

# *What's Up? Wednesday*

EFNEP and CFHL, UC Staff Check-In

December 8, 2021



UNIVERSITY OF CALIFORNIA  
Agriculture and Natural Resources

# Today's Agenda

Online Education Updates:

*Nutrition to Grow On* Distance Learning Resources

Zoom Updates

Engagement During Virtual Lessons – Survey Results and Discussion

# Online Education Updates



# ***Nutrition to Grow On*** **Distance Learning Resources**

Lessons divided into 2-3 segments – each 15-20 minutes

Each PowerPoint segment - review of previous segment and preview of next segment

Discussion questions and animation demonstrations

Garden activities – options for distance learning such as videos, photos and alternate activities

Timing info and curriculum page references in notes

# NTGO Distance Learning Resources

Lesson	Segments	Garden Activity	Virtual Garden Activity
1	3	Plant mini-greenhouse tray	Window greenhouse video
2	3	Make worm bottle	Worm book &/or worm video
3	3	Plant seeds	Planting demo - photos
4	3	Identify and pull weeds	Weed identification slides
5	3	Make Bug Box	Garden Friend or Foe
6	2	Water and fertilize	Review garden checklist
7	2	Invent your own seed	same
8	2	Make a butterfly	same
9	2	Harvest the garden	(none)



# Nutrition to Grow On

## Lesson 1 Part 3

Jonah's  
GREENHOUSE

Planted on 7/15/2021



Tyde's  
GREENHOUSE

Planted on 07/15/21







# Nutrition to Grow On

## Lesson 3 Part 3: Planting Demo



# Planting demonstration





# Nutrition to Grow On

## Lesson 4 Part 1

# How Much Food Do We Need?

- **Vegetables - 2 ½ cups**



1 cup of raw baby spinach  
= **½ cup** equivalent



1 medium potato =  
1 cup equivalent



1 cup of baby carrots  
= 1 cup

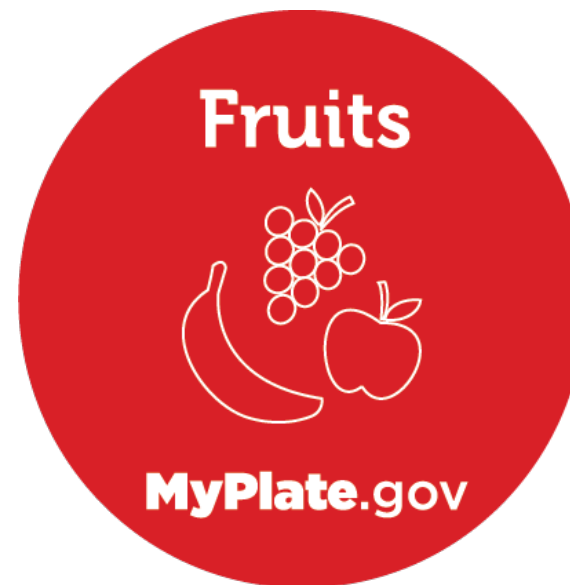




# How much do we need?



2 ½ cups



1 ½ cups



# Nutrition to Grow On

Lesson 5 Part 3: Garden Friend  
or Foe? (instead of Bug Box)



# Friend or Foe?



**Friend!**



**Foe**





# Nutrition to Grow On

## Lesson 6 Part 2



# Check our pulse

- 🍌 Hold fingers where your pulse is
- 🍌 Follow the timer for 6 seconds



# What Is My Pulse?



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

Handout 6-1

## What Is My Pulse?

**PULSE:** the number of times that my heart beats in one minute

How many seconds are in one minute?

Activity	Number of Times My Heart Beats in 6 Seconds	Multiply by 10	My Pulse
Resting	8 →	$\times 10 =$	80
Warm-up		$\times 10 =$	
Stretching		$\times 10 =$	
Aerobic Activity		$\times 10 =$	
Anaerobic Activity		$\times 10 =$	
Cooldown		$\times 10 =$	

- ☺ Multiply that number by **10**
- ☺ Write down your answer
- ☺ This is your **RESTING PULSE**

using the numbers on this chart.

beating the slowest?

beating the fastest?

Activity



# ***Nutrition to Grow On Work Group***

*Nutrition to Grow On* Distance Learning Work Group

Racquel Fernandez – work group leader

Alejandrina Orozco

Cynthia Orozco

Will Easlea

Lorena Hoyos

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# Zoom Update – Advanced Polls and Quizzes

1. Update your Zoom account – must be version 5.8.3 or newer
2. Participants must also update Zoom (!)
3. Enable advanced polls and quizzes in Settings
4. Create your polls or quizzes

<https://support.zoom.us/hc/en-us/articles/4412325214477-Advanced-polling-and-quizzing-for-meetings>

Video found at

[https://drive.google.com/file/d/1Yyy9VsgbasCwn7nsP-g1\\_j6Mod8iTsl2/view?usp=sharing](https://drive.google.com/file/d/1Yyy9VsgbasCwn7nsP-g1_j6Mod8iTsl2/view?usp=sharing)

Please log into your UC Davis Google account to access the video

Polls

You are viewing your quiz results

### Hand Washing Steps

	1st	2nd	3rd	4th	5th
Apply soap	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rinse	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Wet hands	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dry with clean towel	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Scrub for 20 seconds	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

✓ Correct!

Close

Quiz results – participant view

# Zoom Reminder - Reports

Usage Reports: download participant list

Meeting Reports:

- Registration reports
- Poll reports
- Post-webinar survey reports

Video found at <https://drive.google.com/file/d/12oYvXH-1B1ccanLm1rPixRQOoITajXRD/view?usp=sharing>

Please log into your UC Davis Google account to access the video



# Zoom Resources

Zoom Language Interpretation Demo: ANR Learning and Development

[https://ucanr.edu/sites/Professional\\_Development/Monthly\\_Webinars/Webinar\\_Archive/](https://ucanr.edu/sites/Professional_Development/Monthly_Webinars/Webinar_Archive/) under Distance Learning Apps.

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

(please log into your UC Davis Google account to access)

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

# Engagement During Virtual Lessons



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# Survey Questions

Youth and Adult classes: what (if any) **challenges** do you have with engaging students during virtual classes? That is, getting active participation in lesson activities, discussion, or other lesson elements.

Please share any **strategies** you have found effective to increase engagement during virtual classes. Please specify if you have used with youth, adults, or both.

# Survey Results – Youth Classes

Most frequently reported challenges:

Youth not turning on cameras (12) – difficult to monitor engagement

Students distracted, not focused, low attention span (10)

Students reluctant to participate in discussions (6)

Students unable to unmute r/t technology problems (5)

# Survey Results – Adult Classes

Most frequently reported challenges:

Ability to use technology (9) – using apps, toggling between apps

Difficulty/Limitations using Zoom mobile app (8)

Adults not turning on cameras (8)

Difficulty initiating or maintaining discussion (6)

# Survey Results – Solutions!

Youth classes:

Use games, polls, ungraded quizzes

PA breaks, incorporate movement

Ed tech tools for collaboration and activities

Hands-on activities

Use non-verbal responses: Zoom responses, or hand raise, thumbs up/down

# Survey Results – Solutions!

Adult classes:

Connect ahead of class

Create comfortable, positive atmosphere

Personalize the class, make it relatable

Frequent encouragement and appreciation for participating

Keep technology use simple, take time in class to review tools

Breakout rooms



# Discussion: Engagement During Virtual Lessons



# Breakout Discussions

1. Open Google slides – link in chat
2. Join breakout room – remember the room number
3. Group chooses one challenge to discuss – from ‘Challenges’ slide
4. Designate a notetaker and possibly someone to share screen
5. List some ideas for addressing the challenge – ‘Solutions’ slides can help you start