UP4it
Level 2
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Main Objectives

**Wake Up**
Sleep 10 hours at night to feel just right.

**Eat Up**
Select the right food for a better mood.

**Drink Up**
Choose water first for thirst.

**Get Up**
Move and play at least an hour a day.
Agenda

- Overview
- Activity Practice
- Break
- Activity Practice
- Evaluation
- Next Steps
Quizizz Question

How do you feel about using UP4it?

- Great
- Good
- Uncertain
- Nervous
21st Century Learning Skills
Reflection and Goals

B. Reflection

1. When you're extremely hungry, it is hard to think clearly and you can feel grumpy. Think back to a time when you were extremely hungry. Why did you wait to eat until you were that hungry?

2. When you're extremely hungry, it is hard to eat slowly and check in with your body's level of fullness. Think back to a time when you were extremely hungry at the start of your meal. How did that affect how much you ate?

C. Goal

3. What is your most common reason for skipping a meal or snack?
   - I was not hungry in the morning for breakfast.
     Maybe you are eating too much, or too late, the night before. Food can stay in your stomach while you sleep. If you wake up and are not hungry within 1 hour, try eating a smaller meal at night. People who skip breakfast usually don’t perform as well in school.
     What will you do?
   - I didn't have time for lunch because I was too busy.
     A quick sandwich meal can take less than 5 minutes to eat. If you skip eating, you won't have enough energy to make it through your afternoon activities. You will also become really hungry later, which may cause you to overeat at dinner. Then you will create a cycle of eating that does not help your body be its best.
     What will you do?
   - I didn't remember to bring a snack.
     Forcing your brain to go 6 or more hours without fuel can make you grumpy! It is best to eat a snack or meal every 3-4 hours to keep up your energy level. Keep some trail mix, dried fruit, whole grain crackers, or other easy-to-carry foods in your backpack so you can prevent your body from becoming too hungry and weak.
     What will you do?
   - I didn't have food at home.
     If you don't have enough food, there are organizations that will help supply food or money for grocery shopping. Also, most schools offer free lunch. Talk to your teacher, or an adult can call the National Supplemental Nutrition Assistance Program (SNAP) at 1-800-221-5369 to learn more.
     What will you do?
What 21st Century Skill do you wish you would have learned more in school?

- Collaboration
- Critical Thinking
- Creativity
- Communication
Take yourself into a new room!

Activity #1

How is food categorized?

Supplies:
- Activity Book (page 4)
- Food Cards (pages 33-36)
- Color markers, crayons, or pencils
- Scissors

Reading Techniques

<table>
<thead>
<tr>
<th></th>
<th>Partner</th>
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</thead>
<tbody>
<tr>
<td>Choral</td>
<td></td>
</tr>
<tr>
<td>Silent</td>
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<tr>
<td>Cloze</td>
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</tbody>
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https://ucanr.edu/sites/up4it/UP_4_some_training/
According to the UP4it Level 2 glossary, “nutrients” is defined as “Substances found in food and drinks that are used in the body to provide _____, growth, maintenance, and repair of tissues, muscles, and bones.
Remove pages 31-36 from the Up4it Activity Guide

Color the food cards

Ask the teacher for help

Cut out the individual food cards
Cut out the individual food cards

Color the food cards

Ask the teacher for help

Look at the first row of food cards and determine a food group
Yellow

Purple

Green

Orange
Activity #2

How Would You Design an Active Game

Physical activity items:

- Bag
- Napkin
- Socks
- medium sized bowl
- Chair
- food can
- spoon
- piece of paper
- pillow
What do you think the main objective of this activity is?

- To get some PA
- To teach kids how to make up their own active games
  - Developing writing skills
  - Developing team skills
Take yourself outside!

Activity #3

Which beverage should you always choose first for thirst?

Bring:
★ Page 7
★ Food Cards
★ Pencil or Pen
What type of beverage is this?

- Always
- Sometimes
- Rarely
Activity #5

What Are Solutions to Sleep Problems?
A. Watching television, computer, video games, or other screens within 1 hour of bedtime
B. Sharing a room with a sibling
C. Hearing outside noise (babies, dogs, sirens, trains, etc.)
D. Not tired
E. Waiting until too late to complete homework or finish chores
F. Having a negative attitude about going to sleep
G. Drinking or eating foods with caffeine in the evening
H. Being too hot
1. Use ear plugs or headphones.
2. Drink only plain, unflavored non-fat or 1% milk or water with dinner.
3. Complete tasks right after school or before dinner.
4. Turn on a fan.
5. Choose a food or beverage that is not chocolate in the evening.
6. Create a bedtime routine that may include taking a bath, meditating, or stretching.
7. Read before bedtime.
8. To help you remember things better, post a reminder on the bathroom mirror.
9. Turn off television, computers, and other screens 1 hour before bedtime.
10. Use individual reading lights or flashlights so the main light doesn't have to be on.
11. Play soft, quiet music.
12. Remind yourself that you will have the ability to be in a better mood and be a good friend.
13. Schedule free or play time after necessary tasks.
14. Do not put off big school assignments until the night before they are due.
15. Remind yourself that you will have more energy and perform better in school.
16. Put a cold wet washcloth on your forehead in bed.
The best way for a child to overcome a sleep problem is to:

- Ask mom for help
- Think through the problem and brainstorm solutions
  - Ignore the issue
  - Blame sibling
  - Go to bed earlier
Active Game
Break/ transition to outside

Bring:
Scissors
Activity Book (pages 25 & 27)
Pen/pencil
Sit outside!
Activity 13A
How do you choose to spend your money?

● Supplies needed:
  ○ Blank paper, scissors, pencil/pen
  ○ Computer
  ○ Water
  ○ Activity book (page 25-28)
Mentimeter Question-

What is a current eating related habit you can change so that you eat better and spend less money on food outside the home?
How long should activity 13A take to implement according to the UP4it Level 2 Activity Book?:

- 20 minutes
- 45 minutes
- 30 minutes
- 60 minutes
Activity 13B

How do you prioritize your spending?

❖ Choose an activity you would like to participate in.
  ➢ Each activity is $5
  ➢ You can choose multiple activities
❖ Shade in your graph at home
❖ Add up activity totals
❖ Title your graph
Quizizz Question

If you were teaching this activity in-person, where would students stack their money when selecting an activity?:

- Garbage can
- Under the X-axis
- By the Y-axis
- Recycle bin
- In their desk
Find a comfy chair to chat!

Activity 8

Can You Assess and Plan For Your Hunger?
You should eat berries every day because they are high in fiber and antioxidants.
Fruit is a good choice when you crave something sweet.
Eat until you are no longer hungry

Intuitive    Prescribed
School children throw away a lot of food. They should finish each meal to reduce food waste.
Lunch is at noon

Intuitive

Prescribed
Lunch is between 11:00 - 2:00

Intuitive

Prescribed
Drink 8 glasses of water a day

Intuitive

Prescribed
Water first for thirst

Intuitive

Prescribed
What are some of the consequences of prescribed eating?

- Overeating
- Food as reward
- Hunger
- Poor self control
Activity 9

Can You Deduct and Compare the Highly Processed Foods?
One of the five guidelines from the DGA is to follow a healthy eating pattern across the lifespan at an appropriate calorie level. Doing so helps to support a healthy body weight and reduce the risk of chronic disease. **FNS expects that healthy eating patterns, weight management, and obesity prevention for the low-income population will be key components of SNAP-Ed Plans** due to the focus on nutrition education and obesity prevention of the FNA under Section 28. States are strongly encouraged to use MyPlate and related resources found at [http://www.choosemyplate.gov/](http://www.choosemyplate.gov/) to support their SNAP-Ed Plans.
What is the calorie difference between the skimmed milk and a small (12 oz) milkshake is ______ calories.
Evaluation

EFNEP

Use standard grade appropriate EFNEP evaluation instrument.

CalFresh Healthy Living, UC

Use EATS with grades 4 & 5 if class is at school.

Use EATS with grades 6 if class is at school.

If delivery is on-line with grades 4 & 5, do not use a survey.

If delivery is on-line with grades 6+, use the EATS middle school/high school online survey.
Next Steps

Ordering

● All counties should have received a survey to order copies of UP4it for FFY22
● UC ANR Catalogue
  ○ https://anrcatalog.ucanr.edu/Items.aspx?search=UP4it

Feedback

● Comment box on the UP4it website
● January 2022 follow-up call
● Training evaluation
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