

Nutrition and Physical Activity Education with Middle-School and High School Students

March 12, 2020



Zoom Information

Hover over Zoom screen to view task bar

Audio

- Webinar participants are muted
- Audio test: click the arrow next to the microphone icon

Chat feature:

- Click on the Chat bubble

Polls – appear as a pop-up screen



Graglers
Jeweler

Chat... *Your 15-Year Old Self*

One word that comes to your mind when
you think about your 15-year old self...

Our Group



Why are we here today?

- Older youth are under-served for nutrition & PA education
- EFNEP – national program goal to reach more older youth
- CFHL, UC – Direct nutrition and PA education plus PSE approaches

What will we discuss today?

- Positive aspects of teaching older youth
- Success strategies for reaching and teaching older youth
- Lesson 'enhancement' ideas
- Future training and support



Positive Aspects to Teaching Older Youth



Greater chance to achieve behavior change

- More control over what they are eating
- May be food shopping and/or preparing meals/snacks

Chat...

What do you think are some positive aspects about teaching older youth?

Positive Aspects to Teaching Older Youth



Greater chance to achieve behavior change

- More control over what they are eating
- May be food shopping and/or preparing meals/snacks



Able to include more complex ideas and activities



Sense of accomplishment when students “get it”

You may be hesitant to teach older youth because you think...

They're not interested...

I don't know how to deal with their behaviors

There's so many of them!

Gruylers
Jeweler

CHAT

What are some other concerns about teaching older youth?

Poll

Which of these will most likely motivate older youth to make behavior changes toward healthy eating and PA?

- A) Decreased risk of Type 2 diabetes later in life
- B) Ability to shop for and prepare their own food
- C) More energy in daily life
- D) Lower risk of developing cancer later in life
- E) Improved endurance during sports

Helping Students Find Reasons to 'Care'

- Variety of factors that might motivate older youth
 - Ask open-ended questions – listen for clues
 - Class 1 – write topic or question of interest on index card
 - KWL – or modify to KWI
 - Healthy Habits survey – anonymous

They're not interested...

Helping Students Find Reasons to ‘Care’

- Developmental factors
 - Focused on the present
 - Focused on how the topic affects them personally
- Emphasize immediate benefits
 - Healthier skin, hair
 - Improved mood, energy level
 - Endurance, muscle building

They're not interested...

Helping Students Find Reasons to ‘Care’

- Tend to choose what they *like* over what’s healthy
 - Discuss healthier choices within foods they like
 - ‘All foods can fit’ in a healthy eating pattern
- Social pressure from peers
 - Avoid calling out / calling on students
- Don’t *over-emphasize* weight and calorie intake

They’re not interested...

Class Size

- Group work – small groups, pairs
- Simplify activities – as long as it achieves same objective
- Discussion – *they talk more, you talk less*
- Materials – you'll need more!
- Talk with the teacher or group leader for ideas

There's so many of them!

Behaviors

- Class agreements – build on what the teacher has in place
 - Include what students can expect from *you*
- Build trust – be consistent, be authentic about yourself
 - Name tags – try to call students by name
 - Validate responses – *yes, and...*
- Provide choice:
 - Build in (structured) choices into activities
 - Discuss - students choose how they will use (or not) the info

*I don't know
how to deal with
their behaviors*

Behaviors

- Work with the teacher for support
- Practice empathy and patience – students have complex lives
- Don't engage in 1:1 conflicts with students
- Stay positive – focus on the majority
- Ask for help if you need it
- Practice self-care and self-compassion

*I don't know
how to deal with
their behaviors*

Other Engagement Strategies

- Raffle tickets for participation – raffle off items during the last class
- Check with teacher – class points, extra credit
- Build in inquiry-based questions
- Experiential activities – can modify how you do an activity
- Reflection questions and goal-setting
- Use relevant examples
 - Learn about the neighborhood
 - School website: team name, current activities

Engagement ‘Do’s and Don’ts’

DO

- Share about your experiences
- Relate to popular culture
- Respond to student questions
- Use media, videos

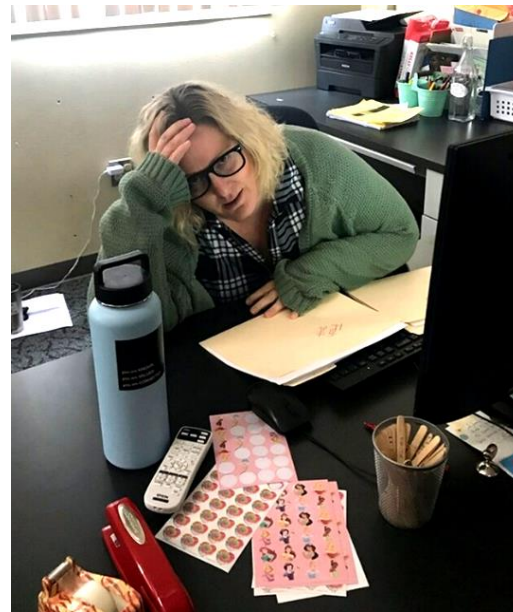
Be Careful About...

- When I was your age...
- References you don’t really know
- Moving away from key messages
- Check messages with your Supervisor

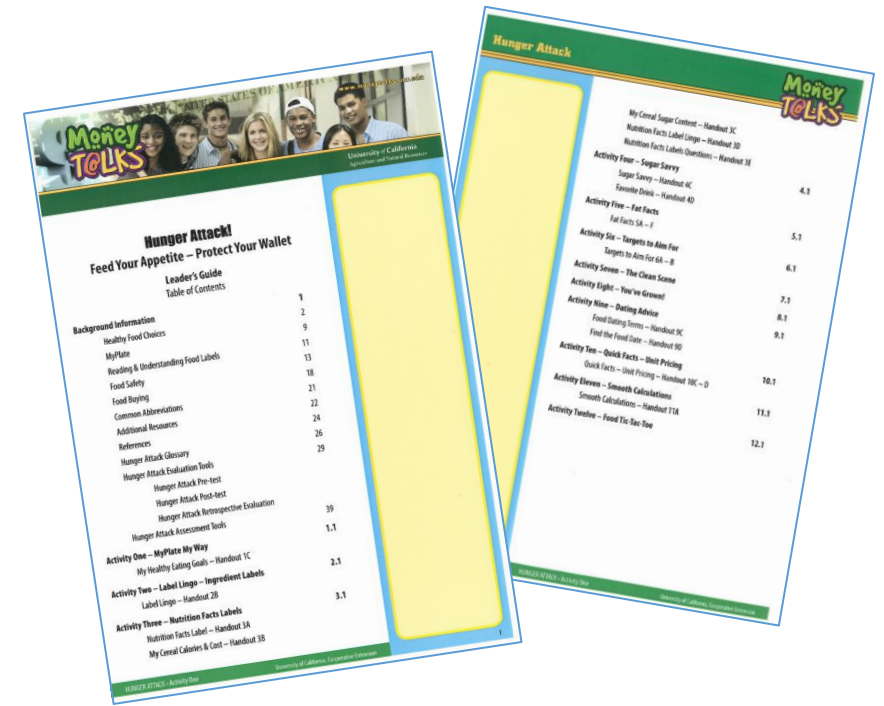
Challenges recruiting teachers

REGULAR DAY:	
<i>(0 period 6:50 – 7:49 am)</i>	
1 st	8:00 - 8:53
2 nd	8:59 - 9:52
BRUNCH	9:52 – 10:02
3 rd	10:08 - 11:01
TUTORIAL	11:07 – 11:37
4 th	11:43 - 12:36
LUNCH	12:36 – 1:06
5 th	1:12 - 2:05
6 th	2:11 – 3:04

Less time in class schedule/ syllabus



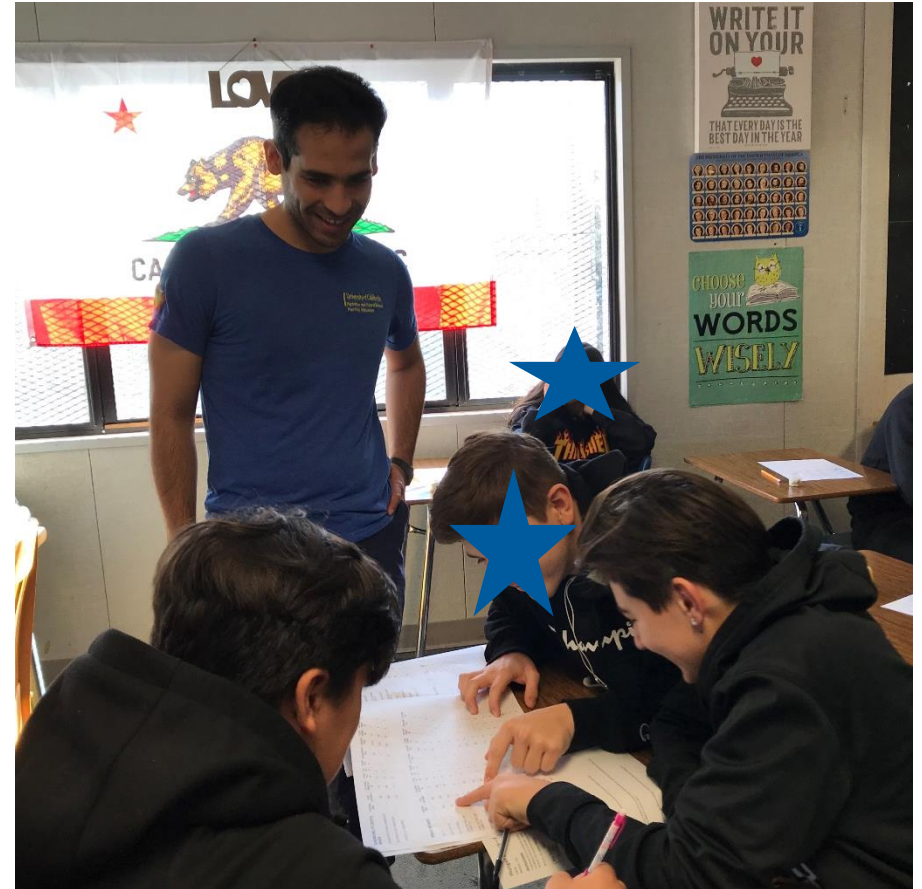
Teachers have little time for lesson prep



Length of available curricula (9-12 lessons)

Strategies for recruitment

- Choose marketing approach based on site needs
- Show you are filling a gap
 - *financial literacy, ESL, home economics, agency*
- Team-teach with teacher
 - *UC lessons may include food tastings!*
- Offer 6-lesson sequence
- Emphasize life skills



Where can you recruit?

Health and
PE classes

Alternative
high schools

Sports
teams
(especially
off-season)

Academies
-health
-medical

After school
programs

How can I use available curricula more effectively?

- Eatfit: Grades 7-8
- Updated in 2018
- **Can** adapt number of lessons
 - Ex: Six-lesson sequence: 1, 2, 4, 5, 6, 8
- Use lesson extensions for added series



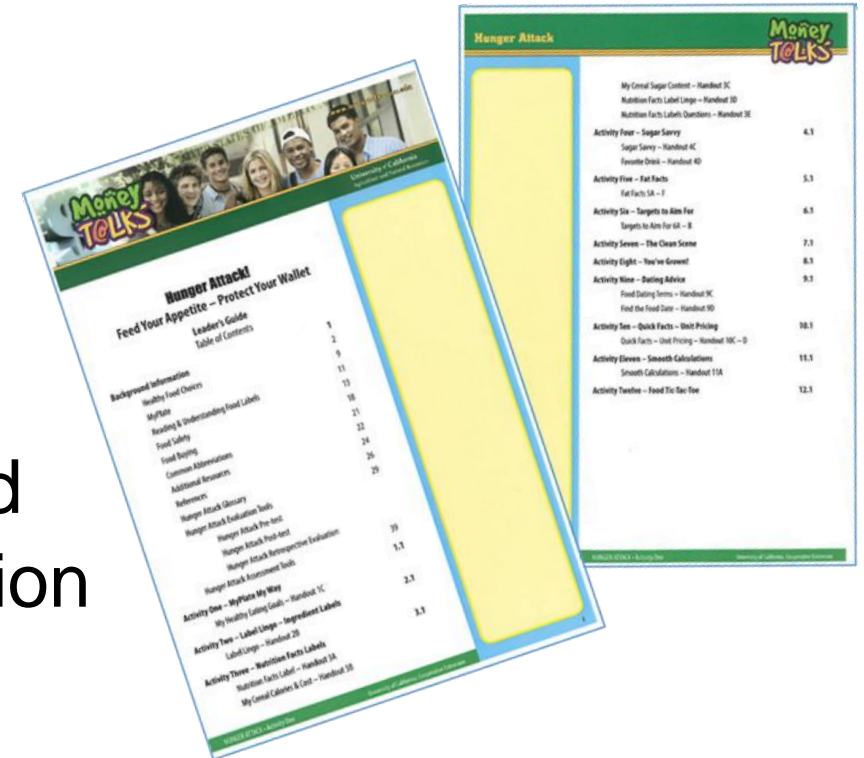
Eatfit webinars:

http://efnep.ucanr.edu/For_Staff_624/Trainings_-_Webinars/Webinars/

<https://uccalfresh.ucdavis.edu/trainings/trainings-and-presentations>

How can I use available curricula more effectively?

- Hunger Attack
- Target grades 9-12
- **Can** adapt number of lessons
- Six-lesson sequence
 - PowerPoint slides (optional) - updated
 - Matches EFNEP grades 9-12 evaluation



HA 6-lesson sequence

Lesson	Hunger Attack Activity/ Activities
1 – My Plate My Way	Activity 1
2 – Label Lingo	Activities 2 and 3
3 – Sugar Savvy	Activity 4
4 – Fat Facts	Activity 5
5 – Targets to Aim For	Activity 6
6 – Keeping Food Safe	Activities 7, 8, 9

⊕ Educator Hunger Attack at-a-glance

Hunger Attack Lesson #	Hunger Attack Activity #	PowerPoint slides available for each lesson.			Related EFNEP Survey Question	Suggested snack/taste
		Visuals & Supplies	Class handouts	Updated background information for teacher		
1) <u>MyPlate My Way</u> EFNEP - PRE assessment Updated w/ DG handouts with 2015 guidelines https://health.gov/dietaryguidelines/2015/resources.asp	Activity 1	Food cards https://www.nationaldairy council.org/content/2019/nutrition-education-with-visual-food-models	-1C My Healthy Eating Goals -Page 2 from the teen guide -Know Anyone Who Needs Food Help? Handout Optional MyPlate handout https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet1ChooseMyPlate_0.pdf MyPlate Coloring Sheet https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/ColoringSheet.pdf	DG 'Recommendations At-A-Glance' https://health.gov/dietaryguidelines/2015/resources/DGA_Recommendations-At-A-Glance.pdf 'How to Build a Healthy Eating Pattern' https://health.gov/dietaryguidelines/2015/resources/DGA_Healthy-Eating-Pattern.pdf	Q 1, Q 2, Q 3 Q4, Q 5-may be addressed if students complete meal plan Q 7-Q 9, if a discussion about energy balance Q 12, if optional homework assignment is completed	Trail mix

1. Serving Information →

2. Calories →

3. Nutrients →

Nutrition Facts	
4 servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	280
	<small>% Daily Value*</small>
Total Fat 9g	12%
Saturated Fat 4.5g	23%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

4. Quick Guide to percent Daily Value (%DV)

- 5% or less is **low**
- 20% or more is **high**



Nutrition Facts	
Serving Size 8 fl oz (240 mL) Servings Per Container 2	
Amount Per Serving	
Calories 122	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Sodium 5mg	0%
Potassium 443mg	13%
Total Carbohydrate 29g	10%
Sugars 21g	
Protein 2g	4%
Vitamin C	139%
Thiamin	17%

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, calcium and iron.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: 100% PURE ORANGE JUICE NOT FROM CONCENTRATE.

Teaspoons
of sugar
and type of
added
sugar



Nutrition Facts	
Serving Size 8 fl oz (240 mL) Servings Per Container 2.5	
Amount Per Serving	
Calories 122	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Sodium 25mg	1%
Total Carbohydrate 27g	9%
Sugars 27g	
Protein 0g	
Vitamin A	0%
Vitamin C	100%
Calcium	0%
Iron	0%

Contains 10% juice.

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, calcium and iron.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, ORANGE JUICE CONCENTRATE, CITRIC ACID, POTASSIUM BENZOATE (PRESERVES FRESHNESS), NATURAL FLAVOR, YELLOW COLORING, GLYCEROL ESTER OF WOOD ROSIN, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR).

School Lunch: Domino's

Regular (Cheese)

290 calories

10 grams
total fat

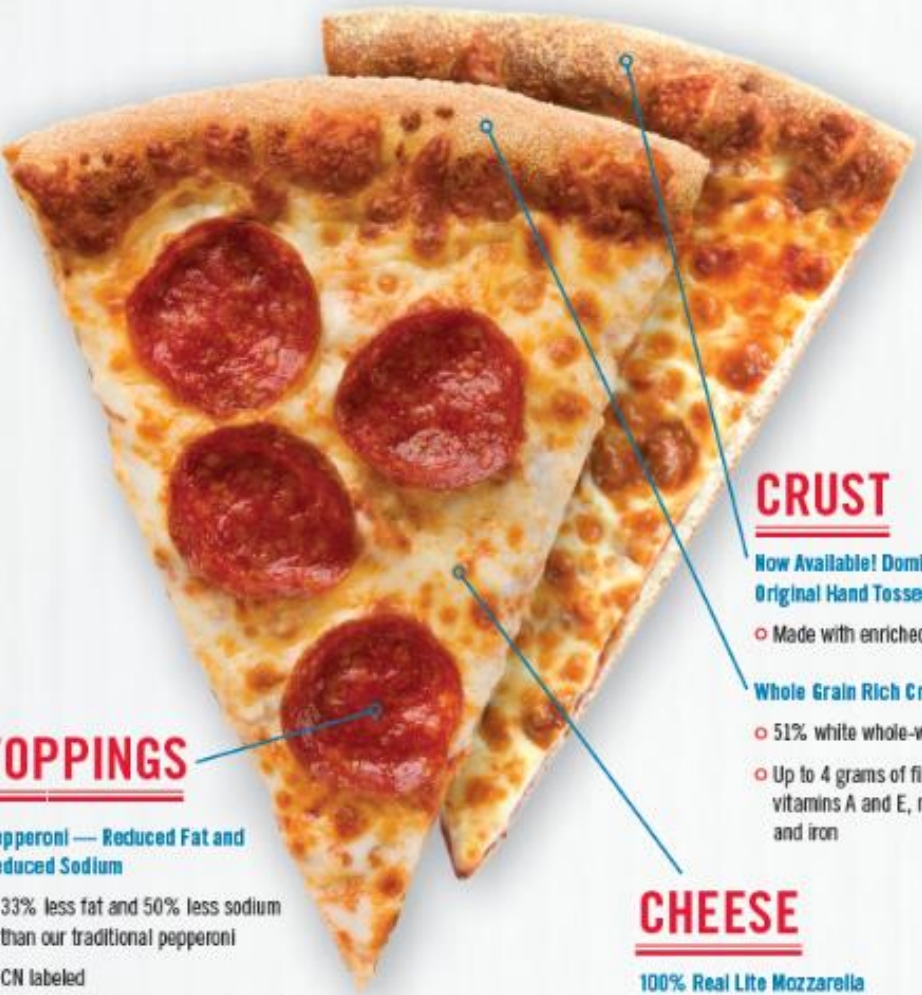
5 grams
saturated fat

Smart Slice (Cheese)

210 calories

5 grams
total fat

2 grams
saturated fat



CRUST

Now Available! Domino's Original Hand Tossed Crust

- Made with enriched flour

Whole Grain Rich Crust

- 51% white whole-wheat flour
- Up to 4 grams of fiber plus vitamins A and E, magnesium, and iron

TOPPINGS

Pepperoni — Reduced Fat and Reduced Sodium

- 33% less fat and 50% less sodium than our traditional pepperoni
- CN labeled
- We also offer turkey pepperoni and a wide variety of meats, veggies, cheeses, and other pizza toppings in our stores. This allows endless customization to delight your students' taste buds.

CHEESE

100% Real Lite Mozzarella

- 1/2 the fat of our traditional pizza cheese
- 100 mg less sodium compared to standard lite mozzarella cheese
- A good source of protein and calcium

How many
people in the
United States
get sick each
year from food
they eat?



Americans get sick
from foodborne
illness each year



Hospitalized each
year due to
foodborne illness

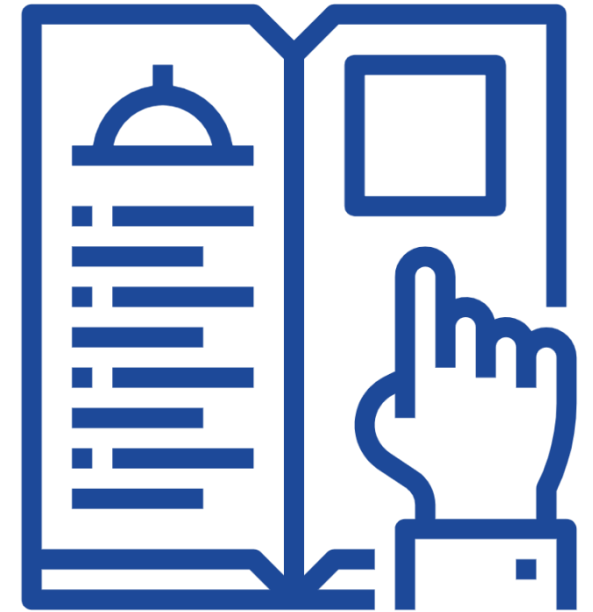


3
thousand

Die from
foodborne
illness
each year

Lesson 'enhancement' options

- 'Menu' of options
 - Choose any that are appropriate
 - Discuss with your Supervisor before using
- Toolbox: Low-cost, easy-to-implement tools to increase engagement
- Plan to add more resources!



Lesson Delivery Enhancements

Media or
Technology

Games!

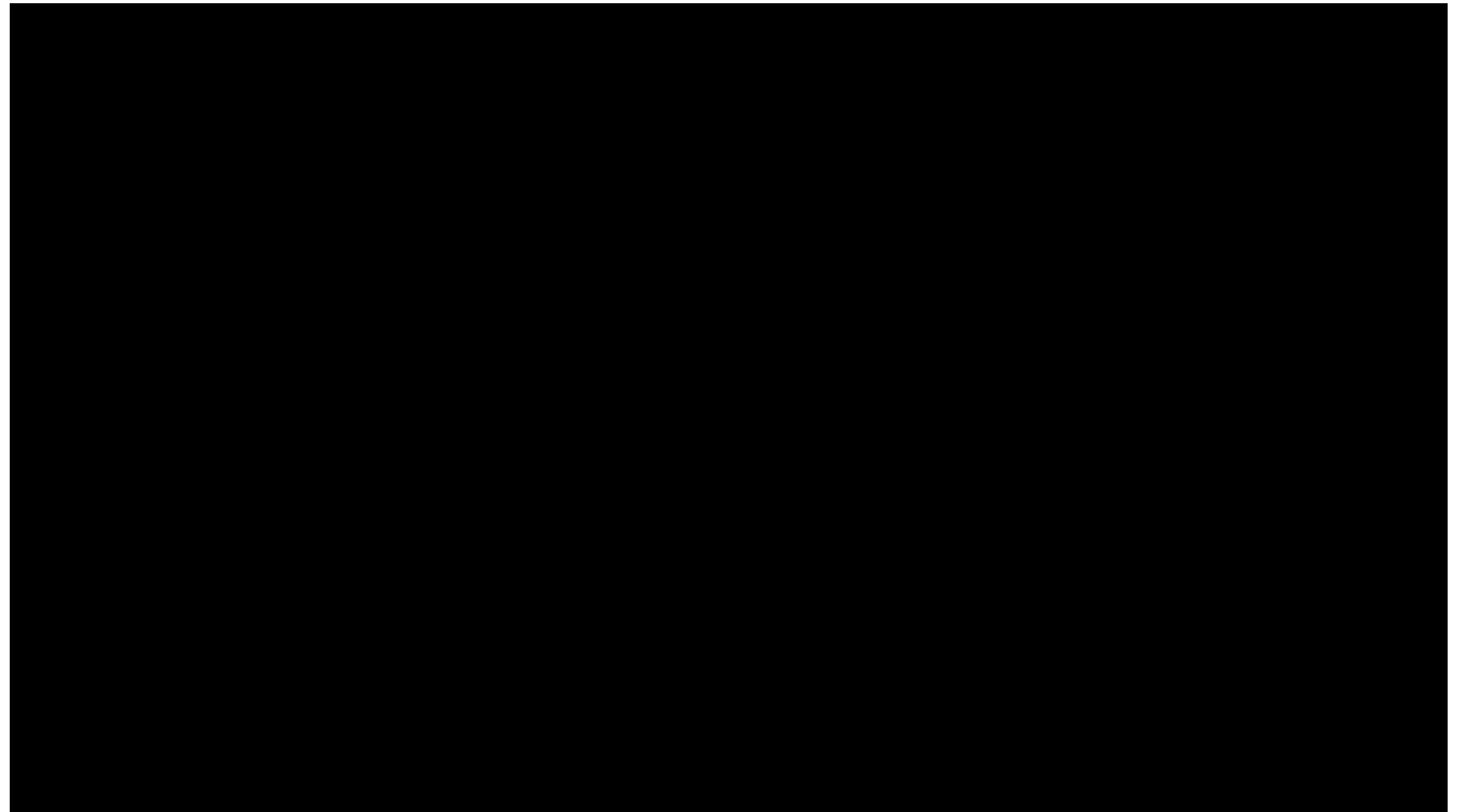
Make it
Relevant

Inquiry/ Learner-
Centered Methods

Add Visuals or
Infographics

Classroom
Management Tips

Media or
Technology



<https://www.youtube.com/watch?v=OWMSJqnYFMY&feature=youtu.be>



<https://www.youtube.com/watch?v=ESFp8ImuJVo>

Lesson 5 - Targets to Aim For

Media or
Technology

Using the fast food nutrition information tables, select and record food and beverage items for one meal

Showing Nutrition for: 3 Item(s)

Add more items

Include



Vanilla Shake
Standard Ingredients
490 Cal.

Small



Edit Ingredients

[Delete](#)

Include



Small World Famous Fries®
Standard Ingredients
490 Cal.

Large



Edit Ingredients

[Delete](#)

Include



Quarter Pounder®* with
Cheese
Standard Ingredients
510 Cal.

Edit Ingredients

[Delete](#)

← CLEAR DONE

Price

\$ \$\$ \$\$\$ \$\$\$\$

Rating at least

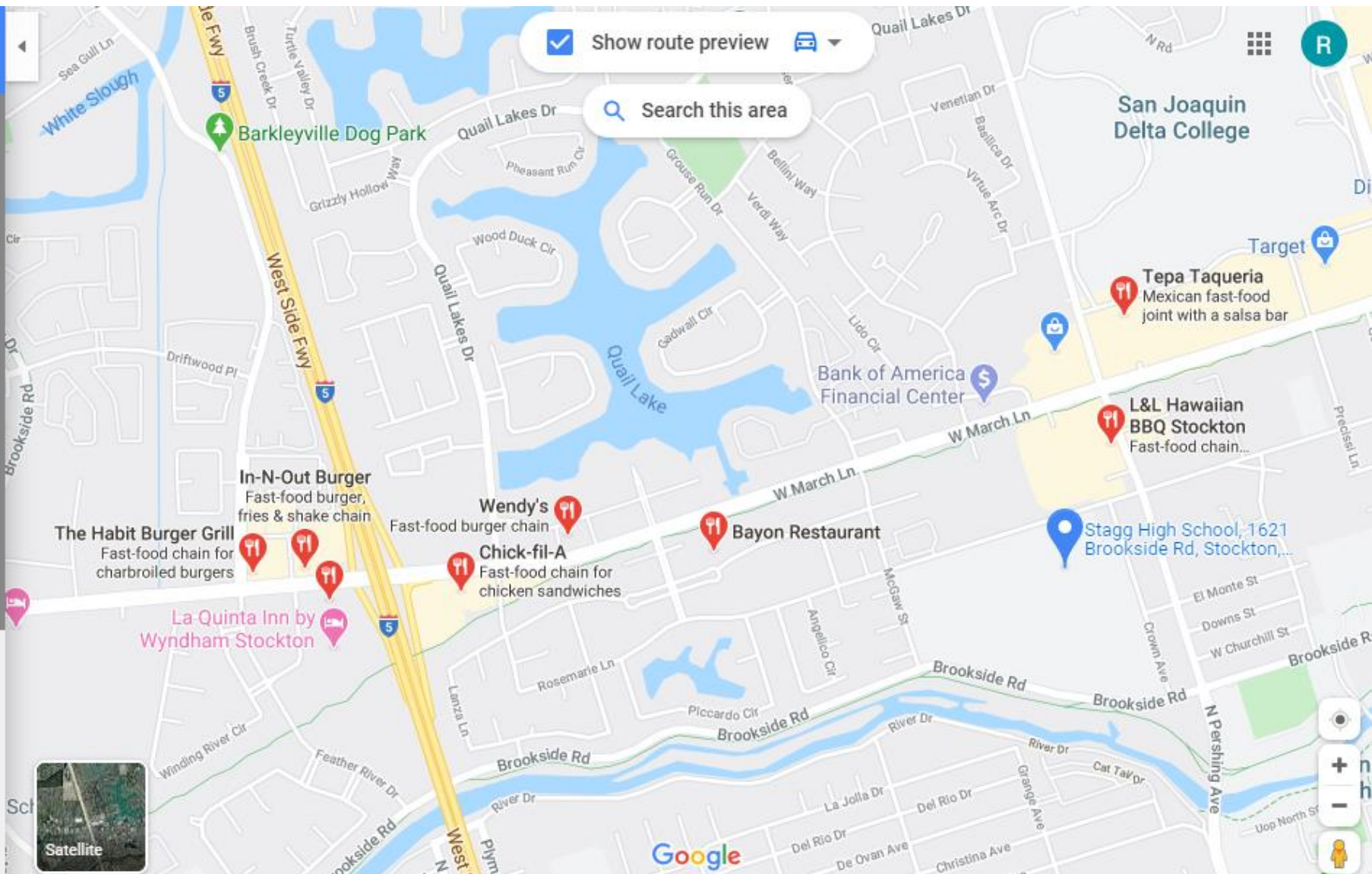
Any rating ▾

Hours

Any time Open now Open 24 hours

Cuisine

- Any cuisine
- American
- Barbecue
- Chinese
- French
- Hamburger
- Indian



Lesson 4 – Fat Facts

Add Visuals or Infographics



MyPlate

Food Labels

Sugar Savvy

Fat Facts

Targets to
Aim For

Food Safety

10

10

10

10

10

10

20

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Question

This shows the percentage of the recommended daily amount of each nutrient in a serving.

Answer

What is % Daily Value?

5% is low

20% is high



In- Person Trainings – Teaching Older Youth

- June 23 – UC ANR building
- June 30 – Irvine, South Coast REC

- Possibly other locations and dates depending on interest

In- Person Trainings

- Lesson Demos – Hunger Attack
 - Strategies will apply to other curricula
- Behavior Guidance/Classroom Management
 - Universal strategies that can be used with different class structures
- Success Factors When Teaching Older Youth
- SEL – Building in SEL

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CHAT – one thing you will use from this webinar



