams of fat per serving and discusses the type of milk recommended for adults and what type is recommended for children. (2/98)	No video A discussion and activity lesson
GN-000-10 English/Spanish	<i>Food Demonstrations: Orange Froth and Frozen Chocolate Banana</i> This demonstration lesson discusses the benefits of fruits and provides discussion outlines for two separate food demonstrations. (11/98)	No video A food demonstration lesson

Lesson Code	Lesson Title – General Nutrition Classes (GN)	Accompanying Video (if any)
GN-000-11 English/Spanish	<i>Quick and Easy Vitamin A Food Demonstration: Vitamin A Salad</i> This demonstration lesson discusses those fruits and vegetables with Vitamin A and the benefits of Vitamin A. (11/98)	No video A food demonstration lesson
GN-000-12 English/Spanish	<i>A Food Guide Pyramid with Mexican Flavor</i> This lesson is primarily intended for Latinos or people of Mexican descent who are in the process of adopting new dietary practices. The video would not be appropriate for non-Latino participants or Latinos who are completely assimilated to American culture and food habits. The video would not be appropriate for WIC classes containing Latinos and non-Latinos. (2/99)	<i>A Food Guide Pyramid with Mexican Flavor</i> Stock no. 7445 University of California Extension Program
GN-000-13 English/Spanish	<i>Lily Does Lunch: Nutrition at Noon</i> This lesson discusses the importance of eating a nutritious lunch, eating 5 A Day and gives creative tips for brown bag lunches. (1/00)	<i>Lily Does Lunch: Nutrition at Noon</i> Stock no 7116 United Learning
GN-000-14 English/Spanish	<i>Have A Healthy Family</i> This lesson is the flip chart. (2/02)	No video - use <i>A Healthy Family Flip Chart</i>
GN-000-15 English/Spanish	<i>Understanding Super-Sized Portions</i> This lesson gives strategies to help families to reduce portion sizes when eating out in order to maintain a healthy weight. (5/03)	<i>Families Moving Towards Fitness</i> Stock no. 7600 Produced by TDH

Lesson Code	Lesson Title – General WIC Classes (GW)	Accompanying Video (if any)
GW-000-52 English/Spanish	<i>Shopping for WIC Approved Foods</i> A new participant learns to shop for her WIC foods and how to use the <i>Texas WIC Approved Foods</i> brochure and WIC vouchers. (5/02)	<i>Shopping for WIC Approved Foods</i> Stock no. 7114 Produced by TDH

Lesson Code	Lesson Title – Infant Feeding Classes (IF)	Accompanying Video (if any)
IF-000-09 English/Spanish	<i>Infant Feeding Bingo</i> This activity and game lesson identifies appropriate foods for infants during various months of infancy and signs of developmental readiness and appropriate feeding methods. (8/99)	No video A Bingo game
IF-000-10 English/Spanish	<i>Look Who's Eating</i> This lesson identifies the signs of developmental readiness and appropriate foods and textures for infants 4-8 month of age. (9/99)	<i>Look Who's Eating</i> Stock no. 7450 Produced by TDH
IF-000-13 English/Spanish	<i>Formula Preparation</i> This demonstration lesson illustrates proper and sanitary procedures for the preparation and storage of powdered and concentrated formulas. (5/98)	No video A demonstration lesson
IF-000-14 English/Spanish	<i>Weaning from the Bottle</i> This discussion lesson suggests key ways to help moms wean their child from the bottle and readiness signs of when to wean their child from the bottle. (1/00)	No video Activity lesson
IF-000-15 English/Spanish	<i>Feeding Your Infant 8-12 months</i> This lesson discusses developmental feeding cues that infants exhibit from 8-12 months of age and the appropriate parental responses to the feeding cues. (9/00)	<i>Feeding Your Infant 8-12 months</i> Stock no. 7441 Produced by TDH
IF-000-16 English/Spanish	<i>Baby's First Spoonful: Tips for Starting Solids</i> This lesson discusses tips for starting babies on solids and when babies are developmentally ready. (9/02)	<i>Baby's First Spoonful</i> Stock no. 7581 Lemon-Aide Films, Inc.

Lesson Code	Lesson Title – Infant Feeding Classes (IF)	Accompanying Video (if any)
*IF-000-17 English/Spanish	<i>Starting Solid Foods: An Infant Class</i> This lesson gives information about which foods to give to an infant and why. 11/03	No video Activity and discussion lesson
IF-000-18 English/Spanish	<i>Watch Me Grow</i> This lesson covers age ranges that infants start infant cereal and begin self-feeding. Parents can learn how to help their infant develop new skills during the stages that occur in their first year. (11/03)	No video Activity and discussion

Lesson Code	Lesson Title – Maternal Nutrition Classes (MN)	Accompanying Video (if any)
MN-000-07 English/Spanish	<i>A Healthy Pregnancy</i> This lesson discusses tips for having a healthy pregnancy and foods rich in nutrients is needed in higher quantities during pregnancy, the importance of avoiding alcohol, tobacco and other drugs during pregnancy. (4/97)	<i>A Healthy Pregnancy</i> Stock no. 7448 United Learning
MN-000-08 English/Spanish	<i>Pregnant and Growing: Teen Pregnancy</i> Lesson topics include recommended weight gain for pregnant teens and healthy eating during and after pregnancy. (2/99)	<i>Pregnant and Growing: Nutrition for Young Moms</i> , Stock no. 7451 United Learning
MN-000-10 English/Spanish	<i>Good Nutrition During Pregnancy</i> This lesson refers to the Food Guide Pyramid to evaluate diets and suggests by making changes in eating habits participants can improve their health. (8/02)	<i>Good Nutrition During Pregnancy</i> Stock no. 7461 Lemon Aide Films, Inc.
MN-000-11 English/Spanish	<i>Your New Baby and Your Budget</i> This discussion lesson identifies ways breastfeeding can reduce the costs associated with a new baby and the proper preparation of formula. (7/03)	No video Discussion lesson

Lesson Code	Lesson Title – Maternal Nutrition Classes (MN)	Accompanying Video (if any)
MN-000-12 English/Spanish	<i>Dental Health During Pregnancy</i> This lesson discusses the importance of healthy teeth during pregnancy. This lesson includes <i>Healthy Teeth Bingo</i> game. (10/03)	<i>Dental Health and Pregnancy/Salud dental y el embarazo y</i> , stock no. United Learning and the <i>Healthy Teeth Bingo Game</i>
MN-000-13' English/Spanish	<i>Being Active During and After Pregnancy</i> This lesson contains information on the importance of being active and having a healthy diet during pregnancy. 12/03	<i>Being Active During and After Pregnancy</i> stock no. 7475 United Learning
Lesson Code	Lesson Title – Nutrition Risk Classes (NR)	Accompanying Video (if any)
NR-000-05 English/Spanish	<i>Anemia the Silent Shadow</i> This discussion lesson addresses foods high in iron and the increase of iron absorption. (9/97)	<i>Anemia the Silent Shadow</i> Stock no. 6385 United Learning
NR-000-06 English/Spanish	<i>Stop A.S.A.P., Avoiding Substance Abuse During Pregnancy</i> This activity lesson discusses the 6 substances to avoid during pregnancy, their potential effects on an unborn child and healthy alternative for these substances. (7/98)	<i>Stop A.S.A.P., Avoiding Substance Abuse During Pregnancy</i> Stock no. 7444 United Learning
NR-000-07 English/Spanish	<i>Perils of Secondhand Smoke</i> This activity lesson suggests ways to protect children from secondhand smoke at home and outside home. (10/99)	<i>Poisoning Our Children: Substance Abuse During Pregnancy</i> Stock no. 7444 United Learning
NR-000-08 English/Spanish	<i>¿Mi Bebe Fumando?</i> This lesson discusses secondhand smoke during pregnancy, the risks and possible consequences. (10/99)	<i>¿Mi Bebe Fumando?</i> Stock no. 6111 California Dept. of Health
NR-000-10 English/Spanish	<i>Diabetes Matters to Your Family</i> This lesson teaches about diabetes in three demonstration stations. Includes basic information on gestational, type 1 and type 2 diabetes, the complications of diabetes and basic information on diabetes prevention. (1/04)	No video Activity and discussion

Lesson Code	Lesson Title – Nutrition Risk Classes (NR)	Accompanying Video (if any)
NR-000-11 English/Spanish	<i>Still Smoking: Lily Helps</i> This lesson discusses the harmful effects of smoking during pregnancy and ways to stop smoking. (5/00)	<i>Still Smoking: Lily Helps</i> Stock no. 7136 United Learning
NR-000-12 English/Spanish	<i>For Goodness Sake! Prevent Anemia</i> This lesson discussed iron-deficiency anemia, foods high in iron and foods high in vitamin C and the preparation of 4 iron-rich dishes. (8/02)	<i>For Goodness Sake! Prevent Anemia</i> Stock no. 7460 University of California Cooperative Extension
Lesson Code	Lesson Title – Nutrition Classes (NT)	Accompanying Video (if any)
NT-000-04 English/Spanish	<i>Weight: Maintaining a Healthy Balance</i> This lesson identifies ways to shop for healthier foods, cook lighter and increase the level of physical activity. (6/96)	<i>Weight Maintaining a Healthy Balance</i> Stock no. 6041 United Learning
NT-000-06 English/Spanish	<i>Folic Acid: What Every Woman Needs</i> This group lesson discusses neural tube defects, the role of folic acid in the prevention of neural tube defects, and when folic acid is most effective in prevention and the need for folic acid for all women of childbearing age. This lesson is appropriate for postpartum women. (3/02)	<i>Folic Acid: What Every Woman Needs</i> Stock no. 7382 United Learning
Lesson Code	Lesson Title – Postpartum Nutrition Classes (PN)	Accompanying Video (if any)
PN-000-03 English/Spanish	<i>Take Care of Your Baby's Best Friend: Postpartum Women</i> This discussion lesson focuses on healthy foods that can be prepared quickly and tips for a healthy lifestyle. (5/00)	No video Discussion lesson
PN-000-04 English/Spanish	<i>Be All You Can Be: Focusing on Iron and Folic Acid</i> This lesson discusses foods high in iron and folic acid and the ability of folic acid to prevent certain birth defects. (1/02)	<i>Be All You Can Be: Focusing on Iron and Folic Acid</i> Stock no. 7437 United Learning
PN-000-05 English/Spanish	<i>Nutrition After Childbirth: A Teen Lesson with Recipes</i> This lesson provides copies of recipes used in the video and uses the food guide pyramid to create a healthy meal. (6/01)	<i>Be All You Can Be: Focusing on Iron and Folic Acid</i> Stock no. 7437 United Learning

Lesson Code	Lesson Title – Postpartum Nutrition Classes (PN)	Accompanying Video (if any)
PN-000-06 English/Spanish	<i>Feeling Great Postpartum: Weight Control Strategies for New Mothers</i> This lesson is for postpartum women and discusses weight control strategies. (5/02)	No video Discussion lesson
Lesson Code	Lesson Title – Reading Book Classes (RB)	Accompanying Video (if any)
RB-000-14 English/Spanish	<i>Feed Your Child's Future</i> This lesson teaches that high iron foods and reading to your children are important for brain growth and development during childhood. (3/03)	<i>Feed Your Child's Future</i> Stock no. 7528 Produced by TDH
RB-000-15 English/Spanish	<i>Reading to Your Young Child</i> This take home lesson given out with a book and is only for those local agencies participating in the WIC Reading Initiative. Provides tips and benefits for reading to young children.	No video
Lesson Code	Lesson Title – Self-Paced Classes (SP)	Accompanying Video (if any)
SP-000-01 English/Spanish	<i>Storing Leftovers Safely</i> This self-paced lesson teaches how to store leftovers safely.	No video
SP-000-02 English/Spanish	<i>Healthy Choices to Go</i> This self-paced lesson provides tips for healthy choices when eating out.	No video
SP-000-03 English/Spanish	<i>Planning Your Meals</i> This self-paced lesson uses the food guide pyramid as a guide for meal planning.	No video
SP-000-04 English/Spanish	<i>Smart Shopping Saves Money Using Unit Price</i> This self-paced lesson discusses shopping tips including using unit price labels that can save money.	No video

Lesson Code	Lesson Title – Self-Paced Classes (SP)	Accompanying Video (if any)
SP-000-05 English/Spanish	<i>Food Guide Pyramid</i> This self-paced lesson discusses foods and key nutrients contained in each group of the food guide pyramid.	No video
SP-000-06 English/Spanish Vietnamese	<i>Helping Hand for Breastfeeding Moms</i> This self-paced lesson discusses ways family and friends can give support to a new breastfeeding mom. (8/99) (9/03 - Vietnamese)	No video
SP-000-07 English/Spanish	<i>How To Breastfeed Your Newborn</i> This how to breastfeed self-paced lesson provides tips for successfully feeding a newborn. (2/00)	No video
SP-000-08 English/Spanish	<i>Breastfeed Twin, Triplets or More</i> This self-paced lesson discusses the benefits of breastfeeding twin, triplets or more and how it helps, how to get help from family and encourages mom. (2/00)	No video
SP-000-09 English/Spanish	<i>Food Guide Pyramid for Young Children</i> This interactive self-paced lesson for parents, care-givers of children. This lesson includes a brief discussion of each food group, toddler eating behaviors and the importance of physical activity.. (8/01)	No video
SP-000-10 English/Spanish	<i>WIC Approved Foods, Using the Shopping Guide</i> This self-paced lesson for new WIC participants teaches how to use the Texas WIC Approved Foods Shopping Guide to shop for WIC foods. Discusses the important nutrients contained in each item of the food package. (8/01)	No video
SP-000-11 English/Spanish	<i>Weaning From the Breast</i> This self-paced lesson discusses three ways a breastfeeding mom can wean her baby from the breast. (1/02)	No video

Lesson Code	Lesson Title – Self-Paced Classes (SP)	Accompanying Video (if any)
SP-000-12 English/Spanish	<i>Eat To Feel Healthy and Lose Weight</i> This self-paced lesson discusses eating to feel healthy and to lose weight. Discusses being overweight and encourages to set a goal for a reasonable weight and steps to take to accomplish this goal. (6/02)	No video
SP-000-13 English/Spanish	<i>Get Moving, Feel Great, Lose Weight</i> This self-paced lesson encourages making a change in a family’s health. Being active means feeling great! This lesson gives examples of activities for the family. (6/02)	No video
SP-000-14 English/Spanish	<i>How Will You Feed Your New Baby</i> This self-paced lesson is a motivational lesson targeting teens but can be used for any mom. Gives information why breastfeeding is better than formula feeding. This lesson will educate moms and allows her to decide how to feed her baby. (4/03)	No video
SP-000-16 English/Spanish	<i>You and Your Children Can Be Media Smart</i> This self-paced lesson covers the sources of advertising to children. Parents learn ways to limit advertising’s influence on their children.	No video

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