

# *What's Up? Wednesday*

EFNEP and CFHL, UC Staff Check-In

May 26, 2021



# 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](#)

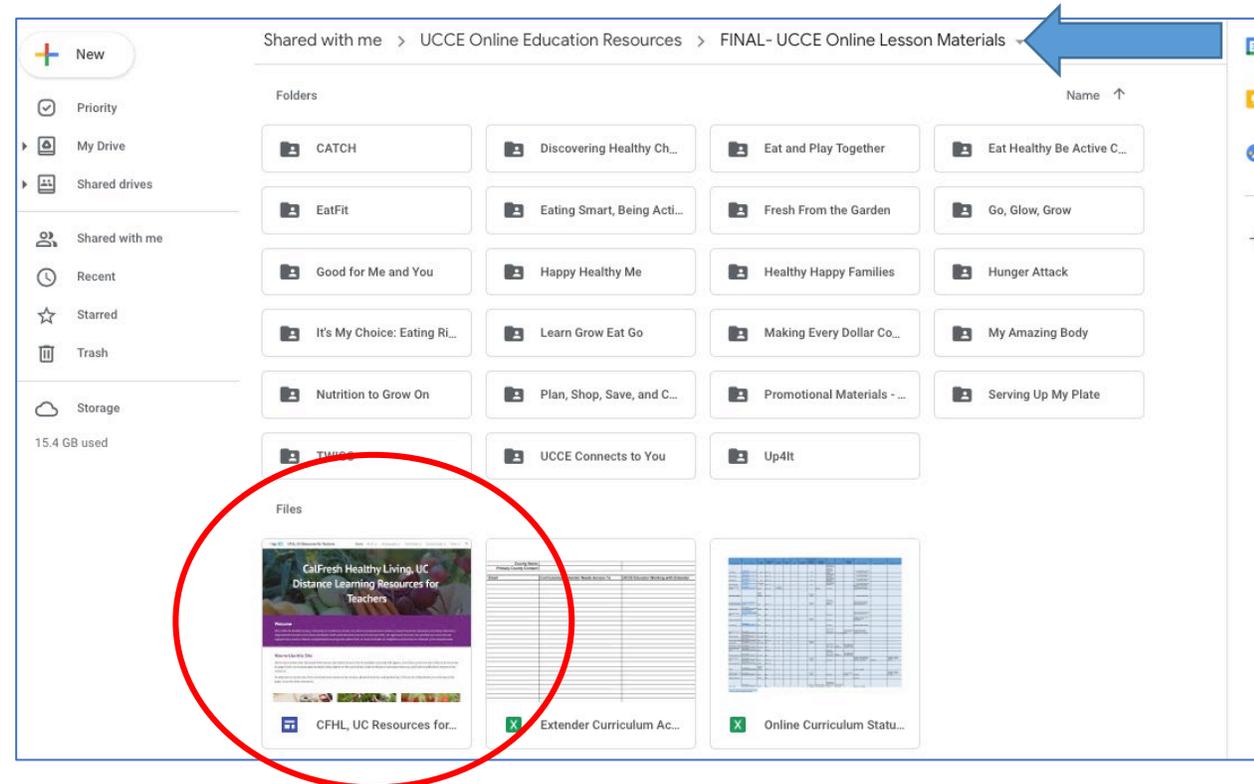
To request a county-level Google Site, please email Shyra Murrey ([smmurrey@ucanr.edu](mailto:smmurrey@ucanr.edu))

## 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](mailto: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 | UC ANR | 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](http://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 image shows the Microsoft PowerPoint interface with the 'Slide Show' ribbon selected. A yellow arrow points to the 'Set Up Slide Show' button. The 'Set Up Show' dialog box is open, showing the 'Advance slides' section where the 'Manually' radio button is selected. A green 'es' is written next to the dialog box. The background shows a slide titled 'Lesson 7 Build Strong Bones' with a red apple logo and the text 'EATING SMART BEING ACTIVE'. Below the slide, there are logos for CalFresh Healthy Living, UC CE, and the University of California Agriculture and Natural Resources. At the bottom, there is a footer with the CalFresh Healthy Living logo, the University of California logo, and the EFNEP logo (Expanded Food and Nutrition Education Program) along with the University of California Agriculture and Natural Resources logo.

File Home Insert Design Transitions Animations **Slide Show** Review View Help Acrobat

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 Monitor: Automatic Always Use Subtitles Use Presenter View Subtitle Settings

Play Narrations Show Media Controls

Start Slide Show Rehearse Set Up Monitors Captions & Subtitles

**Set Up Show**

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: [Color Picker]

Laser pointer color: [Color Picker]

Show slides

- All
- From: 1 To: 36
- Custom show:

Advance slides

- Manually
- Using timings, if present

Multiple monitors

Slide show monitor: Automatic

Resolution: Use Current Resolution

Use Presenter View

OK Cancel

es

Lesson 7 Build Strong Bones

EATING SMART BEING ACTIVE

Acknowledgements

Welcome!

With a partner, talk about what kind of milk you drink

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](http://www.CalFreshHealthyLiving.org)

# Promotional Resources

Promo Flyers  
Promo Videos

[https://www.youtube.com/watch?v=kkW\\_1nXR0Uk](https://www.youtube.com/watch?v=kkW_1nXR0Uk)

Both available in English and Spanish  
in Google Drive

CalFresh UNIVERSITY OF CALIFORNIA UC CE UNIVERSITY OF CALIFORNIA Zoom in (Ctrl+Plus)  
Agriculture and Natural Resources

## EAT HEALTHY BE ACTIVE

Community Workshops  
Six 1-hour classes, delivered as a series or individual workshops

For Adults & Seniors



**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.

**Curriculum Highlights:**

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

**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:**

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](http://www.CalFreshHealthyLiving.org).

# 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

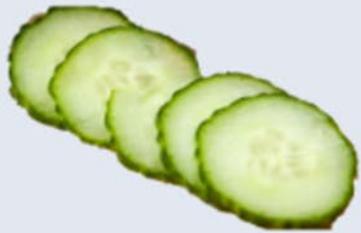
Haga clic en el grupo que contiene pan integral



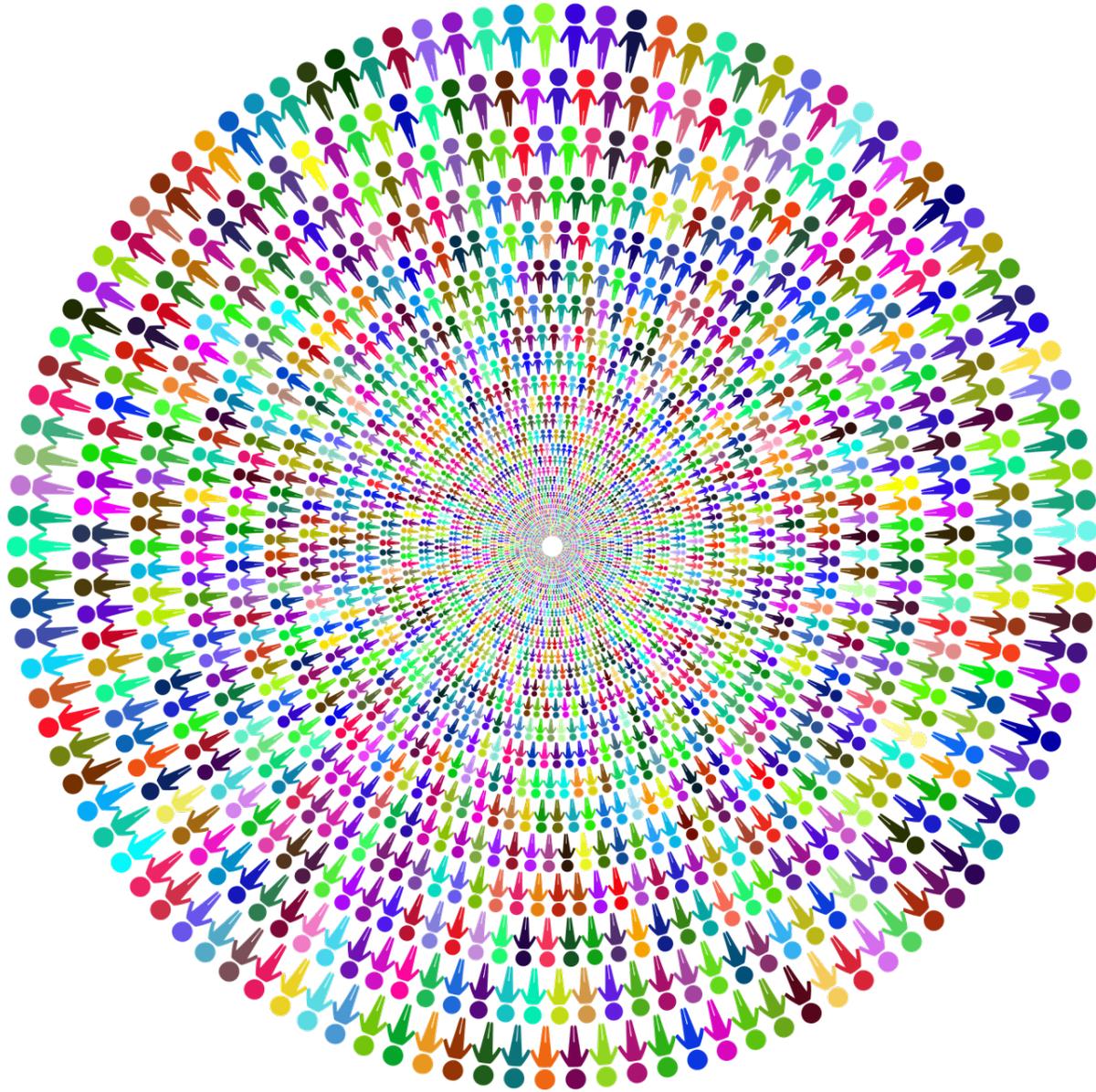
Clickable Image

### Which vegetables do you like best?

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



Ranking



*We're in  
this  
together!*