

What's Up? Wednesday

EFNEP and CFHL, UC Staff Check-In

May 26, 2021



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

Today's Agenda

Online education updates

Strategies for successful adult lesson delivery










– *Eat Healthy Be Active* Curriculum Workgroup

Response options for virtual class participants

Save-the-date - *What's Up?* Thursday June 24 • 10-11 AM

Online Education Updates

UCCE Online Education Resources Google Drive – Table of Contents

Name ↑	Owner	Last modified	File size
 CFHL, UC Branded Templates	Mary Mills	Apr 14, 2020 Mary Mills	—
 EFNEP Branded Templates	Mary Mills	Apr 14, 2020 Mary Mills	—
 FINAL- Indirect Education Resources	Mary Mills	Jul 31, 2020 Mary Mills	—
 FINAL- UCCE Online Lesson Materials ★	Mary Mills	Mar 22, 2021 Shyra Murrey	—
 Guidelines	Mary Mills	Mar 22, 2021 Mary Mills	—
 How To Guides & Resources	Mary Mills	Jul 17, 2020 Mary Mills	—
 UCCE Online Lesson Development			
 Video Review Checklists	Mary Mills	May 19, 2020 Mary Mills	—
 Table of Contents- Online UCCE Education Materials....	Mary Mills	Mar 22, 2021 Mary Mills	127 KB

Google Sites

EFNEP

For volunteer teacher access to the youth site, please complete the [Online Education: Extender Curriculum Access Spreadsheet](#)

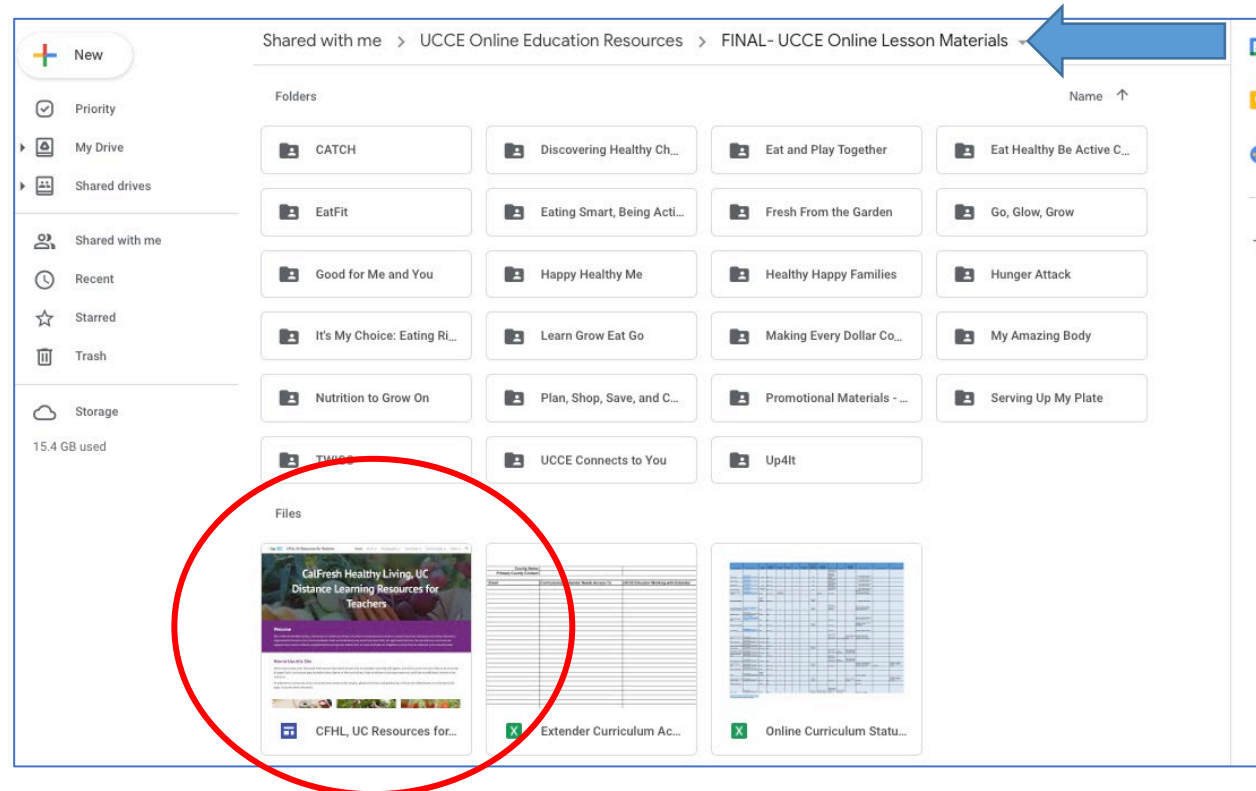
To request a county-level Google Site, please email Shyra Murrey (smmurrey@ucanr.edu)

CFHL, UC

For extender access to the youth site, please complete the [Online Education: Extender Curriculum Access Spreadsheet](#)

To request a county/cluster Google Site, please email Anna Jones (anajones@ucdavis.edu)

Google Site – CFHL, UC



<https://sites.google.com/ucdavis.edu/cfhl-uc-resources-for-teachers/home>

CFHL, UC Adult Curriculum Google Site

How likely is it that you would use an Extender Google site for Adult Curricula?

- Definitely would use
- Probably would use
- Might or might not use
- Probably would not use
- Definitely would not use

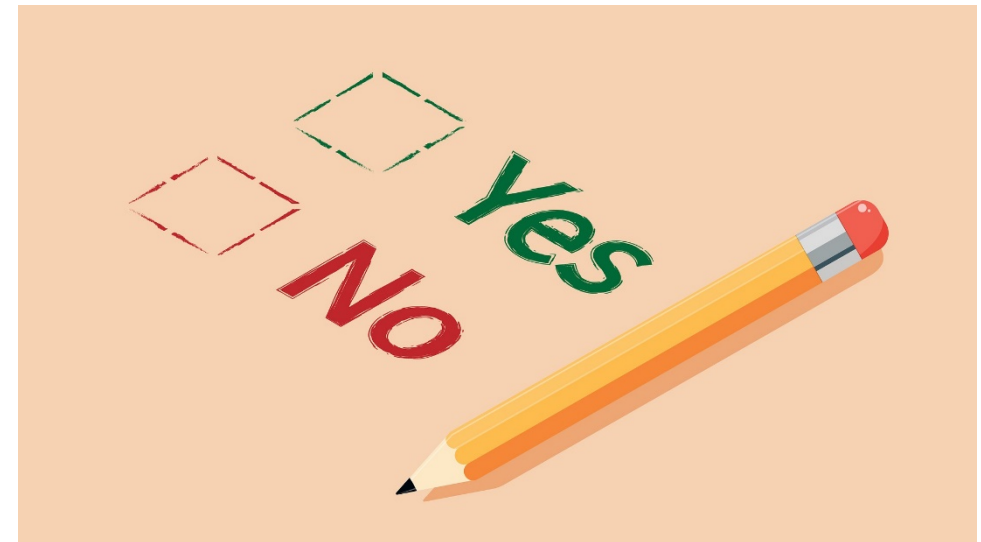


Image by [neo tam](#) from [Pixabay](#)

Strategies for Successful Adult Lesson Delivery

Eat Healthy Be Active Curriculum Workgroup

Jessica Gil-Bautista

Elizabeth Lopez

Robert Tapia

Elizabeth Miranda



Strategies for Successful Adult Lesson Delivery

Partnered with Madera Unified School District
Parent Resource Center

Promoted class through Parent Square to
reach a large audience

Lessons scheduled for parents and caregivers

Open calendar dates

Technology access

JOIN US AND LEARN HOW TO

EAT HEALTHY AND BE ACTIVE

Classes will be every Wednesday

MAR. 3 - APR. 14 | 6 PM - 7 PM | VIA ZOOM

To register, call: (559) 416-5879

At the end of this series, participants will...

- Know how to make healthier choices.
- Be able to modify recipes.
- Know how to plan, shop & prep for healthier meals and snacks.
- Understand how to read Nutrition Facts Labels.
- Identify herbs & spices to use instead of salt.
- Be informed of physical activity recommendations.

Parent Resource Center | CalFresh | UCCE | UNIVERSITY OF CALIFORNIA Agriculture and Natural Resources | WE BELIEVE

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.

Strategies for Successful Adult Lesson Delivery

Lesson Management Obstacles

- Large group, 60+ participants

- Multiple languages

- Time management

Strategies for successful delivery

- More than one educator

- Use of two screens

- Use of chat – attendance and engagement

- Use of breakout rooms - Zoom link

- Open discussions about class expectations

- Review PowerPoint (automatic timing)



Removing automatic slide progression

The screenshot shows the Microsoft PowerPoint interface with the 'Slide Show' tab selected. The 'Set Up Show' dialog box is open, and a yellow arrow points to the 'Manually' option under 'Advance slides'. Another yellow arrow points to the 'Set Up Slide Show' button in the ribbon. The background shows a presentation slide titled 'Lesson 7 Build Strong Bones' with a red apple logo and the text 'EATING SMART BEING ACTIVE'.

Slide Show Tab Options:

- From beginning
- From Current Slide
- Present Online
- Custom Slide Show
- Rehearse with Coach
- Set Up Slide Show
- Hide Slide
- Rehearse Timings
- Record Slide Show
- Keep Slides Updated
- Use Timings
- Play Narrations
- Show Media Controls
- Monitor: Automatic
- Always Use Subtitles
- Use Presenter View
- Subtitle Settings

Set Up Show Dialog Box Options:

- Show type:**
 - ☒ Presented by a speaker (full screen)
 - ☐ Browsed by an individual (window)
 - ☐ Browsed at a kiosk (full screen)
- Show options:**
 - ☐ Loop continuously until 'Esc'
 - ☐ Show without narration
 - ☐ Show without animation
 - ☐ Disable hardware graphics acceleration
 - Pen color: [dropdown]
 - Laser pointer color: [dropdown]
- Show slides:**
 - ☒ All
 - ☐ From: 1 To: 36
 - ☐ Custom show: [dropdown]
- Advance slides:**
 - ☒ Manually
 - ☐ Using timings, if present
- Multiple monitors:**
 - Slide show monitor: Automatic
 - Resolution: Use Current Resolution
 - ☐ Use Presenter View

Background Slide Content:


- Lesson 7 Build Strong Bones**
- EATING SMART BEING ACTIVE**
- Acknowledgements**
- Welcome!**
- With a partner, talk about what kind of milk you drink**
- BEING ACTIVE**
- CalFresh HEALTHY LIVING**
- UC CE UNIVERSITY OF CALIFORNIA Agriculture and Natural Resources**
- 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**

Promotional Resources

Promo Flyers
Promo Videos

https://www.youtube.com/watch?v=kkW_1nXR0Uk

Both available in English and Spanish
in Google Drive

Zoom in (Ctrl+Plus)

EAT HEALTHY BE ACTIVE
Community Workshops
Six 1-hour classes, delivered as a series or individual workshops



Curriculum Highlights:

- ✓ 6 Lessons
- ✓ English & Spanish Language
- ✓ Virtual Lesson Videos
- ✓ Presenter Notes
- ✓ Lesson PowerPoint Slides
- ✓ Participant Handouts
- ✓ Lesson Plan

At The End of this Lesson Series, Participants Will...

- Know how to make healthier choices.
- Be able to modify recipes.
- Identify herbs & spices to use instead of salt.
- Know how to plan, shop & prep for healthier meals and snacks.
- Understand how to read Nutrition Facts Labels
- Be informed of physical activity recommendations & the benefits of regular physical activity.

What the Data Says

Among FFY2020 participants in EHBA single session workshops who were not already practicing the promoted behaviors:

- **95%** reported they will engage in moderate physical activity **more often** within the next week,
- **84%** reported they will drink a sweetened beverage **less often** next week, and
- **72%** reported they will use "Nutrition Facts" on the food label to choose foods **next time** they go shopping.

What Participants are Saying...

"This workshop helped me and my family by showing us the nutrition facts label and understanding how to read it."

For More Information, please contact:

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Classroom management and engagement in virtual classes



Response Options for Participants

Tips for when you want all students to respond out to a question, rather than having students raise their hand and answer.

How to engage students when teachers have restrictions – students muted, no chat allowed

Please chat any tips to add!

Response Options for Participants

Low-tech (and no typing)

Speak – hand raise function or allow participants to unmute

Cameras on – no chat

Hand motions: thumbs up, down, sideways

Teachers may have motions for their class

Body motions:

ex. A = sit, B = stand, C = jog in place

Response Options for Participants

Chat –

Tip: comment on student/participant chats as much as possible

Annotation tools - text or icons

Response icons – Zoom

Polls – Zoom or other polling apps (such as Poll Everywhere)

Poll Everywhere demo in UCCE Online Education Resources –
How To Guides & Resources

What's Your Mood?



Clickable Image

Haga clic en el grupo que contiene pan integral



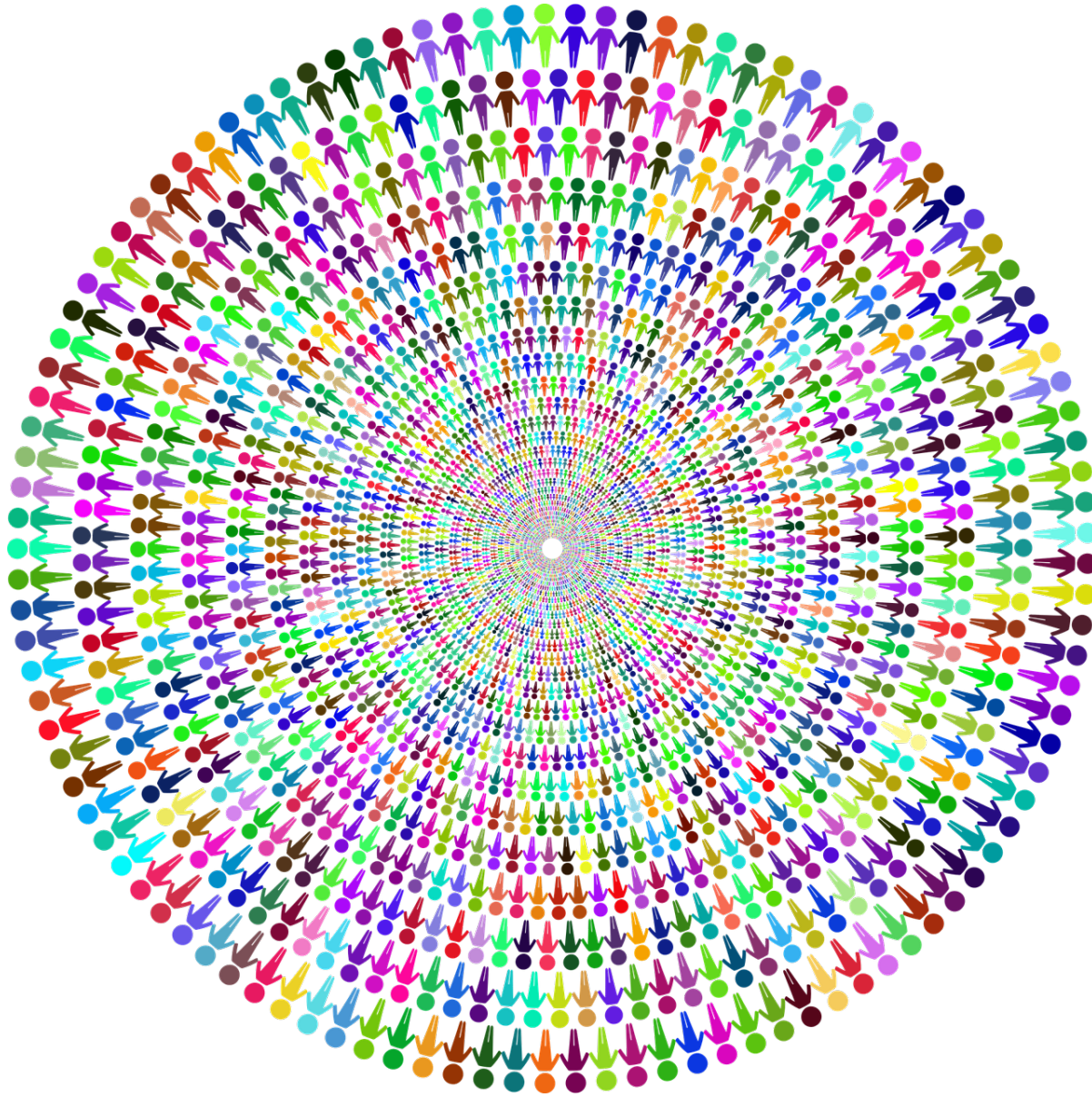
Clickable Image

Which vegetables do you like best?

Tap an answer you want to move, then submit your response



Ranking



*We're in
this
together!*