

What's Up? Wednesday

EFNEP and CFHL, UC Staff Check-In

March 24, 2021



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Today's Agenda

Online education update – Google drive Table of Contents

UCCE Kern – adult participant outreach

Lesson mini-demos: UCCE Butte, Riverside, San Bernardino

Discussion: options for student/participant responses

Save-the-date - *What's Up?* Wednesday April 28 • 1-2 PM

Online Education Updates

Website links to UCCE Online Education Resources G-drive

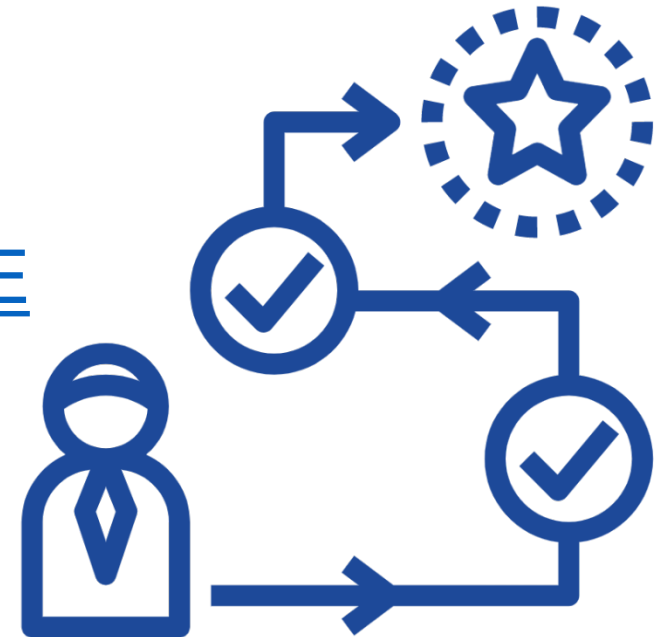
EFNEP

http://efnep.ucanr.edu/For_Staff_624/UCCE_Online_Nutrition_Education

CFHL, UC

<https://uccalfresh.ucdavis.edu/covid-19>

Google drive Table of Contents



Adult Participant Outreach

Beatriz Rojas, UCCE Kern



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Recruitment Challenges

Community partners not ready

Liaisons shifted job responsibilities

Parents have other responsibilities

Parents want to do in person sessions

Technology



Image by [Chuck Underwood](#) from [Pixabay](#)

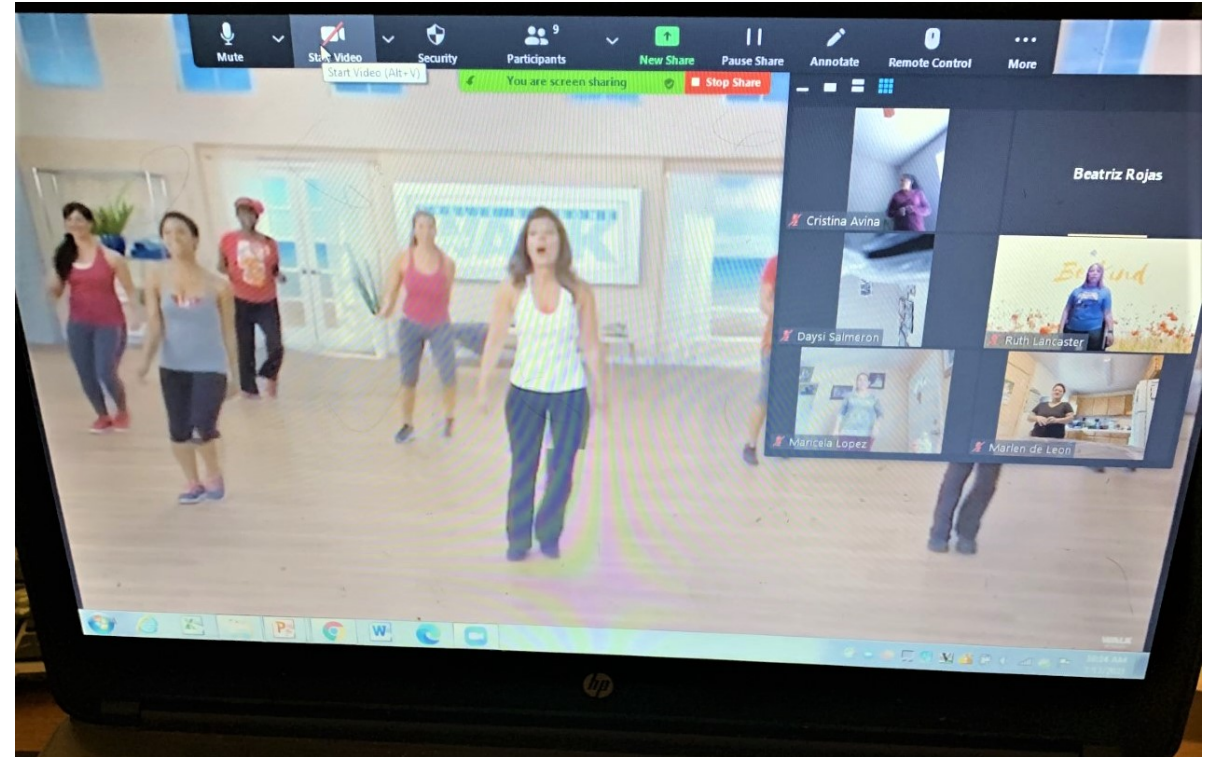
Recruitment Strategies

Contact established partners

Parent Café/ meetings

Partner with other UC ANR programs

Flexible times



Lesson Mini-Demo

Conner Thomson, UCCE Butte Cluster



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Lesson Mini-Demo

Heart Health

Heart Health, February Third Grade Lesson

- Parts of the model, brief anatomy of heart
 - Physical aids are very useful, and a change of pace from all media
 - Don't be over reliant on media
- What do you know about the heart? What does it do for you?
 - Open ended discussion questions
 - Encourage them to answer with their own ideas, and work through questions together
- How you speak is important.
 - Encourage and promote their interaction with you and the lesson
 - Tone and energy need to be something they can match
 - Treat students with respect and expect respect in their return

Heart Health, February Third Grade Lesson

- Is the heart a Muscle or an Organ?
 - Vary the types of questions and prompts
 - Encourage chat use and gives a small break between topics
- How do you exercise your heart?
 - Ask for examples, gets them active for the lesson and steers towards activity to come
 - A chance for the class to make a list of things they enjoy that are good for them
- Move to PA!
 - Freeze Dance <https://www.youtube.com/watch?v=I4fnmJYGUUg>
 - Constant movement and fun!
 - Music and Dancing for everyone!

Lesson Mini-Demo

Dalila Lizarraga, Clara Wilshire, Roxana Puentes
UCCE San Bernardino



A stylized landscape illustration featuring rolling green hills in the foreground and background. On the left, there is a green tree, a purple flower, and an orange flower. A small red bird is flying in the sky. The sky is composed of horizontal bands of blue and white. The text is positioned on the right side of the image.

EFNEP

San Bernardino County

**Management & Engagement Strategies
in the Virtual Classroom**

- Dalila, Clara, & Roxana

A stylized, colorful illustration of a landscape. The foreground features rolling green hills with a dark brown path winding through them. On the left, there are three stylized trees: a large green one, a smaller purple one, and a cluster of orange ones. A small red bird is flying in the upper left. The background consists of light blue and white wavy bands representing the sky.

Youth EFNEP

San Bernardino County

Kindergarten - 6th grade

Tips for Managing & Engaging a Youth PA Break



- **Think about your audience's home setting.**
 - Are they sitting up or laying down?
 - On a chair, couch, floor, or bed?
- **Prompt students to get ready to move around.**
 - Ask for Cameras on
 - Microphones always on Mute

Go Bananas!



<https://wheeldecide.com/>

Adapted from Oregon State University Extension, BE Physically Active 2Day (BEPA 2.0) video, “Go Bananas”:
[BEPA - Activity Videos](#)

- Transition examples:
 - “Let’s take a small break by playing, “Go Bananas!”
 - Work through the game for 2-5 minutes.
 - “Now that we moved our bodies, we can come back to the rest of our lesson activity.”

<https://extension.oregonstate.edu/bepa>

A stylized, colorful illustration of a landscape. The foreground features rolling green hills with a dark brown path winding through them. On the left, there is a green tree, a purple flower, and a small orange bush. A small red bird is flying in the sky above the tree. The background consists of light blue and white wavy lines representing a sky or distant hills.

Adult EFNEP

San Bernardino County

Tips for Managing & Engaging an Adult PA Break



Available Tool:
health.gov/moveyourway

How much PA do I need?

- **Children and teenagers**
 - 60 minutes of active play everyday.
- **Adults**
 - 150 minutes weekly of moderate activity
 - Do strength and balance activities 2 days a week



MOVE YOUR WAY.

"Forget the treadmill. I'd rather show off my dance moves."

Lots of things count. And it all adds up. Find what works for you.

Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity		Muscle-strengthening activity
Anything that gets your heart beating faster counts.		Do activities that make your muscles work harder than usual.
    	at least 150 minutes a week	 
	AND	
		at least 2 days a week

Walk. Run. Dance. Play. **What's your move?**
health.gov/MoveYourWay



[http://health.gov/moveyourway](https://health.gov/moveyourway)

Time for a PA Break!

Transition Examples:

- Have you been rushing and running around all morning?
- Are are you shoulders tense or tight?
- Let's get up and move around!
- Move your chair make some room and lets get ready to move!
- Feel free to turn your camera off or keep it on. Whatever makes you comfortable.
- We are going to do this easy and quick 5 min indoor walk



Leslie Sansone' Walk at Home – 5 minute walk

- Hydrate
- Breathe
- Do your best!



A stylized, layered landscape illustration. The foreground features rolling green hills in various shades of green, with a dark brown path or streambed winding through them. On the left, there are three distinct plants: a green tree-like bush, a purple flower-like bush, and a cluster of orange flowers. Above the green bushes, a small red bird is depicted in flight, leaving a black, swirling trail behind it. The background consists of broad, horizontal bands of light blue and white, suggesting a sky or distant hills. The overall style is flat and graphic, with a focus on color and shape.

Thank You!

Lesson Mini-Demo

Daisy Valdez, Nicole Ogosi, Itzel Palacios-Sanchez
UCCE Riverside



Classroom Management & Engagement Strategies: Middle and High



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Middle and High School Strategies

Interactive media:

Kahoot, Mentimeter, fillable worksheets

Scavenger hunts (hybrid model friendly)

Collaboration

Competition

Check-in/follow-up

Group boundaries and agreements (no bad question, open space, judgement free zone, supportive environment)

Don't lose sight of what has worked well in person

Demo EatFit lesson

Intro:

- Ice-breaker/wellness check-in

- Group agreements

Middle:

- Collaboration

- Interactive media review

End:

- Closing remarks



Ep.4: Food Label Facts (L5)

Strategy

Wellness Check-in



What is your favorite healthy snack?



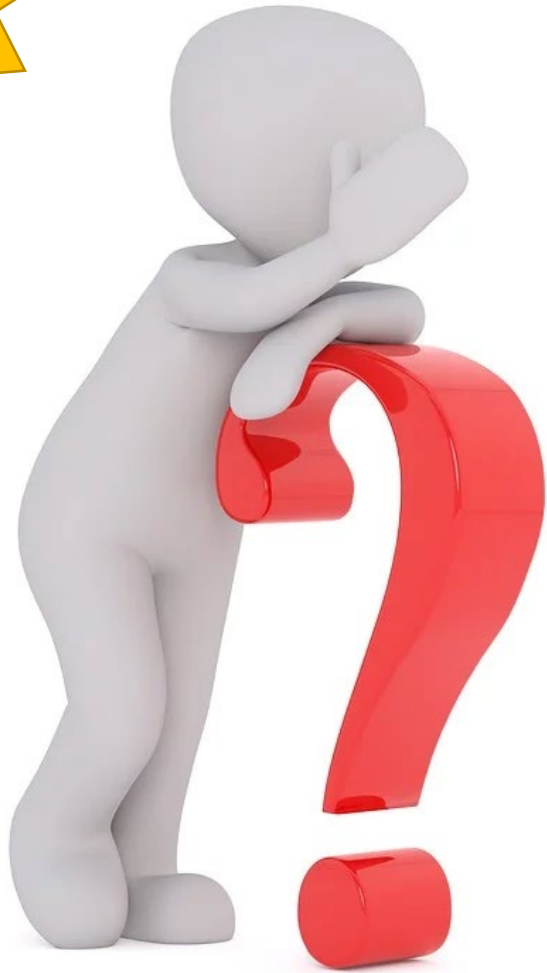
Strategy

Group Agreements

1. Safe space
2. Judgement free zone
3. All questions are welcomed
4. Supportive environment
5. One Mic
6. Self-care
7. Don't Yuck My Yum
8. Have Fun! :D



Strategy



How do you
read a label?



Pause the video to breathe and relax. Rest for a few minutes and return to the lesson when you are ready.



Strategy

Time to Review

- Review game: This or That
- Answer questions by performing physical activity movements
- Feel free to turn on your camera and get moving!

Strategy

This or That

- Where can you find a food label?



Back of a package

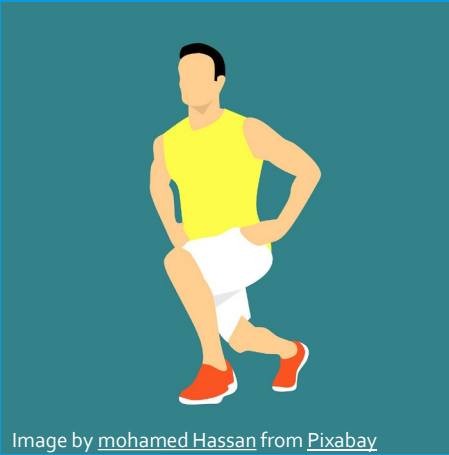


Whole foods

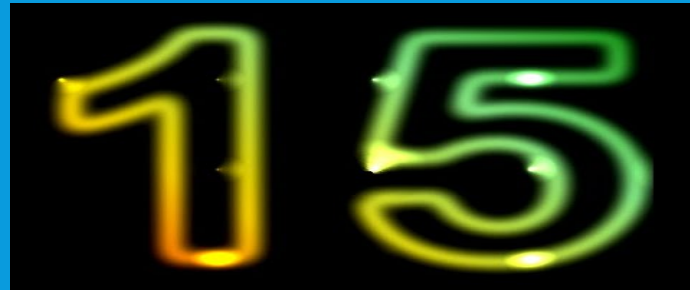
Strategy

This or That

If you picked



Back of a package



Whole foods

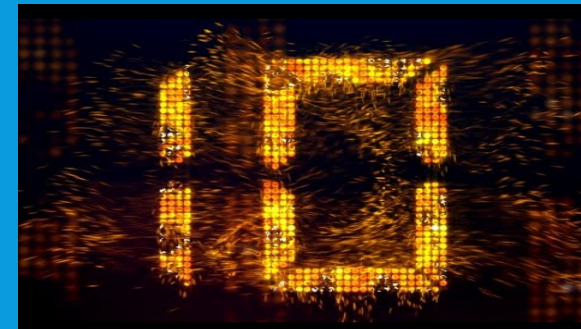
Strategy

This or That

Based off the 5/20 rule is this product high or low in Saturated fat?

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
about 10 servings					
Serv. size					
2 tbsp (37g)					
Calories					
per serving 200					
		Total Fat 11g	15%	Total Carbohydrate	
		Saturated Fat 4g	20%	Fiber 1g	
		Trans Fat 0g		Total Sugars 2g	
		Cholesterol <5mg	0%	Includes 10g Added Sugar	
		Sodium 15mg	1%	Protein 2g	
		Vitamin D 0mcg	0%	Calcium 40mg	4%
		Potassium 170mg	4%		
INGREDIENTS: SUGAR, PALM OIL, HAZELNUTS, SKIM MILK, COCOA, SOY LECITHIN, VANILLIN: AN ARTIFICIAL FLAVOR. CONTAINS TREE NUTS (HAZELNUTS).					
EXCL. DIST. FERRERO U.S.A., INC., PARSIPPANY, NJ 07054					
MADE IN CANADA					

High or Low?



Strategy

This or That

If you picked

Image by Shutterstock from Google



High



Image by depositphoto from Google



Low

Strategy

CLASS CHECK-IN



HOW ARE YOUR
PLANTS DOING?



QUESTIONS?

RESOURCES

Questions?



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Engagement and Classroom Management Strategies: Middle and High Resources

- Springboard to active classrooms
 - <https://schoolspringboard.org/resources/classroom-physical-activity-ideas-and-tips/>
- Mentimeter
 - <https://www.mentimeter.com/>
- Padlet
 - <https://padlet.com/dashboard>
- Kahoot
 - <https://kahoot.com/>
- Wheel of names
 - <https://wheelofnames.com/>
- 15 second timer
 - <https://youtu.be/0gnG0pzzktg>
- 10 second timer
 - https://youtu.be/dgzJ_DM04rg