

What's Up? Wednesday

EFNEP and CFHL, UC Staff Check-In

October 6, 2021



Today's Agenda

FY 2021 - Year in Review

Online Education Updates

Fall 2021 – Check-In on Nutrition Education Delivery

CFHL, UC only – update from Kamal

Save-the-date - *What's Up?* Wednesday, December 8 • 10 AM

FY 2021 Year in Review



Online Education Updates



It's My Choice Lesson 4 Updates

Lesson videos available –
thank you Molica Sim!

Google Drive – IMC
Resources for Extenders
<https://drive.google.com/drive/folders/1GBfBKSe4FKoRn9Wp0dBRuHVZ9gOs1q33>

Lesson 4

Protein Sources

Plants

Animals

It's My Choice... Vary the Protein!

Essential Nutrient

Protein
Helps you grow and build muscles, skin, bones, internal organs, and brain.

Things Bilal and His Friends Did With Their Strong Bodies

- Ride a bike
- Hopscotch
- Play in the pool
- Hike through the forest
- Skip pebbles in the stream

Choose **MyPlate**.gov

CHOOSE PROTEIN FOODS FROM PLANTS AND ANIMALS!

CHOOSE SEAFOOD AT LEAST ONCE A WEEK!

CHOOSE NUTS, SEEDS, AND NUT BUTTERS AS SNACKS!

Ms. Molica

6:07 / 7:12

Teacher Access to Online Lessons

CFHL, UC - Please send requests to Anna Jones
EFNEP – continue to send to Shyra Murrey

Extender Curriculum Access Spreadsheet:

UCCE Online Education Resources → FINAL – UCCE Online
Lesson Materials

https://docs.google.com/spreadsheets/d/1iqMAot4IGNVYTLQzhGE71x_YINz0TI-y/edit#gid=1641726339

Fall 2021 – Check-In on Nutrition Education Delivery



Poll:

Which delivery mode(s) will you use for classes during the next few months?

Virtual – educator and participants/students both virtual

Hybrid – educator virtual, participants/students gathered in-person

In-person

What (if any) challenges do you experience engaging participants/students during virtual classes?

Zoom – Focus Mode

Displays only hosts and co-hosts' webcam videos and profile pictures during a meeting

Can be turned on and off during a meeting

Possible uses for Focus Mode:

'Visual vote' (show of hands) – no fear of 'wrong answer'

During individual task time for students

During PA

During Social-Emotional Learning activities

Resources

UCCE Online Education Resources → How To Guides and Resources → Zoom How To Guides and Videos

<https://drive.google.com/drive/folders/17TV1ON74OBXPPSXifEEY475AmO5ngCEZ>

Previous What's Up? Meetings: ex. March – April – May 2021

CFHL, UC Update from Kamal

