

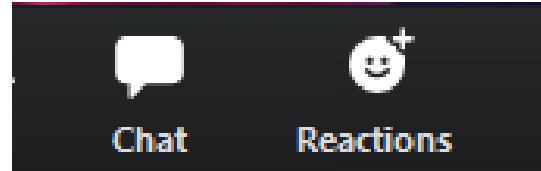
What's Up? Wednesday

EFNEP and CFHL, UC Staff Check-In

April 8, 2020



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources



Click the Participants button.



Click one of the icons to provide feedback to the host. Click the icon again to remove it.

Note: You can only have one icon active at a time.



Activity - Pick One!

Click the icon

Green ✓

Red X



Hip-Hop

or

Rock-n-roll



Morning
person

or

Night owl



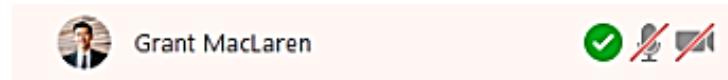
Burgers

or

Hot Dogs

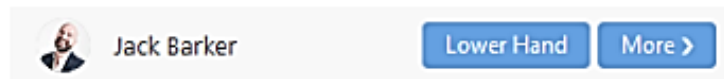
Managing Nonverbal Feedback (Hosts)

Click the **Participants** button to see a list of participants and their nonverbal feedback.



In the participants list, you can view and manage feedback using these features:

- If a participant clicked on a feedback icon, you'll see that icon beside their name.
- The number above each feedback icon shows the how many participants have clicked on that icon.
- If a participant clicked raise hand, you can lower their hand by hovering over their name and clicking **Lower Hand**.



- Click **clear all** to remove all nonverbal feedback icons.

[Zoom Nonverbal Support](https://support.zoom.us/hc/en-us/articles/115001286183-Nonverbal-Feedback-During-Meetings)

<https://support.zoom.us/hc/en-us/articles/115001286183-Nonverbal-Feedback-During-Meetings>

Today's Agenda

A message from the Directors...

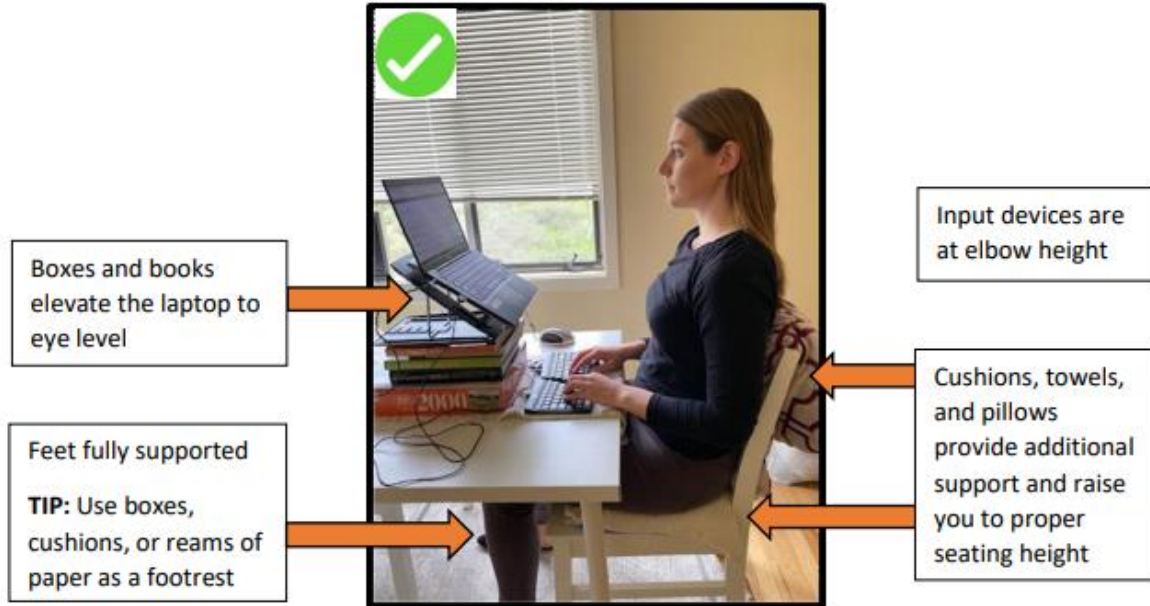
Today's Discussion

- Online Nutrition and PA Education
- Guidelines for Developing (or Using) Content
- Support from the State Offices, CNS, and UC ANR

Ergonomic Tips for Telecommuters



Using a table or counter with your equipment at the right height for you will place the least amount of strain on your body. Risk of injury decreases, and you can work longer and more efficiently.



Ergonomic Tips

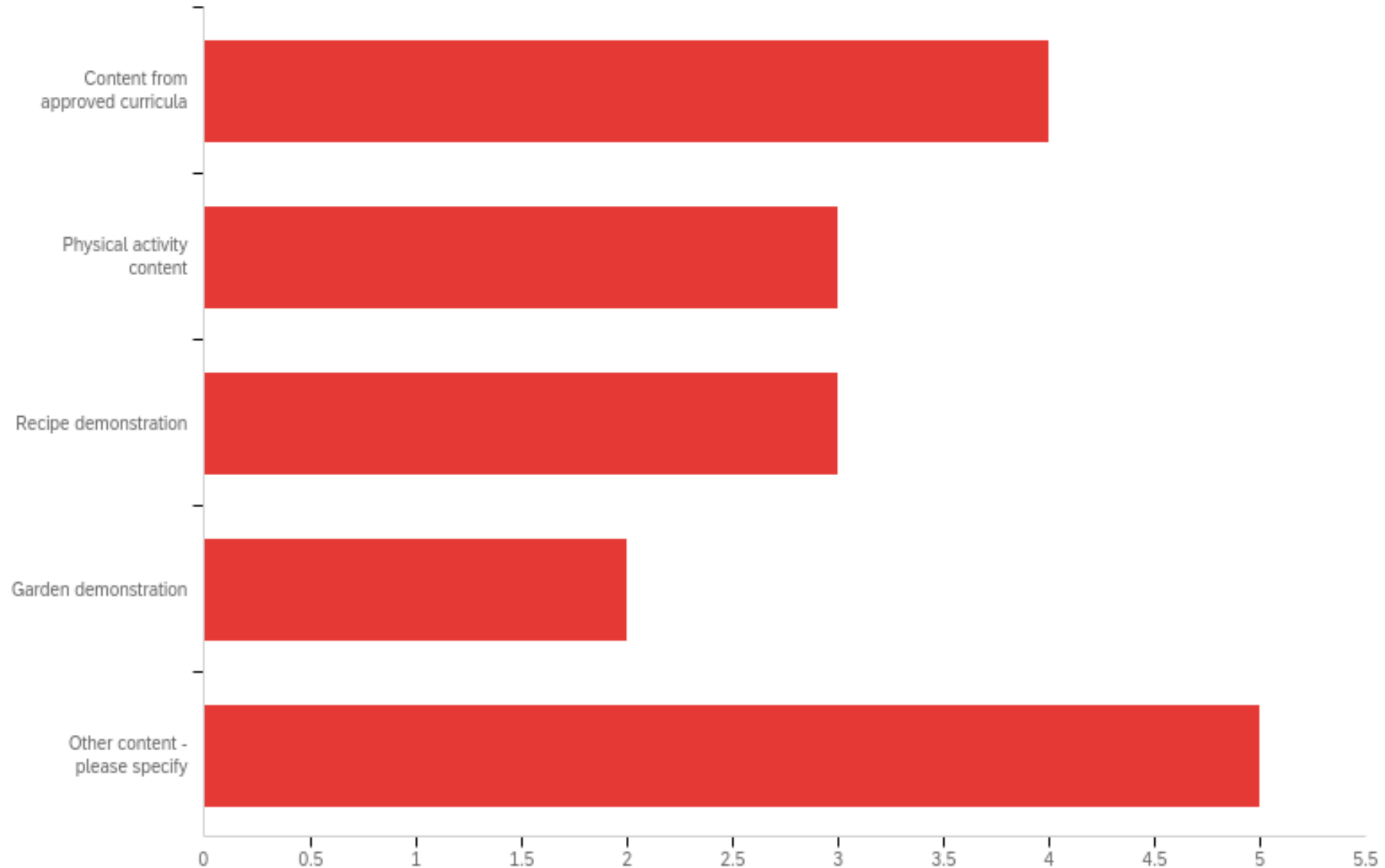
https://ucanr.edu/sites/Professional_Development/files/322065.pdf

Online Nutrition and PA Education

- A lot of effort is happening!
- Coordination - through Supervisors and Advisors
- Let's work together – and also maintain your relationships with participants, students, schools, and agencies
- Starting points - examples
 - Develop PowerPoint slides
 - Make practice videos



What types of content have nutrition program staff developed for online delivery?



Online Nutrition and PA Education

Discuss in your teams and with your Supervisor

- What is the community requesting and how can we adapt programming to meet needs (within program guidelines)?
- What content will you teach?
- Any supporting content needed – recipe video, PA video, etc.
- How can you deliver it to participants?
- What resources can you use?
- What will you need?



Guidelines for Developing (or Using) Content

Requirements

- Use approved curriculum and materials
- Include source credit
 - UC curricula – credit author(s)
 - Non-UC curricula (like *ESBA*) – publisher credit
- **No** copyrighted images, music, etc. without express permission
 - If not sure, don't use it
- Book reading – guidance will be provided
- Recipes – need to relate to the lesson
- CFHL, UC – safeguarding adult participant information

Guidelines for Developing Online Content

Required Elements for All Online Content:

- Program branding
- Funding statement
- Non-discrimination statement
- 'And Justice for All' content
- Closed captioning for all videos

Program-specific checklists coming soon!

Guidelines for Developing (or Using) Content

Recommendations

- Use pre-existing content when possible and appropriate
- **#1** - Content developed by your colleagues around the state!
 - Incorporate along with your own content and connection
- Recipe videos from Extension programs that have granted permission
- Physical activity videos – with permission
 - Example – ESBA videos



Guidelines for Developing (or Using) Content

Recommendations

- Use the simplest technology needed to accomplish your goal
 - Zoom is a great tool for teaching – *more in a minute!*
 - Record PowerPoint slides with narration
- Ask for help if you need it

Support from State Offices, CNS, and UC ANR

- Lesson Plan Template for online learning
- Online learning video guide
- Resources for existing content
- Materials
 - PowerPoint templates with branding, funding, non-discrimination
 - ‘Plug-and-play’ branded video intros and outros – program specific
- Coordinate assistance with technology needs
 - Video editing
 - Closed captioning

UC ANR Video Resources

- Webinar by Ricardo Vela - Shooting videos with your iPhone (recording) https://ucanr.edu/sites/Professional_Development/Monthly_WebANRs/
- Learning and Development web page ucanr.edu/videotools
- Video Production Manual by Petr Kosina and Steve Elliot - https://ucanr.edu/sites/Professional_Development/files/316779.pdf
- An existing recorded and posted training by Steve Elliot – <https://www.youtube.com/watch?v=BWJnkDeCI78>
- Video production checklist by Dustin Blakey– https://ucanr.edu/sites/Professional_Development/files/317103.pdf
- Equipment and software suggestions by Dustin Blakey - https://ucanr.edu/sites/Professional_Development/files/318523.pdf
- An online eCourse in development

Using Zoom for Online Education

- *Today at 3 PM!* **Zoom Basics**
 - <https://ucanr.zoom.us/j/751701428> | 1 669 900 6833 |
Webinar ID: 751 701 428
- Accessibility – Zoom mobile app
- Privacy - Zoom has privacy features that are easy to enable
- Useful features for teaching
 - Polls
 - Non-verbal feedback
 - Annotation tools

Chat – what do you want to learn about Zoom?

UCCE Connects to You – 100% at Home

Tomorrow! Thursday, April 9, 2020 from 2-3pm

UCCE Connects to You!

Making nutrition education available to all Californians

Lesson One – Get Moving!

Congratulations! – You have taken the first step to learn more about nutrition and good health. This learn-at-home program has 8 lessons. We hope it helps you take positive steps to keep you and your family healthy.

Let's Get Moving!
Being physically active is important for everyone. It helps our bodies, our minds and it is fun. We can be active in many different ways - all we have to do is move our bodies.

Healthy Habit Focus:
Move your body more. Find ways to be active with your family.

Why should I be active?
Being physically active has many benefits. It helps our health and it is a great way to spend time with family.

Being Active:

- Reduces risk of heart disease, high blood pressure and diabetes.
- Helps maintain a healthy weight.
- Keeps bones strong.
- Increases energy.

What type of physical activity do I need?
You need **two** types of physical activity.

1) Aerobic Activity makes you breathe harder and makes your heart beat faster.

| | | |
|---------------|-----------|--------------|
| Hiking | Dancing | Playing Ball |
| Riding a bike | Gardening | Running |
| Swimming | Walking | |

2) Muscle/Strength Training makes your muscles and bones stronger.

| | | |
|----------------|------|--|
| Weight lifting | Yoga | Resistance work (heel raises, carrying a child, push-ups and more) |
|----------------|------|--|

Tip
Men over 40 and women over 50 should check with their doctor or health care provider before being active.

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¡UCCE se conecta contigo!

Brindando educación sobre nutrición a todos en California

Lección dos – ¡Planee, compre, ahorre!

¡Ahorre tiempo y dinero!
¿Alguna vez ha estado a punto de cocinar la cena sólo para darse cuenta que no tiene lo que necesita? ¿Alguna vez se le ha acabado la comida nada de comer en la casa? ¿Sus hijos se quejan de que no hay una lista de compras para ahorrar tiempo y dinero a la larga.

Enfoque en un hábito saludable:
Planee a menú y haga su lista del mandado cada semana.

Prepárese para las compras
El primer paso es decidir qué van a comer durante la próxima semana. Para preparar un menú:

- Vea en su refrigerador qué alimentos se deben consumir antes de que se echen a perder. Anote estos alimentos.
- Revise las ofertas semanales de alimentos. Escriba los productos que le interesan y los precios de venta.
- Ahora ya está preparada para planear sus comidas. Escriba lo que planea servir a su familia cada día de la semana para el desayuno, almuerzo, cena y bocadillos. Trate de incluir los alimentos que ya tiene en su refrigerador y los que están en oferta.

La lista del mandado

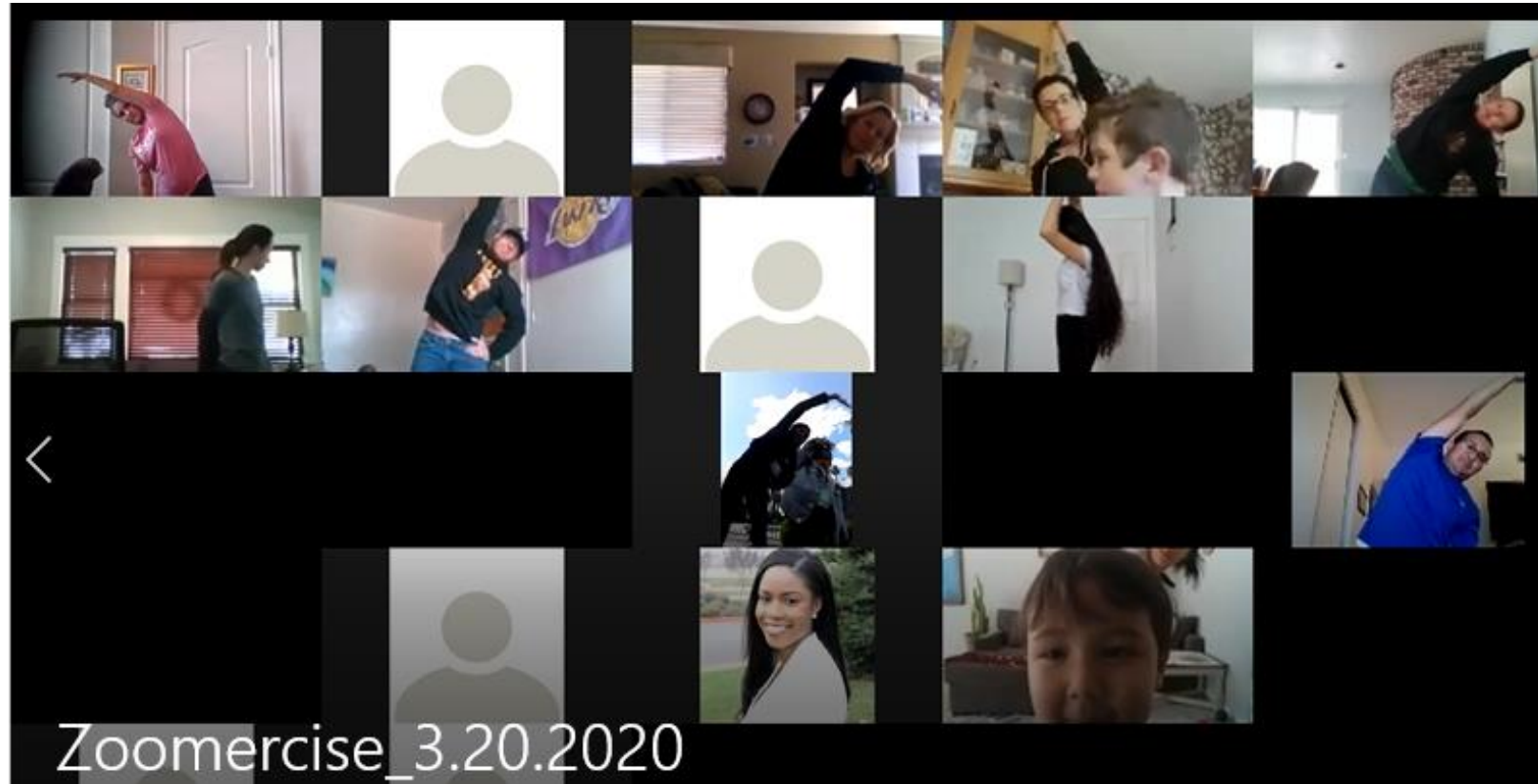
- Luego, haga una lista de lo que necesita comprar. Por ejemplo, si planea servir buenos reventos en el desayuno, va a necesitar, huevos, leche y cualquier otro condimento que use normalmente, tiene, tóquelos en la lista.
- Revise si ya tiene alguno de los productos en casa. Si ya los compra más de lo que necesita si se trata de un alimento que no dura mucho tiempo.
- Escriba la cantidad que necesita comprar de cada artículo. No Recuerde: los alimentos ya preparados, como platticos congelados y ensaladas del deli, cuestan más que si los prepara en casa.

Consejos

- No haga su compras cuando tenga hambre. El hambre puede provocar que compre productos costosos.
- Vaya de compras sola para que pueda seguir su lista y comparar precios. Los niños pueden distraer y hacerle comprar cosas que no necesita.

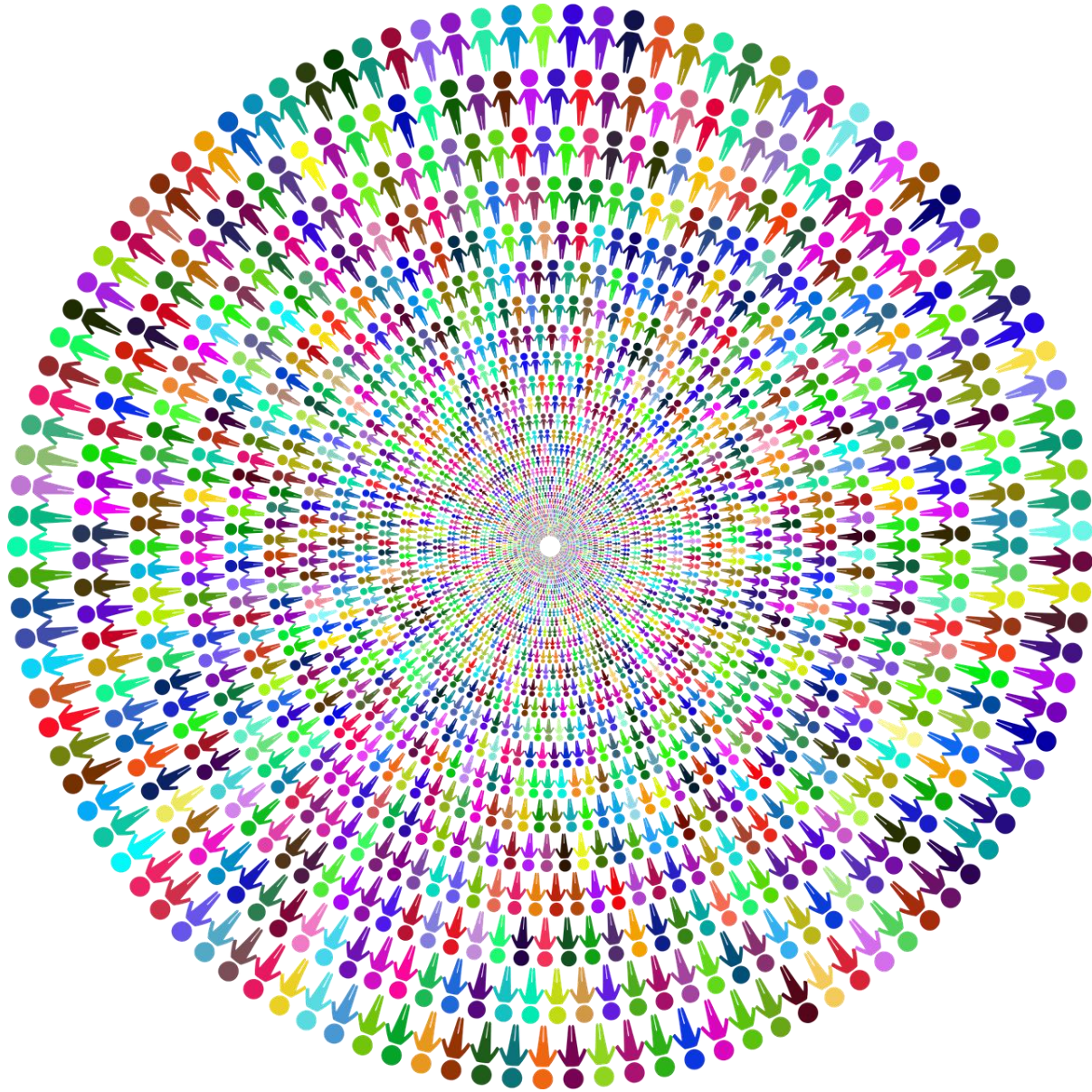
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Zoomercise!



Monday – Wednesday – Friday 12:30 PM

https://docs.google.com/spreadsheets/d/1fMmHcy_BV-2EEAcYM73x2iat7eCbw2oxWzAq0r3_3hE/edit#gid=0



*We're in
this
together!*