Virtual Food Education

September 30, 2020

Learning Code: 1230

Health Nutrition Services Division

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National School Lunch Program (NSLP)

Provides nutritionally balanced, low-cost or free lunches to children Pre-K-12th grade each school day.

Child Adult Care Food Program (CACFP)

Provides aid to childcare centers, family day care homes, at-risk afterschool programs, Head Start programs, outside-school hour program, adult day care centers, and emergency shelters for young children (0-5) or older adults aged 65+ and chronically impaired disabled person across Arizona

Summer Food Service Program (SFSP or SSO)

Provides free and healthy breakfast, lunch, snack and supper to youth in Arizona all summer long. Anyone 18 years of age and younger is welcome to eat a meal with their friends at participating sites throughout the summer.


CHOCOLATE MILK
FAT FREE
VITAMIN A & D
HALF PINT (236 ML)
Dom Lee Farms
CRAFTED FOR SCHOOLS


Free Meals
18 & Under

March-July 2020...

33,595,169

Meals served

Health Nutrition Services Division

National School Lunch Program

Afterschool Care Snack Program (ASCSP)

School Breakfast (alternative models)

- 1) Breakfast in the Classroom, 2) Grab and Go Breakfast, 3) Breakfast on the Bus and 4) Second Chance Breakfast

USDA Fresh Fruit and Vegetable Program (FFVP)

- SY2021 Nutrition Education is encouraged (not required)
- BRAVOcado Award (for excellence in exceeding requirements)
  - Increasing frequency of service
  - including nutrition education
  - buying locally produced fruits and vegetables
  - establishing partnerships
  - and utilizing grant funds

Paige Mollen

Co-Founder and President

Mollen Foundation

Thank you for joining me today!

Paige Mollen is Co-Founder and President of the Mollen Foundation and has 24 years of experience as an educator, national consultant, and education strategist. Her area of expertise in school gardens includes standards aligned curriculum development and integration. She currently sits as the Education Chair for the Arizona Farm to School Network .

Katie Poirier

Executive Director

Mollen Foundation

Thank you for joining me today!

Katie is the Executive Director of the Mollen Foundation. She graduated with a B.A. in Urban Dynamics from the School of Sustainability at Arizona State University. Her expertise includes community and school garden project management, content creation, reporting, and evaluation. She presented at the American Community Gardeners Association Annual Conference in 2016 and the 2019 State Public Health Nutritionist Conference.

Objectives

- Review some online classroom management strategies
- Review online tools that can be used for virtual food education experiences
- Identify where food education experiences can help to meet state curriculum standards

Quick Tips and Best Practices

Work with available resources

FFVP, school breakfast and lunch, After school snack

Consider cross curricular connections

Math, Science, Social Studies, Math, Nutrition, ELA

Multisensory Approach

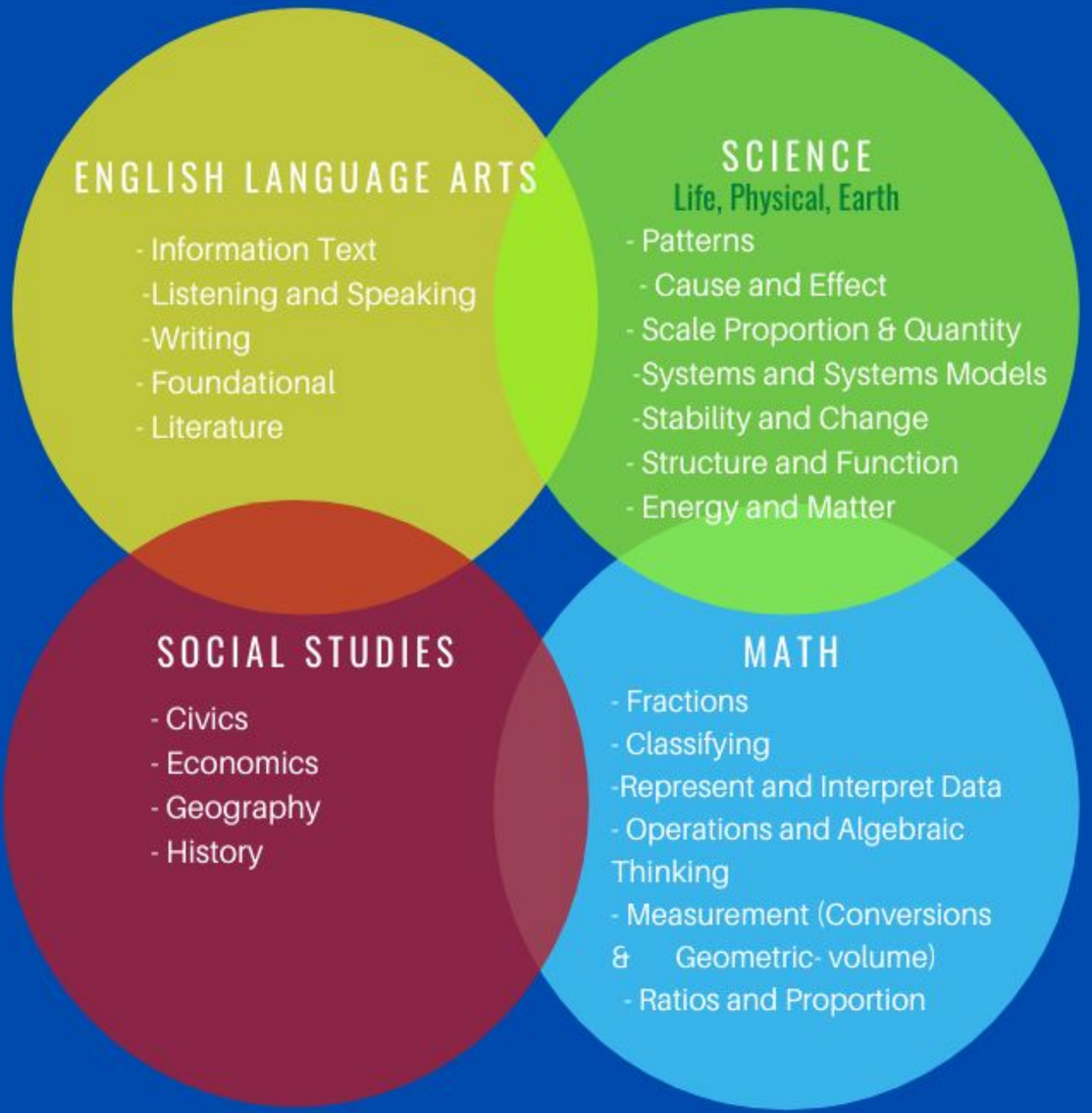
Static to multisensory
Engage all the senses- visual, auditory, kinesthetic

Keep it simple

No need to reinvent the wheel, no one size fits all

FOOD EDUCATION

ACROSS THE CURRICULUM

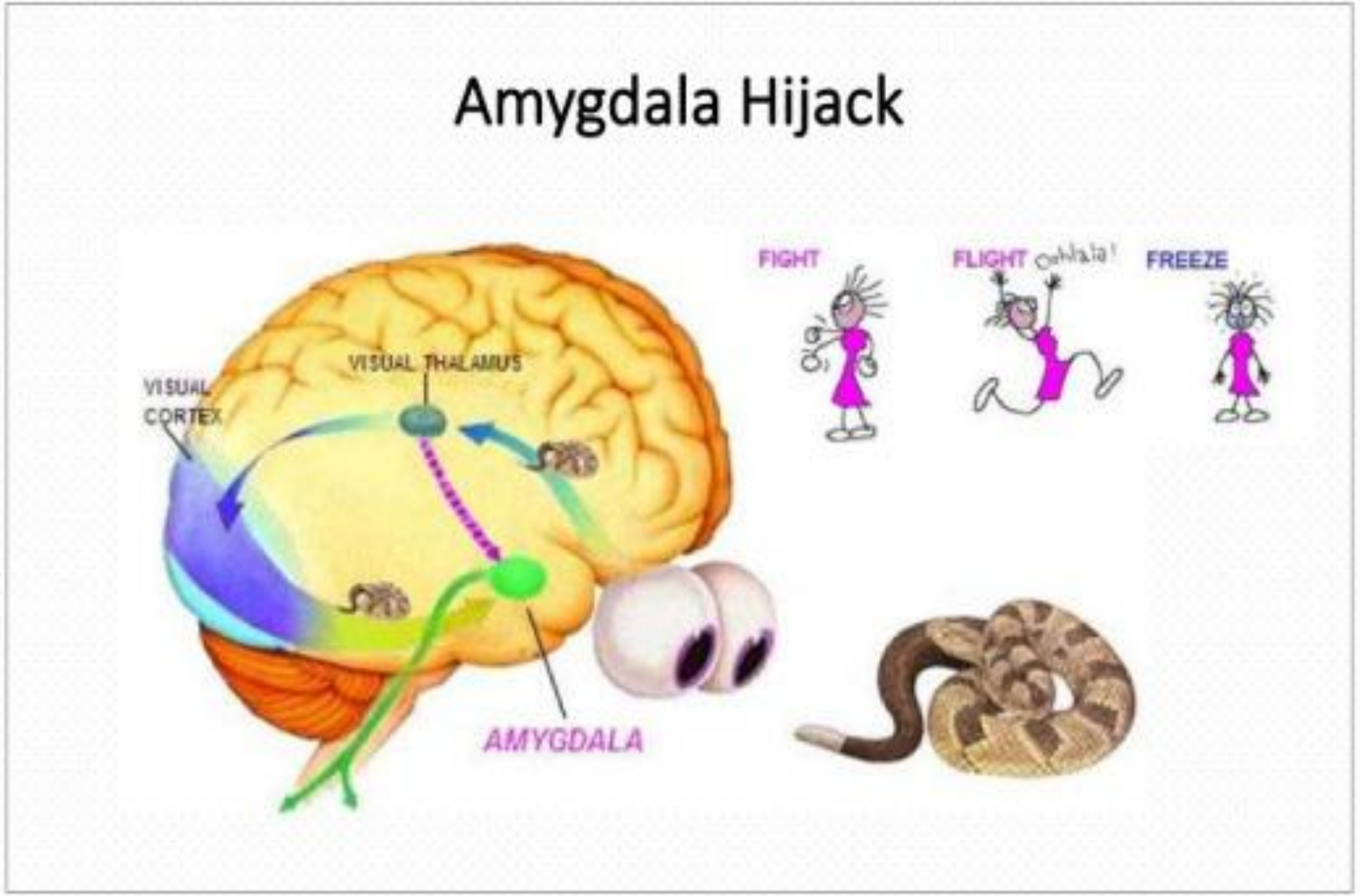


Core Alignment

Cross curricular

Ready for Learning

How are students showing up



Ready for Learning

1

Mindfulness Moments

-Breathing (inhale for 3 pause for one, exhale for 3
-Mindful taste test
-5 things see, 4 things touch, 3 things hear, 2 things smell
-Sound bell

2

Opening Questions and Gratitude Circle

-Related to food or not
-One thing I am grateful for…
-Would you rather….

Lesson Components

Ready for Learning

Mindset and how students show up

Clear Beginning, Middle and End

-Warm up, Activity, Closure
-Opening circle, engagement or hook
-Exit ticket

Learning goals match activity

-Does what I want students to know match what I asking them to do
-Opportunity to bring relevancy to learning with food

Food Across the Curriculum

Using A Recipe

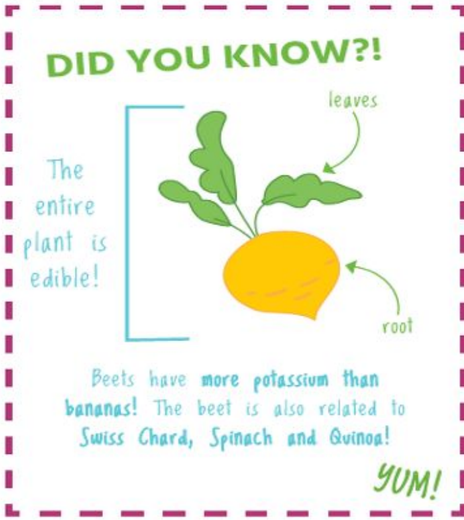
CCSS.MATH.CONTENT.6.RP.A.1
Understand the concept of a **ratio** and use ratio language to describe a ratio relationship between two quantities.
CCSS.MATH.CONTENT.6.RP.A.2
Understand the concept of a unit rate a/b associated with a ratio a:b with b ≠ 0, and use rate language in the context of a ratio relationship.

CCSS.ELA-LITERACY.RST.6-8.3
Follow precisely a **multistep procedure** when carrying out experiments, taking measurements, or performing technical tasks.

.CCSS.ELA-LITERACY.CCRA.R.10
Read and comprehend complex literary and **informational texts** independently and proficiently

Social Science - 6.H1.1
Origin and History, Civilizations and Geography, Trade Routes and Economy, Politics.

6.L2U.1.13
Science – Plant Anatomy
Structure and function
Energy and Matter
Advent of Technologies, Water and Weather



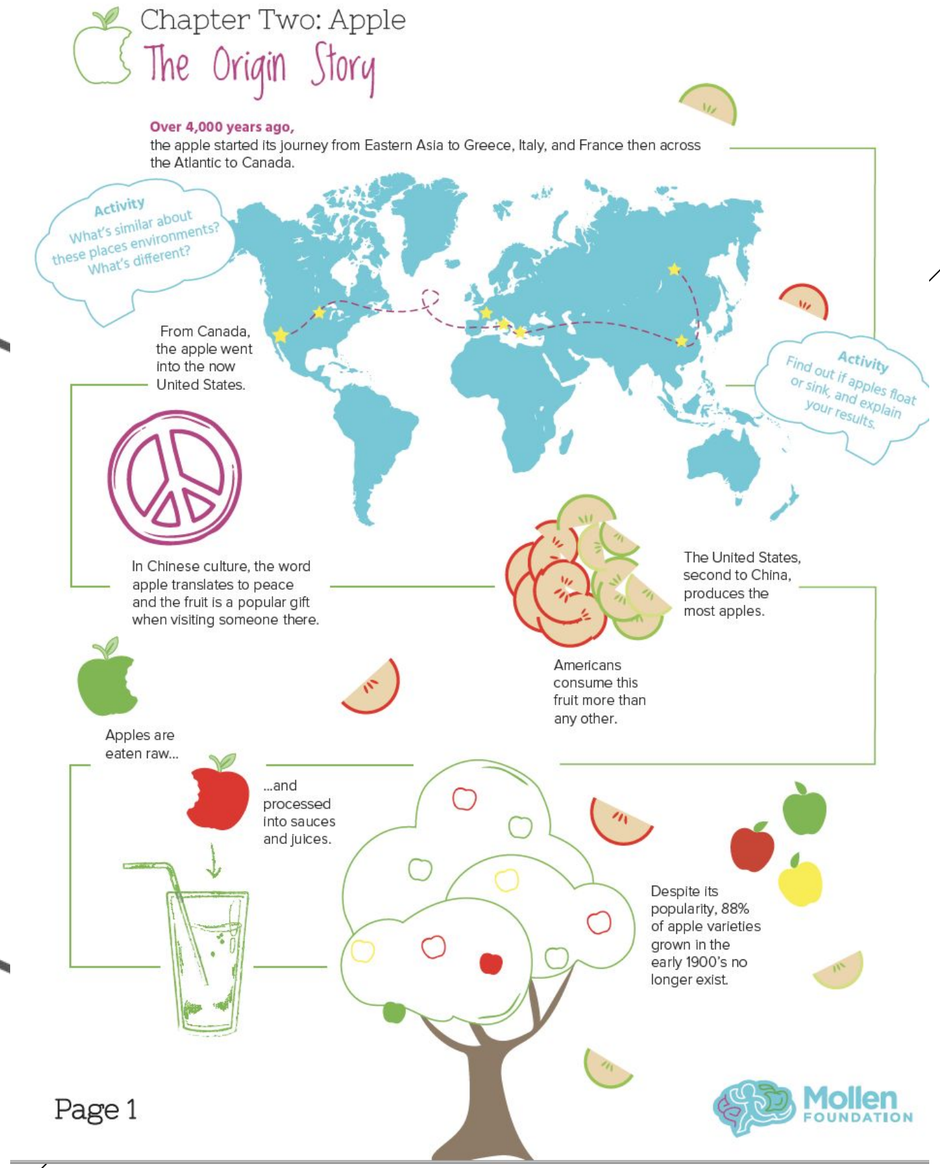
Food Across the Curriculum

Harvest of the Month

CCSS.MATH.CONTENT.3.NF.A.1
Understand a fraction 1/*b* as the quantity formed by 1 part when a whole is partitioned into *b* equal parts; understand a fraction *a*/*b* as the quantity formed by *a*parts of size 1/*b*.

CCSS.ELA-LITERACY.RST.6-8.3
Follow precisely a **multistep procedure** when carrying out experiments, taking measurements, or performing technical tasks.

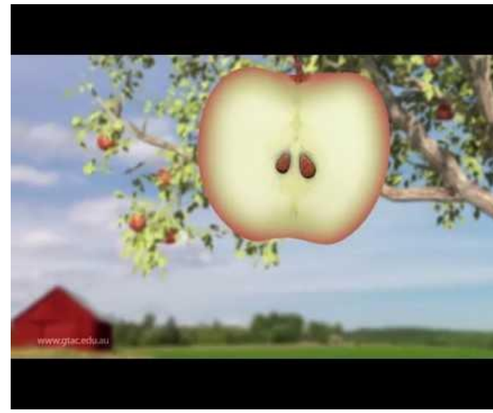
CCSS.ELA-LITERACY.CCRA.R.10
Read and comprehend complex literary and **informational texts** independently and proficiently

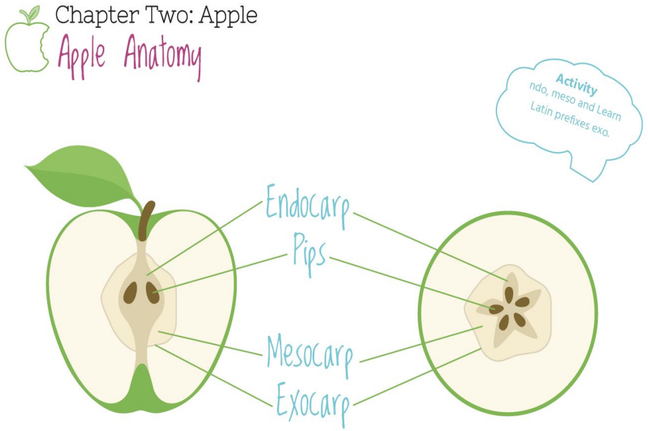


Social Science - 6.H1.1
Origin and History, Civilizations and Geography, Trade Routes and Economy, Politics.

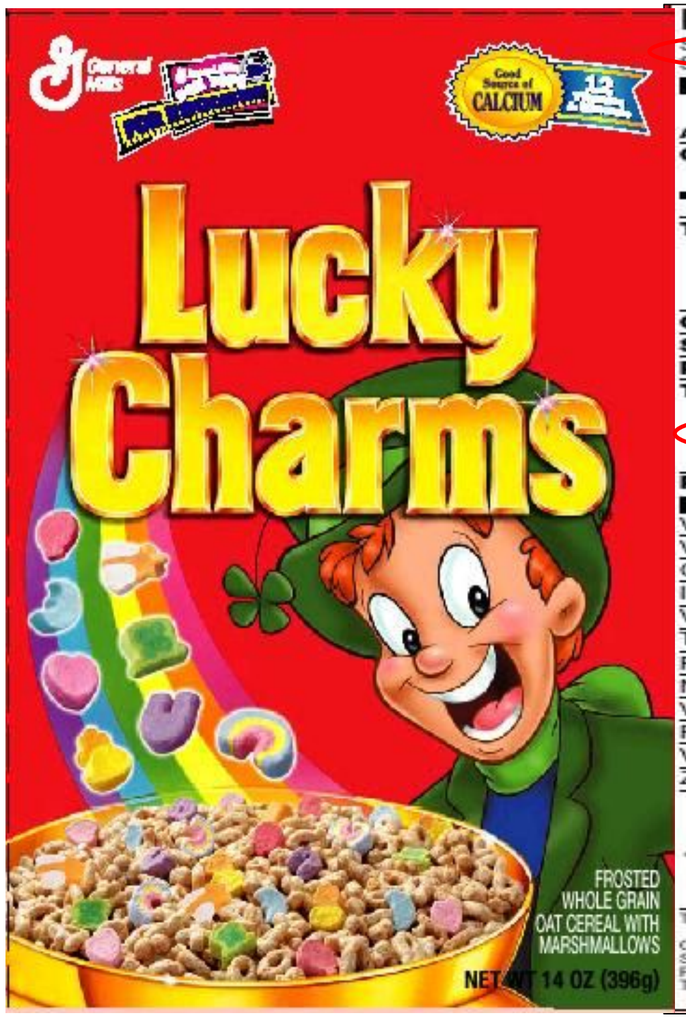
6.P1U1.2
Plan and carry out an investigation to demonstrate that variations in temperature and/or pressure affect changes in state of matter.

6.L2U.1.13
Science- Plant Anatomy
Structure and Function
Energy and Matter
Advent of Technologies
Genetics and grafting





Exploring Labels



Nutrition Facts

Serving Size 1 cup (30g)
Servings Per Container About 13

Amount Per Serving	Lucky Charms	with ½ cup skim milk
Calories	120	160
Calories from Fat	10	15
	% Daily Value* **	
Total Fat 1g*	**2%**	**2%**
Saturated Fat 0g	**0%**	**0%**
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	**0%**	**1%**
Sodium 210mg	**9%**	**11%**
Potassium 60mg	**2%**	**7%**
Total Carbohydrate 25g	**8%**	**10%**
Dietary Fiber 1g	**5%**	**5%**
Sugars 13g		
Other Carbohydrate 11g		
Protein 2g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B_6	25%	25%
Folic Acid	50%	50%
Vitamin B_{12}	25%	35%
Zinc	25%	30%

*Amount in Cereal. A serving of cereal plus skim milk provides 1.5g total fat (0.5g monounsaturated fat), less than 5mg cholesterol, 270mg sodium, 260mg potassium, 31g total carbohydrate (19g sugars) and 6g protein.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

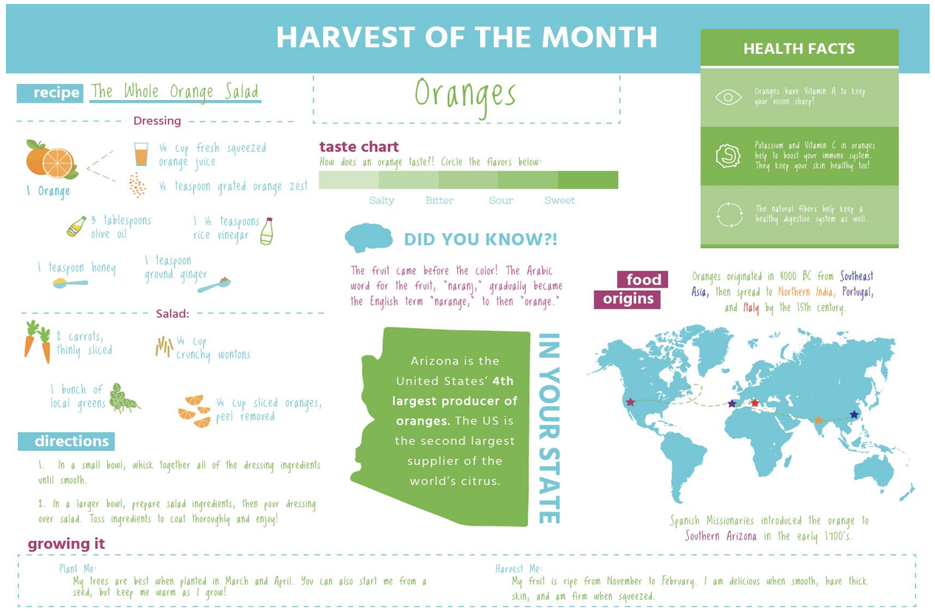
How much is a serving?
How many grams of sugar in one serving?

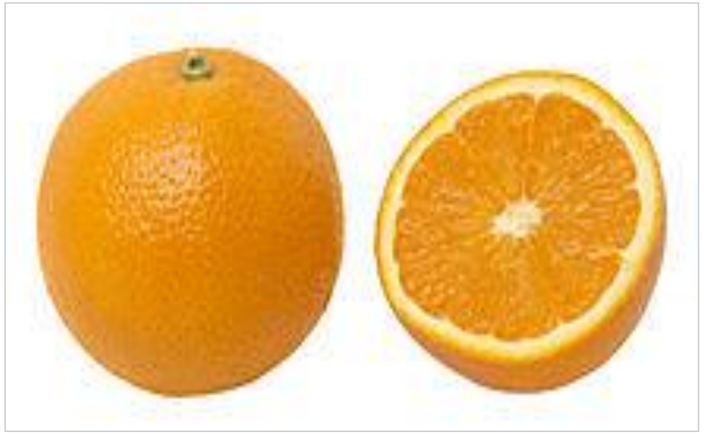
How do you convert grams to teaspoons?
4 grams to 1 teaspoon
13 divided by 4 = 3.25
3.25 teaspoons of sugar in one serving of cereal

AHA recommends no more than 6 teaspoons of added sugar per day

Exploring with Food- Simulation

Harvest of the Month, FFVP, Breakfast and Lunch, After- School Snack





The Great Debate!

Robots

CCSS.ELA-LITERACY.W.5.1.A
Introduce a topic or text clearly, state an opinion, and create an organizational structure in which ideas are logically grouped to support the writer's purpose.

CCSS.ELA-LITERACY.W.5.1.B
Provide logically ordered reasons that are supported by facts and details.

Farm Workers

Contact Information

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Katie Poirier katie@mollenfoundation.org

Thank you for the opportunity to share!

Mollen
FOUNDATION
Healthy Habits for Future Generations

Congratulations!

You have completed the *Recorded Webinar: Virtual Food Education*

To request a certificate, please go to the next slide.

In order to count this training toward your Professional Standards training hours, the training content must align with your job duties.

Information to include when documenting this training for Professional Standards:

- Training Title: Recorded Webinar: Virtual Food Education
- Learning Codes: 1230
- Key Area: 1000-Nutrition
- Length: 1 Hour

Please Note: Attendees must document the amount of training hours indicated regardless of the amount of time it takes to complete it.

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- **Training Title:** Recorded Webinar: Virtual Food Education

- **Professional Standards Learning Codes:** 1230