

Virtual Food Education

September 30, 2020

Learning Code: 1230



Health Nutrition Services Division

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.





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

ENGLISH LANGUAGE ARTS

- Information Text
- Listening and Speaking
- Writing
- Foundational
- Literature

SCIENCE

Life, Physical, Earth

- Patterns
- Cause and Effect
- Scale Proportion & Quantity
- Systems and Systems Models
- Stability and Change
- Structure and Function
- Energy and Matter

SOCIAL STUDIES

- Civics
- Economics
- Geography
- History

MATH

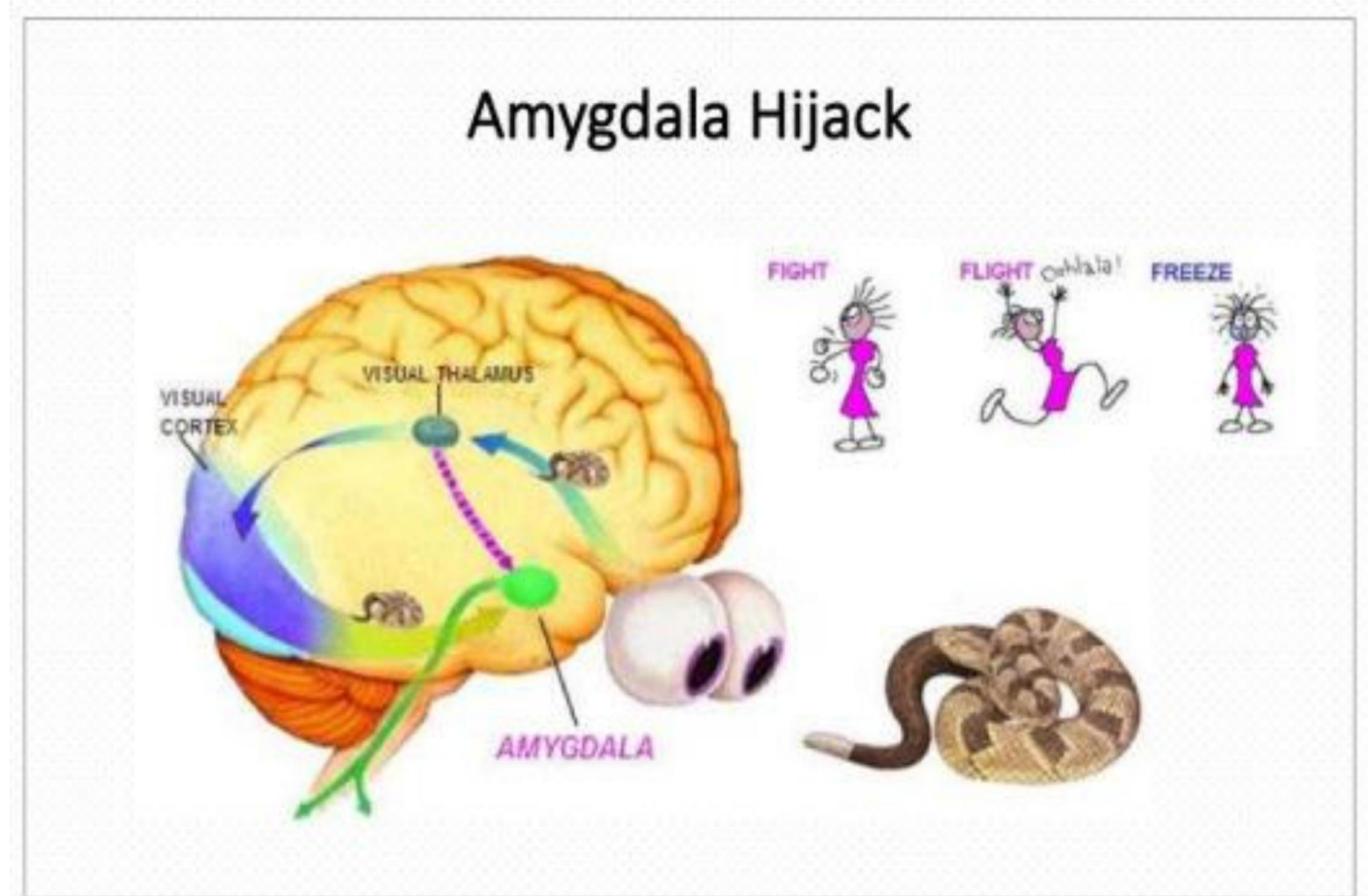
- Fractions
- Classifying
- Represent and Interpret Data
- Operations and Algebraic Thinking
- Measurement (Conversions & Geometric- volume)
- Ratios and Proportion

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 $b \neq 0$, 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

Root Vegetable
Lettuce Tacos



Ingredients:
2 heads of lettuce
2 beets, grated
1 turnip, grated
6 carrots, grated
1 bunch radishes, chopped
 $\frac{1}{4}$ cup cilantro, chopped

Instructions:
Rinse vegetables. Set lettuce aside. Grate beets, carrots, turnips and combine together in bowl. Chop radishes and cilantro. Add to grated vegetables. Gently toss with chili lime vinaigrette, place filling in lettuce leaf. Enjoy!



food origin

Wild beets originated along the Mediterranean in 500 B.C. from Egypt to Greece. Harvested for their leaves, they were long and thin like carrots.



The root was cultivated in Italy and domesticated to today's modern beet in the late 1500's. Beets made their way to North America in the 1800's.

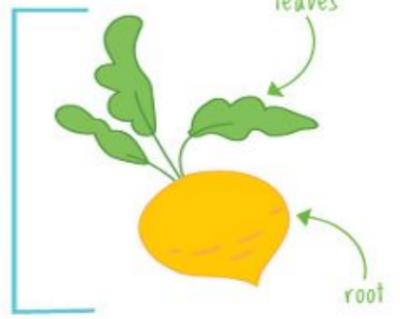
Social Science - 6.H1.1

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

DID YOU KNOW?!



The entire plant is edible!

Beets have more potassium than bananas! The beet is also related to Swiss Chard, Spinach and Quinoa!

YUM!

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

Chapter Two: Apple
The Origin Story

Over 4,000 years ago, the apple started its journey from Eastern Asia to Greece, Italy, and France then across the Atlantic to Canada.

Activity: What's similar about these places environments? What's different?

From Canada, the apple went into the now United States.

Activity: Find out if apples float or sink, and explain your results.

In Chinese culture, the word apple translates to peace and the fruit is a popular gift when visiting someone there.

The United States, second to China, produces the most apples.

Americans consume this fruit more than any other.

Apples are eaten raw... ..and processed into sauces and juices.

Despite its popularity, 88% of apple varieties grown in the early 1900's no longer exist.

Page 1

Social Science - 6.H1.1

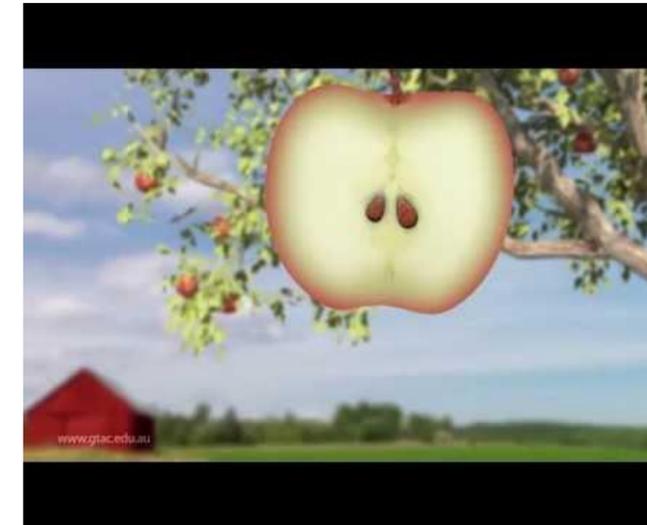
Origin and History, Civilizations and Geography, Trade Routes and Economy, Politics.

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



Chapter Two: Apple Apple Anatomy

Activity: Endo, meso and Learn Latin prefixes exo.

Endocarp
Pips
Mesocarp
Exocarp

Exploring Labels



Nutrition Facts

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

Amount Per Serving	Lucky Charms	with 1/2 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

HARVEST OF THE MONTH

recipe The Whole Orange Salad

Dressing

- 1 Orange
- 1/4 cup fresh squeezed orange juice
- 1/2 teaspoon grated orange zest
- 3 tablespoons olive oil
- 1 1/2 teaspoons rice vinegar
- 1 teaspoon honey
- 1 teaspoon ground ginger

Salad:

- 2 Carrots, thinly sliced
- 1/4 cup crunchy wontons
- 1 bunch of local greens
- 1/4 cup sliced oranges, peel removed

directions

1. In a small bowl, whisk together all of the dressing ingredients until smooth.
2. In a larger bowl, prepare salad ingredients, then pour dressing over salad. Toss ingredients to coat thoroughly and enjoy!

growing it

Plant Me:
My trees are best when planted in March and April. You can also start me from a seed, but keep me warm as I grow!

Harvest Me:
My fruit is ripe from November to February. I am delicious when smooth, have thick skin, and am firm when squeezed.

Oranges

HEALTH FACTS

- Oranges have Vitamin A to keep your vision sharp!
- Potassium and Vitamin C in oranges help to boost your immune system. They keep your skin healthy, too!
- The natural fibers help keep a healthy digestive system as well.

taste chart
How does an orange taste?! Circle the flavors below:

Salty
Bitter
Sour
Sweet

DID YOU KNOW?!

The fruit came before the color! The Arabic word for the fruit, "naranj," gradually became the English term "naranja," to then "orange."

food origins

Oranges originated in 4000 BC from Southeast Asia, then spread to Northern India, Portugal, and Italy by the 15th century.



Spanish Missionaries introduced the orange to Southern Arizona in the early 1700's.

IN YOUR STATE

Arizona is the United States' 4th largest producer of oranges. The US is the second largest supplier of the world's citrus.

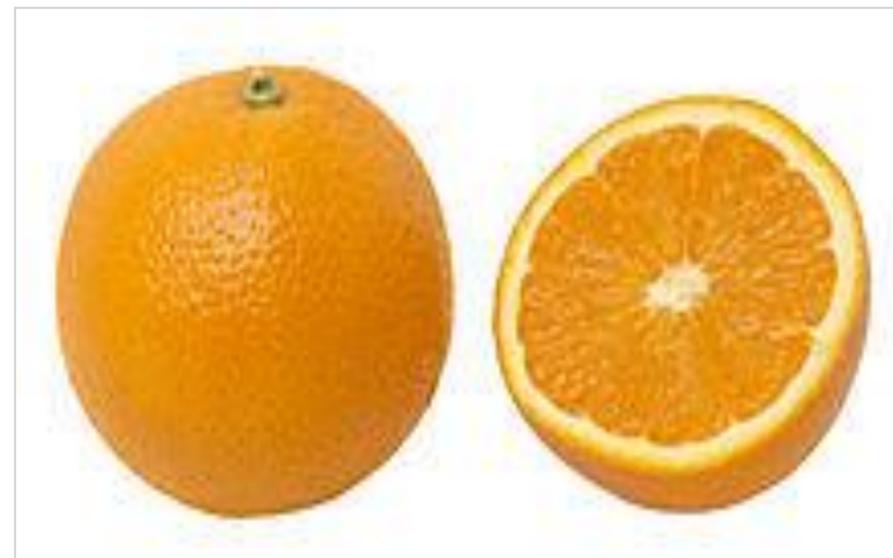
HARVEST OF THE MONTH

JANUARY

Oranges

mollenfoundation.org/harvest





The Great Debate!

Robots

Farm Workers

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.

Contact Information

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Thank you for the opportunity to share!



Congratulations!

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

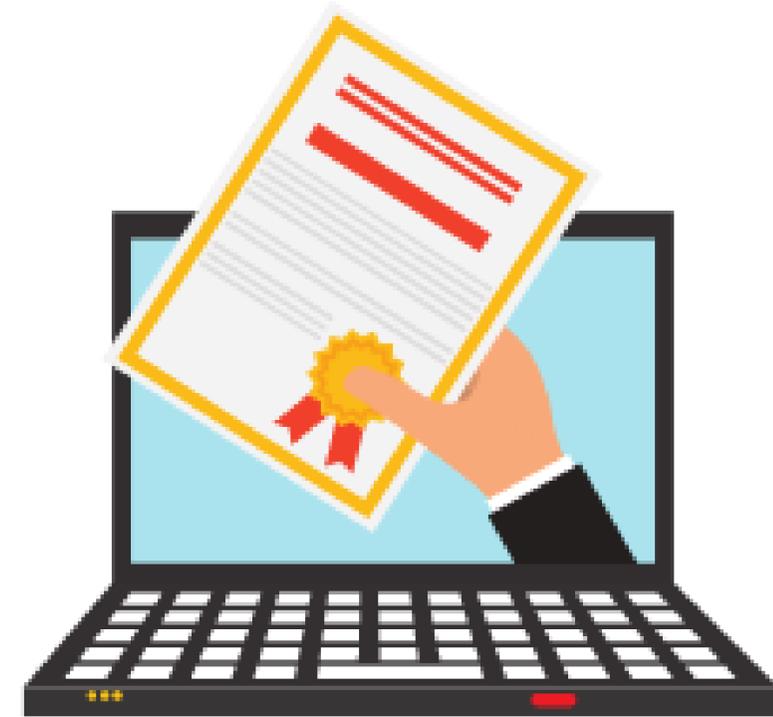
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- Learning Codes: 1230
- Key Area: 1000-Nutrition
- Length: 1 Hour

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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