Welcome to the Zobey Space Party Adventure Self-Paced Lesson

Instructions

1. Watch the Zobey Space Party Adventure video at home with your child. View the video online, or on the DVD provided by your WIC Clinic. Dance and have fun with your child!

2. Read the information.

3. Answer the questions.

4. Take this form back to your WIC clinic for class credit.
You can help your child be a food adventurer like Zobey and friends! Here’s how:

- Be a food adventurer yourself and show your child that food is fun and tastes good. 
  You are your child’s best role model.
- Choose and prepare different kinds of food with your child. Let your child help. 
  Make preparing food adventurous!
- Read books about food to your child. Here are examples of books about healthy foods:
  o Toby and Luna by Texas WIC - (ask for one at your WIC clinic!)
  o Eating the Alphabet by Lois Ehlert (find it at your local library)
  o The Very Hungry Caterpillar by Eric Carle (find it at your local library)
- Sit down together to eat family meals. Turn off phones, TV and games. Make meals a time 
  to eat together and enjoy each other.
- Don’t stress! If your child won’t eat something, encourage but don’t force.

Please answer the following questions about this lesson:

1. I can help my child be a food adventurer by:

2. One meal I can enjoy with my family this week is:

3. One activity I plan to do with my child this week is:
Self-Paced Lesson Survey
Zobey Space Party

Parents, please answer the following questions about your child under 5 who watched the Zobey video.

1. How old is your child? _______

2. My child is a (circle one): Boy Girl

3. My child watched Zobey Space Party:
   □ 1 time
   □ 2-4 times
   □ 5-9 times
   □ 10+ times

4. Has your child ever asked to try a new food after watching Zobey (check all that apply)?
   □ Apple  □ Carrot  □ Yogurt
   □ Watermelon □ Beans  □ Mango
   □ Other: ____________________

5. What was your child’s favorite part of the Zobey video?
   ____________________________________________
   ____________________________________________

6. What is one suggestion you have to improve Zobey videos?
   ____________________________________________
   ____________________________________________
   ____________________________________________

7. Compared to other children’s programs your child watches, circle the number of stars you and your child would give this program.
   ★ ★ ★ ★ ★ ★ ★

Thank you
from Zobey and friends!

Visit our website at TexasWIC.org.