Best Practices & Lessons Learned from Creating Online Learning Content

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Objective

By the end of today’s webinar, you will be able to recall best practices and key takeaways for creating online education content to deliver nutrition, garden, and/or physical activity education.
Background of Flipped Classroom Model
Central Sierra Flipped Classroom Model

1. Educators connect with interested teachers

2. Discuss schedule of lesson series

3. Distribution of materials
   1) Link to video lesson
   2) Link to take home activities/recipes

4. Schedule live Zoom sessions
   1/2 - 1 hour with Educator
How to get started?
Coordinating Four Counties

Lead Coordinator walks through project vision and assignments

Educators create their lesson videos

Educators review their lesson video using a checklist

Lead coordinator/ (s) provide feedback and edits

Lead coordinator/ (s) upload and revise closed captions

Lead coordinator/ (s) uploads lesson videos to YouTube

Educators submit final version of the lesson video as an .mp4 file

Educators review once more
Best Practice #1: Designate A Project Lead

Responsibilities:
1. Staff check-in meetings
2. Managing deadlines
3. Providing feedback and support as needed
Best Practice #2: Setting Expectations Early

Plan and prepare as best as possible!

- Virtual Classroom PPT Checklist
- SUMP_Level3_RecruitmentMaterial
- SUMP_Level2_RecruitmentMaterial
- SUMP_Level1_RecruitmentMaterial
- SUMP Lesson Assignments
- PPT Template Virtual Lessons
- LessonPlanTemplate_Fillable
- LessonPlanTemplate
- Creating videos using PPT and Zoom
- Creating videos using PPT and Zoom
- Background for Zoom
Best Practice #3: Assessing Strengthens, Support Needed, and Available Technology

Know the capabilities of your team!
1. Assess the team’s strengths
2. Plan opportunities for support
3. Assess what technology is available
Lesson Learned: Setting Yourself Up for Success with Technology

1. Take inventory of everyone’s computers, cameras, software, headphones, and phones
2. Be aware of the limitations in hardware and software
Lesson Learned: Setting Yourself Up for Success with Technology

1. Consider using Google Drive to share drafts and store final lessons
2. Be aware of computers memory space
3. Always save progress!
Key Takeaways!

• **Choose a leader** – having one point person ensures a uniform product
• **Check in** as often as you can – working as a team can help solve problems quickly and keep everyone on the same page
• **Set clear expectations** – provide as many examples as you can to clarify your vision
• **Celebrate successes** – this process can be very frustrating, so celebrate every bit of progress you make towards your goals!
HOW DID WE MAKE OUR LESSONS INTERACTIVE?
## Resources

### Images
- Google (non-commercial reuse)
- Pixabay
- Unsplash
- Pexels
- Animations in PPT

### Video
- Zoom
- Biteable
- Giphy
- Screencastomatic
Acknowledgements

1. We see this model working in our area but recognize it may not be appropriate for every school

2. These videos were created before there was specific guidance available but all videos have the necessary required components

3. Although on YouTube, we are not promoting the content publically. It’s used for quick access to content, as we are directing our clientele to the links

4. Evaluation piece is still in discussion
California's CalFresh Healthy Living, with funding from the United States Department of Agriculture’s Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit www.CalFreshHealthyLiving.org.
Central Sierra YouTube Channel

UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

Central Sierra CalFresh Healthy Living, UC

Uploads PLAY ALL

What drink had the least added sugar?
SUMP Grades 1/2 Lesson 3 20:28
Sugar Drinks
SUMP Grades 5/6 Lesson 2 20:27
Sugar Drinks

MyPlate Game Show
SUMP Grades 5/6 Lesson 1 27:19

Do Your Body Right!
SUMP Grades 5/6 Lesson 3 29:12

MyPlate Meal
SUMP Grades 3/4 Lesson 1 20:17

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Thank you!