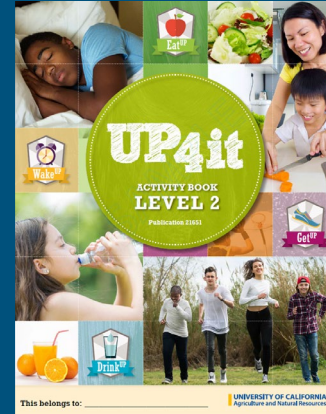


UP4it

Level 2

Marcel Horowitz
Christie Hedrick



Main Objectives



Wake Up

Sleep 10 hours at night to feel just right.



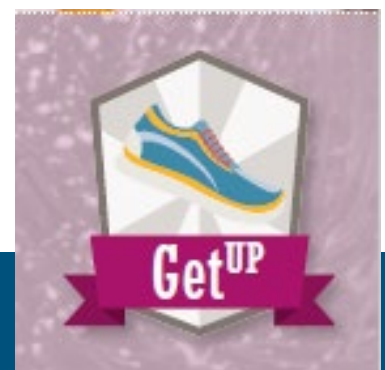
Eat Up

Select the right food for a better mood.



Drink Up

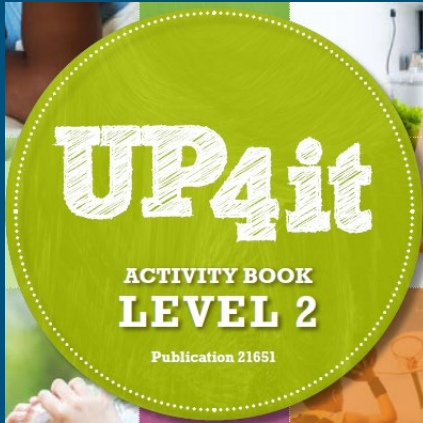
Choose water first for thirst.



Get Up

Move and play at least an hour a day.

Agenda



- Overview
 - Activity Practice
 - Break
 - Activity Practice
 - Evaluation
 - Next Steps
-

Quizizz Question



How do you feel about using UP4it?

- Great
- Good
- Uncertain
- Nervous

Knowledge

KNOWING

REMEMBER



KNOWING

REME



UP4it Plate

Extras:

Sweetened beverage,
treat, candy,
dressing, spread,
or sauce



Water:

Tap, bottled, filtered,
carbonated, or sparkling



Dairy*:

Milk product from a
cow, goat, or sheep
* soy, almond and
rice milks



Whole Grains:

Dried grass seed, often
ground up into flour and
baked or boiled.

Fruits and Vegetables:

Plant leaf
Plant stem
Plant root
Plant flower
Plant fruit

Protein Foods:

Land animal
Water animal
Plant seed
(nut, bean)
Egg

ISBN 978-1-601 07-966-7



9 781601 079667 >

Reflection and Goals

B Reflection

1. When you're extremely hungry, it is hard to think clearly and you can feel grumpy. Think back to a time when you were extremely hungry. Why did you wait to eat until you were that hungry? _____
2. When you're extremely hungry, it is hard to eat slowly and check in with your body's level of fullness. Think back to a time when you were extremely hungry at the start of your meal. How did that effect how much you ate? _____

C Goal

3. What is your most common reason for skipping a meal or snack?

- ☐ I was not hungry in the morning for breakfast.

Maybe you are eating too much, or too late, the night before. Food can stay in your stomach while you sleep. If you wake up and are not hungry within 1 hour, try eating a smaller meal at night. People who skip breakfast usually don't perform as well in school.

What will you do? _____

- ☐ I didn't have time for lunch because I was too busy.

A quick sandwich meal can take less than 5 minutes to eat. If you skip eating, you won't have enough energy to make it through your afternoon activities. You will also become really hungry later, which may cause you to overeat at dinner. Then you will create a cycle of eating that does not help your body be its best.

What will you do? _____

- ☐ I didn't remember to bring a snack.

Forcing your brain to go 6 or more hours without fuel can make you grumpy! It is best to eat a snack or meal every 3–4 hours to keep up your energy level. Keep some trail mix, dried fruit, whole grain crackers, or other easy-to-carry foods in your backpack so you can prevent your body from becoming too hungry and weak.

What will you do? _____

- ☐ I didn't have food at home.

If you don't have enough food, there are organizations that will help supply food or money for grocery shopping. Also, most schools offer free lunches. Talk to your teacher, or an adult can call the national Supplemental Nutrition Assistance Program (SNAP) at 1-800-221-5689 to learn more.

What will you do? _____



Quizizz Question



What 21st Century Skill do you wish you would have learned more in school?

- Collaboration
- Critical Thinking
 - Creativity
- Communication

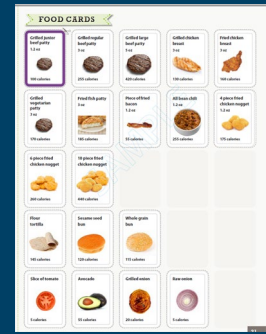
Take yourself into a new room!

Activity #1

How is food categorized?

Supplies:

- Activity Book (page 4)
- Food Cards (pages 33-36)
- Color markers, crayons, or pencils
- Scissors



Reading Techniques

Partner

Choral

Silent

Cloze



[https://ucanr.edu/sites/up4it/UP4it some training/](https://ucanr.edu/sites/up4it/UP4it%20some%20training/)

Quizizz Question



Fill in the Blank

According to the UP4it Level 2 glossary, “nutrients” is defined as “Substances found in food and drinks that are used in the body to provide ____, growth, maintenance, and repair of tissues, muscles, and bones.”

Remove pages 31-
36 from the Up4it
Activity Guide

Ask the teacher for
help

Color the food cards

Cut out the individual
food cards

Cut out the individual
food cards

Ask the teacher for
help

Color the food cards

Look at the first row of
food cards and
determine a food group

Grains

Dairy

Protein

Fruits & Vegetables

Yellow

Purple

Green

Orange

Activity #2

How Would You Design an
Active Game

Physical activity items:

- Bag
- Napkin
- Socks
- medium sized bowl
- Chair
- food can
- spoon
- piece of paper
- pillow



Quizizz Question



What do you think the main objective of this activity is?

- *To get some PA*
- *To teach kids how to make up their own active games*
 - *Developing writing skills*
 - *Developing team skills*

Take yourself outside!

Activity #3

Which beverage should you
always choose first for thirst?

- Bring:
- ★ Page 7
 - ★ Food Cards
 - ★ Pencil or Pen

NAME _____

DATE _____

ACTIVITY 3

Which beverage should you always choose first for thirst?

Read the passage, then answer the questions. Write your answers in the spaces provided. You may use a pencil or pen.

Directions:

1. Read the passage carefully.
2. Write your answers in the spaces provided.
3. Check your answers.
4. Write your name and date.

Beverage descriptions:

A. Soft drink: A beverage made with carbonated water, sugar, and artificial flavors. It is often served in a plastic bottle or can.

B. Fruit juice: A beverage made from the juice of fruits, often with added sugar. It is often served in a plastic bottle or can.

C. Sports drink: A beverage designed to replenish electrolytes lost through sweating. It often contains sugar and artificial flavors.

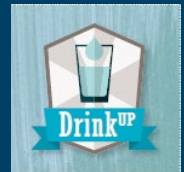
D. Water: A natural beverage that is essential for life. It is often served in a plastic bottle or can.

Questions:

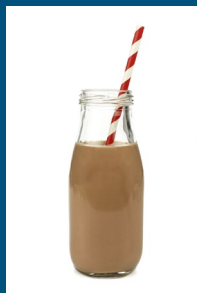
1. Which beverage should you always choose first for thirst? Why?
2. Which beverage should you choose second for thirst? Why?
3. Which beverage should you choose third for thirst? Why?
4. Which beverage should you choose fourth for thirst? Why?

Answer Key:

1. Water
2. Fruit juice
3. Sports drink
4. Soft drink



Quizizz Question

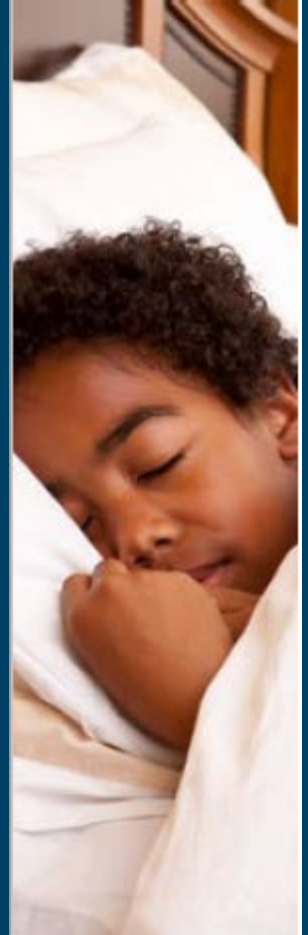


What type of beverage is this?

- Always
- Sometimes
- Rarely

Activity #5

What Are Solutions to Sleep Problems?



- A. Watching television, computer, video games, or other screens within 1 hour of bedtime
 - B. Sharing a room with a sibling
 - C. Hearing outside noise (babies, dogs, sirens, trains, etc.)
 - D. Not tired
 - E. Waiting until too late to complete homework or finish chores
 - F. Having a negative attitude about going to sleep
 - G. Drinking or eating foods with caffeine in the evening
 - H. Being too hot
-

1. Use ear plugs or headphones.	
2. Drink only plain, unflavored non-fat or 1% milk or water with dinner.	
3. Complete tasks right after school or before dinner.	
4. Turn on a fan.	
5. Choose a food or beverage that is not chocolate in the evening.	
6. Create a bedtime routine that may include taking a bath, meditating, or stretching.	
7. Read before bedtime.	
8. To help you remember things better, post a reminder on the bathroom mirror.	
9. Turn off television, computers, and other screens 1 hour before bedtime.	
10. Use individual reading lights or flashlights so the main light doesn't have to be on.	
11. Play soft, quiet music.	
12. Remind yourself that you will have the ability to be in a better mood and be a good friend.	
13. Schedule free or play time after necessary tasks.	
14. Do not put off big school assignments until the night before they are due.	
15. Remind yourself that you will have more energy and perform better in school.	
16. Put a cold wet washcloth on your forehead in bed.	

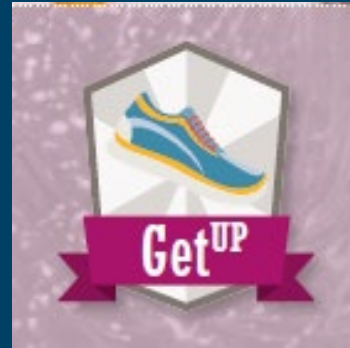
Quizizz Question



The best way for a child to overcome a sleep problem is to:

- Ask mom for help
- Think through the problem and brainstorm solutions
 - Ignore the issue
 - Blame sibling
 - Go to bed earlier

Active Game



Break/ transition to outside

Bring:

Scissors

Activity Book (pages 25 & 27)

Pen/pencil

Sit outside!

Activity 13A

How do you choose to spend your money?

- Supplies needed:
 - Blank paper, scissors, pencil/pen
 - Computer
 - Water
 - Activity book (page 25-28)

Activity 13A

How do you choose to spend your money?

Every day you make many choices, each with its own consequences. Some choices are made without thought, while others they plan ahead. The choices you make every day lead to the choices you make every year. Throughout the year, you will make many choices. Making choices is a skill that you will use every day. Making choices is a skill that you will use every day. Making choices is a skill that you will use every day.

DIRECTIONS:

1. Cut out the money and glue it to the paper.
2. Choose 10 percent of the dollar bills for holding the paper in half 10 times.
3. Cut along the dotted lines.
4. Cut along the dotted lines.
5. Cut along the dotted lines.
6. Cut along the dotted lines.
7. Cut along the dotted lines.
8. Cut along the dotted lines.
9. Cut along the dotted lines.
10. Cut along the dotted lines.
11. Cut along the dotted lines.
12. Cut along the dotted lines.
13. Cut along the dotted lines.
14. Cut along the dotted lines.
15. Cut along the dotted lines.
16. Cut along the dotted lines.
17. Cut along the dotted lines.
18. Cut along the dotted lines.
19. Cut along the dotted lines.
20. Cut along the dotted lines.

Reflection

What is a current eating habit that you can change so that you eat better and spend less money on food outside the home?

Activity 13A

How do you choose to spend your money?

Every day you make many choices, each with its own consequences. Some choices are made without thought, while others they plan ahead. The choices you make every day lead to the choices you make every year. Throughout the year, you will make many choices. Making choices is a skill that you will use every day. Making choices is a skill that you will use every day. Making choices is a skill that you will use every day.

DIRECTIONS:

1. Cut out the money and glue it to the paper.
2. Choose 10 percent of the dollar bills for holding the paper in half 10 times.
3. Cut along the dotted lines.
4. Cut along the dotted lines.
5. Cut along the dotted lines.
6. Cut along the dotted lines.
7. Cut along the dotted lines.
8. Cut along the dotted lines.
9. Cut along the dotted lines.
10. Cut along the dotted lines.
11. Cut along the dotted lines.
12. Cut along the dotted lines.
13. Cut along the dotted lines.
14. Cut along the dotted lines.
15. Cut along the dotted lines.
16. Cut along the dotted lines.
17. Cut along the dotted lines.
18. Cut along the dotted lines.
19. Cut along the dotted lines.
20. Cut along the dotted lines.

Reflection

What is a current eating habit that you can change so that you eat better and spend less money on food outside the home?



Mentimeter Question-

What is a current eating related habit you can change so that you eat better and spend less money on food outside the home?

Quizizz Question



How long should activity 13A take to implement according to the UP4it Level 2 Activity Book?:

- 20 minutes
- 45 minutes
- 30 minutes
- 60 minutes

Activity 13B

How do you prioritize your spending?



ACTIVITY 13B
How do you prioritize your spending?

Learning to spend your money on items you need, saving for future purchases, and making smart choices about how to spend your money are important skills. In this activity, you will learn how to make smart choices about how to spend your money.

INSTRUCTIONS

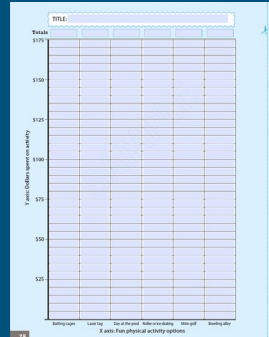
1. Read and listen to the money you have left from activity 13A. You will need to use the money you have left from activity 13A to complete this activity.
2. Choose which activities you would like to participate in. You can choose more than one activity.
3. Use at least one dollar each to participate in each activity that you choose.
4. Add up the money you have left from activity 13A. Write the total in the box.
5. After all the activities, how much money do you have left? Write the amount in the box.
6. Complete the graph at the end of the activity.

CLASSROOM SET-UP

As the teacher, you will need to prepare the activity graph at the end of the activity. The graph will be used to record the money you have left from activity 13A. You will need to use the money you have left from activity 13A to complete this activity.

Reflection

1. What other fun activities would require you to use money to take part in?
2. What are good and bad choices about how to spend your money?
3. What are good and bad choices about how to spend your money?



- ❖ Choose an activity you would like to participate in.
 - Each activity is \$5
 - You can choose multiple activities
- ❖ Shade in your graph at home
- ❖ Add up activity totals
- ❖ Title your graph



Quizizz Question



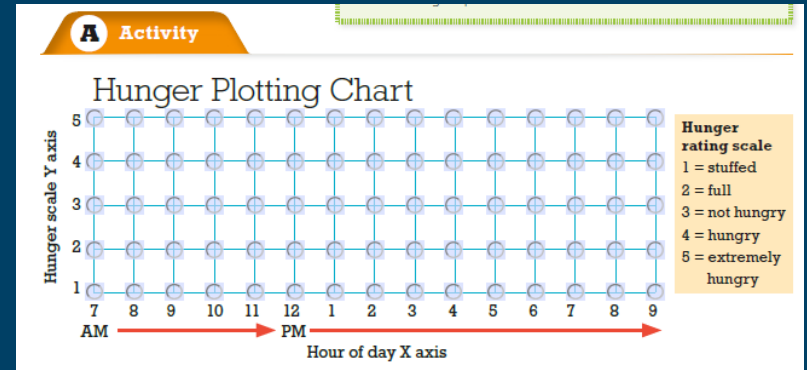
If you were teaching this activity in-person, where would students stack their money when selecting an activity?:

- Garbage can
- Under the X-axis
- By the Y-axis
- Recycle bin
- In their desk

Find a comfy
chair to chat!

Activity 8

Can You Assess and Plan For
Your Hunger?



You should eat berries every day because they are high in
fiber and antioxidants

Intuitive

Prescribed



Fruit is a good choice when you crave something sweet.

Intuitive

Prescribed



Eat until you are no longer hungry

Intuitive

Prescribed



School children throw away a lot of food.
They should finish each meal to reduce food waste.

Intuitive

Prescribed



Lunch is at noon

Intuitive

Prescribed



Lunch is between 11:00 - 2:00

Intuitive

Prescribed



Drink 8 glasses of water a day

Intuitive

Prescribed



Water first for thirst

Intuitive

Prescribed



Quizizz Question



What are some of the consequences of prescribed eating?

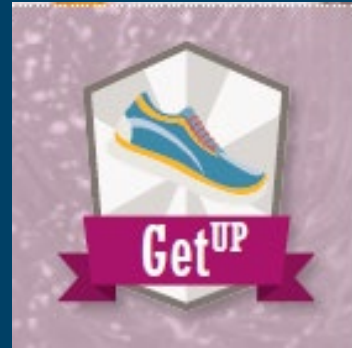
Overeating

Food as reward

Hunger

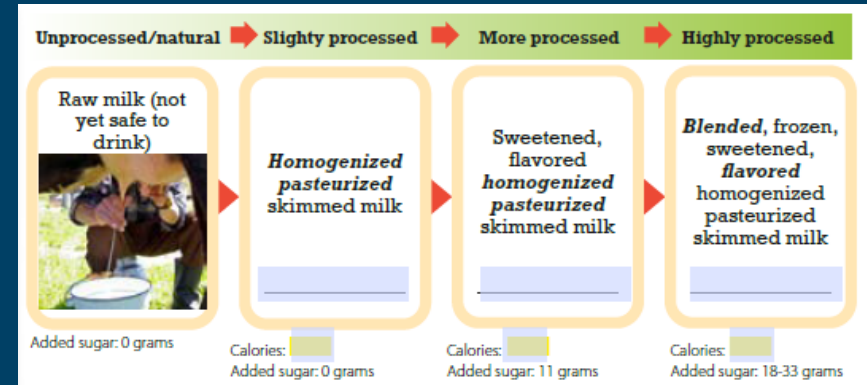
Poor self control

Active Game



Activity 9

Can You Deduct and Compare
the Highly Processed Foods?



One of the five guidelines from the DGA is to follow a healthy eating pattern across the lifespan at an appropriate calorie level. Doing so helps to support a healthy body weight and reduce the risk of chronic disease. **FNS expects that healthy eating patterns, weight management, and obesity prevention for the low-income population will be key components of SNAP-Education Plans** due to the focus on nutrition education and obesity prevention of the FNA under Section 28. States are strongly encouraged to use MyPlate and related resources found at <http://www.choosemyplate.gov/> to support their SNAP-Education Plans.



Quizizz Question



Fill-in-the-blank

What is the calorie difference between the skimmed milk and a small (12 oz) milkshake is _____ calories.

Evaluation

EFNEP

Use standard grade appropriate EFNEP evaluation instrument.

CalFresh Healthy Living, UC

Use EATS with grades 4 & 5 if class is at school.

Use EATS with grades 6 if class is at school.

If delivery is on-line with grades 4 & 5, do not use a survey.

If delivery is on-line with grades 6+, use the EATS middle school/high school online survey.

Next Steps

Ordering

- All counties should have received a survey to order copies of UP4it for FFY22
- UC ANR Catalogue
 - <https://anrcatalog.ucanr.edu/Items.aspx?search=UP4it>

Feedback

- Comment box on the UP4it website
- January 2022 follow-up call
- Training evaluation

Contact us at:

mhorowitz@ucanr.edu

clhedrick@ucanr.edu