

2007 Nutrition Education and Breastfeeding Lessons and Accompanying Videos

Revised 5-18-07

Lesson Code	Lesson Title – Breastfeeding Classes (BF)	Accompanying Video (if any)
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. (4/95)</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.couk/markit/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. (7/98)	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-000-18 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-000-23 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-000-27 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> 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)	No video – Card Game

Lesson Code	Lesson Title – Breastfeeding Classes (BF)	Accompanying Video (if any)
BF-000-29 English/Spanish	<p><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)</p>	<p><i>Breastfeeding and Returning to Work</i> Stock no. 7718 Eagle Production</p>
BF-000-30 English/Spanish	<p><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)</p>	<p>No video – Card Game</p>
BF-000-31 English/Spanish	<p><i>To Baby With Love: Overcoming Breastfeeding Barriers</i> This lesson is motivational and would be most appropriate for pregnant women, expecting fathers, and other family or friends of the pregnant participant. It covers many of the common barriers to breastfeeding such as pain, embarrassment, and lack of support from family and friends. (4/04)</p>	<p><i>To Baby With Love: Overcoming Breastfeeding Barriers</i>, VHS and DVD stock no. 7781, Produced by TDH</p>
BF-000-32 English/Spanish	<p><i>How to Get Breastfeeding Off to a Good Start</i> This lesson is intended for pregnant participants, expecting fathers, and other family or friends of the pregnant participant. It is designed to educate participants on techniques for successful breastfeeding and covers benefits, positioning and latch-on, early breastfeeding management and who and when to call for help. (10/04)</p>	<p><i>Valeries' Diary</i> Stock no. 7212 English /Spanish Stock no. 7134 English only closed captioned Injoy Productions</p>
BF-000-33 English/Spanish	<p><i>A Mother's Gift</i> This lesson addresses the emotional benefits of breastfeeding <i>and is appropriate for pregnant participants as well as the father of the baby and any other family members or friends.</i></p>	<p>A Mother's Gift Stock no. 7807 English/Spanish</p>

Lesson Code	Lesson Title – Breastfeeding Classes (BF)	Accompanying Video (if any)
BF-000-34 English/Spanish	<i>The Comfortable Latch: A Guide to Successful Breastfeeding</i> This instructional lesson introduces pregnant and breastfeeding women to the technique of chin-led and nipple self-assessment. It also covers infant hunger and satiety cues and how to tell if the breastfed baby is getting enough to eat. (8/06)	<i>The Comfortable Latch: A Guide to Successful Breastfeeding</i> , stock no DV0044, or VHS 7866 Produced by DSHS
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-000-08 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

Lesson Code	Lesson Title – Child Feeding Classes (CF)	Accompanying Video (if any)
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
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-000-17 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. (8/02)	<i>A Healthy Body Suits Me</i> Stock no. 7462 Produced by TDH
CF-000-20 English/Spanish	<i>Making Grocery Shopping Pleasant</i> This lesson uses discussion with parents to cover 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 – Child Feeding Classes (CF)	Accompanying Video (if any)
CF-000-21 English/Spanish	<i>Healthy Drinks for Healthy Kids</i> This lesson is for moms and older children to do together in class. It covers avoiding sodas and other sweet drinks, and encourages children to have water instead. It discusses the amount of juice and milk to have each day. It includes a coloring sheet for the children to take home.	No video
CF-000-22 English/Spanish	<i>Tips for Making Family Life Easier</i> <i>This lesson identifies the advantages for eating meals together as a family and how to handle their children's requests for chips, sodas and sweets by cutting back on TV advertising.</i>	No video Discussion/Activity
CF-000-23 English/Spanish	<i>I'm Not a Baby Anymore: Tips for Feeding Toddlers</i> The lesson explores common toddler feeding behaviors. Common sense advice is provided to parents to deal with the challenging situations related to feeding a toddler. This class is appropriate for parents of children, especially children 12-24 months. The video covers healthy food choices, mealtime tips, introducing new foods, and beverage choices. 11/06	<i>I'm Not a Baby Anymore: Tips for Feeding Toddlers</i> Stock # DV0101 Produced by Lemon-Aid Films, Inc.
Lesson Code	Lesson Title – Children's Classes (CH)	Accompanying Video (if any)
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

Lesson Code	Lesson Title – Children’s Classes (CH)	Accompanying Video (if any)
CH-000-09 English/Spanish	<p><i>Let’s Read! <u>Bread, Bread, Bread</u></i> Children’s lesson for ages 2 to 5 years old uses the book <u><i>Bread, Bread, Bread</i></u> 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.</p>	<p>No video A reading lesson Purchase book <i>Bread, Bread, Bread</i> by Ann Morris</p>
CH-000-10 English/Spanish	<p><i>Let’s Read! <u>Eating the Alphabet: Fruits and Vegetables from A to Z</u></i> A children’s reading lesson and activity lesson for ages 2 years and older uses the book <i>Eating the Alphabet: Fruits and Vegetables from A to Z</i>, by Lois Ehlert. Children will learn about the variety of fruits and vegetables. Each local agency will need to purchase this book. (3/97)</p>	<p>No video A reading lesson Purchase the book <i>Eating the Alphabet: Fruits and Vegetables from A to Z</i> by Lois Ehlert</p>
CH-000-11 English/Spanish	<p><i>Let’s Read! <u>Tops and Bottoms</u></i> Children’s reading and activity lesson for ages 3 years and older using the book <i>Tops & Bottoms</i>. 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 the book. (7/99)</p>	<p>No video A reading lesson Purchase the book by Janet Stevens</p>
CH-000-12 English/Spanish	<p><i>Let’s Read! <u>Oliver’s Vegetables/Los Vegetables de Oliver</u></i> A children’s reading and activity lesson for ages 3 to 5 years old uses the book <i>Oliver’s Vegetables</i> by Vivian French. Children will experience new vegetables by sight, touch and taste. (6/99)</p>	<p>No video A reading lesson Purchase the book <i>Oliver’s Vegetables</i> by Vivian French</p>
CH-000-13 English/Spanish	<p><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><i>D.W. The Picky Eater</i></u> by Marc Brown encourages children to try new foods. Each local agency will need to purchase this book.</p>	<p>No video A reading lesson Purchase the book <i>D.W. The Picky Eater</i> by Marc Brown</p>

Lesson Code	Lesson Title – Children’s Classes (CH)	Accompanying Video (if any)
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 <i>Growing Vegetable Soup</i> 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 <i>I Know an Old Lady Who Swallowed A Pie</i> 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 <i>Breastmilk Makes My Tummy Yummy</i> 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
CH-000-19 English/Spanish	<i>Let’s Read! <u>We Like to Nurse</u></i> This lesson teaches children that mommies nurse their babies just like animals nurse their young. It is appropriate for ages 2,3, and 4 and can be used as a children’s nutrition class, or activity for children.	No video A reading lesson Purchase the book <i>We Like to Nurse</i> by Chia Martin

Lesson Code	Lesson Title – Children’s Classes (CH)	Accompanying Video (if any)
CH-000-20 English/Spanish	<i>Mealtime is Family Time: Mealtime Matters</i> This is a discussion lesson parents learn about the division of responsibility as a parenting technique to avoid common mealtime struggles such as picky eaters and food jags. The lesson includes sample situations to reinforce the messages in the lesson and encourages staff to develop additional sample situations.	No video Discussion
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
DH-000-06 English/Spanish	<i>Nothing But the Tooth</i> This lesson helps participants to identify the key factor to maintaining good oral health and how to begin oral hygiene for infants. (5/07)	<i>Nothing But the Tooth,</i> Stock no. DV0058 Produced by DSHS

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
FG-000-06 English/Spanish	<i>MyPyramid: Simple Steps for Healthy Living</i> This activity lesson helps participants to explore the different food groups in the video and discover simple steps to incorporate the <i>MyPyramid Food Guidelines</i> into their daily lives.	My Pyramid: Simple Steps for Healthy Living , stock no. DV 0039 Produced to DSHS
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. (12/98)	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

Lesson Code	Lesson Title – Growth & Development Classes (GD)	Accompanying Video (if any)
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 (7/00)	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)	11/05
GD-000-04 English/Spanish	<i>Get Active at Home with Zowzoo</i> <i>This lesson accompanies a take-home activity video to encourage children to increase their physical activity at home. Zowzoo works best for families with children ages 3 to 5. (7/05)</i>	Get Active at Home with Zowzoo Stock no VC7820 Stock no. DV7819
GD-000-05 English/Spanish	<i>Get Active in class with Zowzoo</i> This physical activity lesson for children features Zowzoo a loveable creature who has forgotten how to play. This lesson and video are geared toward children ages 3-5. (10/05)	Zowzoo Children's Physical Activity Video Stock no VC7820 Stock no. DV7819
GD-000-06 English/Spanish	<i>Fit Families, Effortless Exercise</i> Lesson and video provide participants with strategies for incorporating physical activity into their daily routines, and identify activities that their family members can do together (9/06)	<i>Fit Families, Effortless Exercise</i> Video Stock no. DV0007 Produced by DSHS
Lesson Code	Lesson Title – General Nutrition Classes (GN)	Accompanying Video (if any)
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 Only	<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

Lesson Code	Lesson Title – General Nutrition Classes (GN)	Accompanying Video (if any)
GN-000-08 English/Spanish	<i>Fruits and Vegetables: Lily Bets on Five A Day</i> 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)	Fruits and Vegetables: Lily Bets on Five a Day Stock no 7446 United Learning Or Supermarket Smarts: The 5 A Day Way Stock no 7453 Boyd Products
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 an 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
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-000-13 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-000-15 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 Nutrition Classes (GN)	Accompanying Video (if any)
GN-000-16 English/Spanish	<i>Fit Families, Portion Awareness</i> Lesson and video discuss practical tips for controlling portion sizes. Lesson contains several hands-on portion demonstrations. (10/06)	<i>Fit Families</i> Stock no DV0007 Produced by DSHS
GN-000-17 English/Spanish	<i>Fit Families, Smart Snacking</i> Lesson and video help busy families learn how to pick smart healthy snacks and o-the-go snacks. (10/06)	<i>Fit Families, Smart Snacking</i> Stock no. DV0007 Produced by DSHS
GN-000-18 English/Spanish	<i>Fit Families, Grocery Shopping</i> Lesson and video provide smart, helping grocery shopping habits, including, preparing before shopping, comparing food labels, and dealing with children. (10/06)	<i>Fit Families, Grocery Shopping</i> Stock no. DV0007 Produced by DSHS
GN-000-19 English/Spanish	<i>Let's Get Cooking with Fruits</i> This lesson includes a class discussion and a cooking video that shows participants how to prepare a banana bread recipe and a fruit crisp recipe. Participants will discuss ideas for using fruits as ingredients in recipes as well as tips for cooking with kids. Also they'll learn basic tips for making healthier baked goods. (11/06)	<i>Let's Get Cooking!,</i> <i>stock no. DV0037</i> Produced by DSHS
GN-000-20 English/Spanish	<i>Let's Get Cooking with Vegetables</i> This lesson includes a class discussion and a cooking video that features two recipe demonstrations - a broccoli recipe and a zucchini recipe. Participants will learn basic cooking and nutrition tips, as well as guidelines for choosing, storing, and using these vegetables. (11/06)	<i>Let's Get Cooking!</i> <i>stock no. DV0037</i> Produced by DSHS

Lesson Code	Lesson Title – General WIC	Accompanying Video (if any)
GW-000-06	<i>Your New WIC Lone Star Smart card</i>	Introducing the New WIC Lone Star Card stock no 7779

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
IF-000-19 English/Spanish	<i>Tips for Promoting a Healthy Weight During Infancy</i> A participant lead discussion lesson about establishing healthy feeding practices in infancy. Best for 0-6 month old class but could be used for infants at any age. (2/07)	No video 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, Stock no. 7451</i> United Learning
MN-000-09 English/Spanish	<i>New Baby Care: Keep Your Baby Healthy and Happy</i> Lesson discusses practical information on how to feed, comfort, and bathe a new baby and includes information on infant health and safety, should be used in the last trimester of pregnancy. (6/01)	<i>New Baby Care: Keeping Yyour Baby Healthy and Happy</i> Stock no. 7370 Film Ideas In.

Lesson Code	Lesson Title – Maternal Nutrition Classes (MN)	Accompanying Video (if any)
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
MN-000-12 English/Spanish	<i>Dental Health During Pregnancy</i> This lesson discusses the importance of healthy teeth during pregnancy. This lesson includes Healthy Teeth Bingo game. (10/03)	<i>Dental Health and Pregnancy</i> , stock no. 7476 United Learning <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
MN-000-14 English/Spanish	<i>Keen Eye on the Small Fry</i> This lesson focuses on healthy food choices and weight gain during pregnancy.(4/06)	<i>Keen Eye on the Small Fry</i> Video Stock no. DV0098 Stock no. VHS 7873 Produced by DSHS
Lesson Code	Lesson Title – Nutrition Risk Classes (NR)	Accompanying Video (if any)
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
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

Lesson Code	Lesson Title – Nutrition Risk Classes (NR)	Accompanying Video (if any)
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
NR-000-13 English/Spanish	<i>Fad Diets</i> <i>This lesson discusses fad diets, how to recognize the red flags of fad diets and how to set realistic goals for better health. (2/05)</i>	No video Activity/discussion lesson
NR-000-14 English/Spanish	<i>When Christina Got Smart</i> A skit on diabetes and heart disease prevention. (11/05)	No video A skit
NR-000-15 English/Spanish	<i>What's So Big About Portion Size?</i> This lesson can be used as a general class. It has an activity in which mothers and children make bags to take home which are 1/4, 1/2 and 1 cup portion sizes. The class also looks at two portion sizes for different foods. The clients guess the calories in each portion. There is also a handout that shows standard portions for adults and children. (7/06)	No Video Activity/Discussion
Lesson Code	Lesson Title – Nutrition Classes (NT)	Accompanying Video (if any)
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 – Bulletin Board (PB)	Accompanying Video (if any)
PB-000-01 English/Spanish	<p><i>Calci-yum Bulletin Board Interactive</i> lesson 11/05 Contains all bulletin-board pieces, directions, and lesson materials. Two other packages hold recipes on the bulletin board. To replace only part of the bulletin board-interactive lesson, order only the package you need. <i>Borders</i>, stock no. 13-06-12053 –, <i>Recipe Sheet No. 1</i>, stock no 13-06-12045, and <i>Recipe Sheet No. 2</i>, stock no. 13-06-12055. All of the 8.5 X 11 sheets which are used with this bulletin board can be printed from the WIC website: http://www.dshs.state.tx.us/wichd. Click on Nutrition, then click on lesson plans, and finally click on self paced lessons.7/05</p> <p>Borders, Stock no 13-06-12253. The borders show pictures of fruits and vegetables on a yellow background. Recipe Sheets, stock no English 13-06-12254 and Spanish 13-06-12254A. Each recipe sheet set has sixteen recipes for fruits and vegetables.</p>	Bulletin Board No video
PB-000-02 English/Spanish	<p><i>Add a Little Color to Your Life: Portion Sizes</i> The bulletin board covers information on eating fruits and vegetables, vitamins and phytochemicals. A very limited number of the bulletin board materials, including everything but the borders and recipe sheets can be ordered using stock number 13-06-12252. All of the 8.5 X 11 sheets which are used with this bulletin board can be printed from the WIC website: http://www.dshs.state.tx.us/wichd. Click on Nutrition, then click on lesson plans, and finally click on self paced lessons. Borders for the bulletin board can be ordered separately. Recipe sheets can be ordered from the WIC warehouse in bulk.</p>	Bulletin Board No video
PB-000-03 English/Spanish	<p><i>Help Yourself to Smaller Helpings- Bulletin Board</i> The bulletin board shows normal and super sized portions. All of the 8.5 X 11 sheets are to be used with this bulletin board and can be printed from the WIC website: http://www.dshs.state.tx.us/wichd. Click on Nutrition, then click on lesson plans, and finally click on self paced lessons. Borders for the bulletin board can be ordered separately. 11/05</p>	Bulletin Board No video

Lesson Code	Lesson Title – Bulletin Board (PB)	Accompanying Video (if any)
PB-000-04 English/Spanish	<p><i>Beautiful Teeth, Beautiful Smile- Bulletin Board</i> All of the 8.5 X 11 sheets are used with this bulletin board can be printed from the WIC website: http://www.dshs.state.tx.us/wichd. Click on Nutrition, then click on lesson plans, and finally click on self paced lessons. Borders for the bulletin board can be ordered separately. 11/05</p>	Bulletin Board No video
PB-000-05 English/Spanish	<p><i>Child's Play Bulletin Board or Self-Paced Interactive Lesson</i> Stock no. 13-06-12365 English/Spanish - This bulletin board provides information on the importance of activity in children's lives. This packet of materials has the title of the bulletin board in English and Spanish, English and Spanish posters with information on the role of exercise in child development, six pictures of children exercising and the cover poster for an envelope containing handouts for the bulletin board.</p> <p>Child's play client questionnaire/handout in English and Spanish Stock no. 13-06-12365-13 and 13-06-12365-13a - This handout is required if you are using the bulletin board as a self-paced lesson. The handouts are in packets of 50. Order your English and Spanish handout packets separately.</p> <p>Borders Stock no. 13-06-13366 - Borders for the bulletin board are ordered separately. The borders are gold with black figures of children doing a variety of physical activities. There are six horizontal borders and four vertical borders in each packet.</p>	None
PB-000-06 English/Spanish	<p><i>Breastfeeding..because your baby deserves the very best</i> Bulletin Board and Interactive Lesson Stock no. 13-06-12408 The bulletin board lists advantages of breastfeeding for mothers and infants. The packet contains pictures and posters with text for the bulletin board, a handout/client questionnaire, a sample layout sheet, staff and client surveys and a cover sheet.</p> <p>All of the 8.5 X 11 sheets which are used with the bulletin board can be printed from the WIC website: http://www.dshs.state.tx.us/wichd. Click on Nutrition, the click on lesson plans and finally click on the self-paced lessons. Borders for the bulletin board can be ordered separately. Borders, Stock no. 13-06-12409 - Six horizontal and four vertical borders in pink, blue, yellow and green. The borders show baby shoes, rattles, safety pins and toys.</p>	None

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
PN-000-07 English/Spanish	<i>What Can I do Besides Eat?</i> This self-paced lesson gives postpartum women the chance to examine some of their emotional reasons for eating. (3/05)	No video
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
Lesson Code	Lesson Title – Self-Paced Classes (SP)	Accompanying Video (if any)
SP-000-01 English/Spanish	<i>Storing Leftovers Safety</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-000-06 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-000-11 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
SP-000-12 English/Spanish	<i>Eat To Feel Healthy and Lose Weight</i> This self-paced lesson is for postpartum women only – 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

Lesson Code	Lesson Title – Self-Paced Classes (SP)	Accompanying Video (if any)
SP-000-15 English/Spanish	<i>Your Baby's Beautiful Teeth</i> This self-paced lesson is for the mothers of infants. It covers the importance of weaning from the bottle, limiting the use of sippy cups, cleaning a baby's teeth, when to go to the dentist and other important steps on caring for an older infant's teeth.	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. (1/04)	No video
SP-000-18 English/Spanish	<i>Growing Up from a Baby to a Toddler</i> The self-paced lesson is for the mothers of older infants. The lesson discusses an infant or toddler's aversion to new foods, handling their messy eating, food jags, the decrease in appetite at a year and other issues around feeding children as they start to eat.	No video
SP-000-19 English/Spanish	<i>Introducing Finger Foods to your Child</i> The lesson is for the mothers of older infants. It covers the developmental signs of readiness for self-feeding, foods to give the baby and has a recipe for vegetables for self-feeding.	No video
SP-000-20 English/Spanish	<i>Weaning Your Baby from the Bottle for Healthy Teeth and Healthy Diet.</i> This lesson is for mothers of older infants. The lesson has tips on weaning babies, when to do it and why it is important.	No video
SP-000-23 English/Spanish	<i>Cut Back on Screen Time</i> <i>This lesson informs mothers of children about why and how to limit the screen time their children have each day. 7/05</i>	No video
SP-000-24 English/Spanish	<i>To Baby With Love: Overcoming Breastfeeding Barriers</i> This self-paced take-home lesson covers common concerns many women have about breastfeeding and the importance of supportive family and friends. 11/06	<i>Overcoming Breastfeeding Barriers</i> Stock No. DV 0057 Produced by DSHS

Lesson Code	Lesson Title – Self-Paced Classes (SP)	Accompanying Video (if any)
SP-000-25 English/Spanish	<i>The Comfortable Latch</i> This lesson is designed to complete with family and friends and teaches techniques of chin-led latch and nipple self-assessment, how to recognize infant hunger and satiety cues, and how to tell if the breastfed baby is getting enough to eat. 2/07	<i>To Baby With Love/The Comfortable Latch</i> combo DVD Stock no. DV 0057 Produced by DSHS
SP-000-26 English/Spanish	<i>How Does Secondhand smoke affect my family?</i> This self-paced lesson is for all participants. The lesson discusses the risks of exposure to secondhand smoke for children, infants, and pregnant women and gives suggestions on how to reduce the exposure to secondhand smoke. 2/07	No video
Lesson Code	Lesson Title – Web Lessons (WL)	Accompanying Video (if any)
WL-000-01 English/Spanish	<i>Kitchen Food Safety</i> This web lesson covers the four area of food safety: clean, separate, cook, and chill. It also includes new information on food to avoid with young children and during pregnancy.	No video Lesson online at www.texaswic.org
WL-000-02 English/Spanish	<i>Smart Snacks for Children</i> This web lesson gives parents ideas on healthy snacks for their children. It includes snack ideas, ways to involve children in preparing snacks and how to avoid choking.	No video Lesson online at www.texaswic.org
WL-000-03 English/Spanish	<i>Physical Activity and Your Young Child</i> This web lesson highlights why active play is important for your children. Includes active play ideas that are developmentally appropriate for young children.	No Video Lesson online at www.texaswic.org

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