

Supplies needed today

- ❑ Printed copy of UP4it Level 2 Book
- ❑ Scissors
- ❑ Piece of binder, white or scratch paper
- ❑ Colored pencils, markers, or crayons in purple, green, orange, blue AND yellow
- ❑ Physical activity items: bag, napkin, socks, medium sized bowl, chair, food can, spoon, piece of paper, pillow

While you wait...

- ❑ Open a webpage to use throughout the training:

[Joinmyquiz.com](https://joinmyquiz.com)

code: 657 636

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While you wait...

- ❑ What was your favorite character as a fifth grader?
Sketch it out.

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While you wait...

- ❑ List your top 5 favorite foods when you were eleven years old.

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While you wait...

- ❑ What was the scariest thing you did during elementary school? What color would that emotion be? Make a color cloud of how that felt.

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While you wait...

- ❑ What foods did you eat in your house for breakfast when you were a child?

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While you wait...

- ❑ When you were eleven, what did you want to be when you grew up? Draw a symbol of this profession.

Open a webpage to use throughout the training:

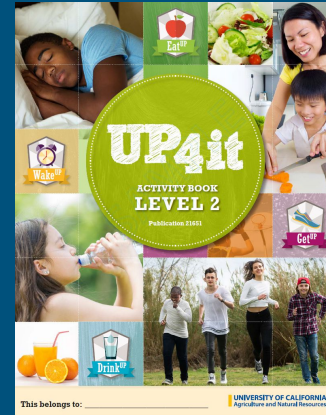
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UP4it

Level 2

Marcel Horowitz
Christie Hedrick



Main Objectives



Wake Up

Sleep 10 hours at night to feel just right.



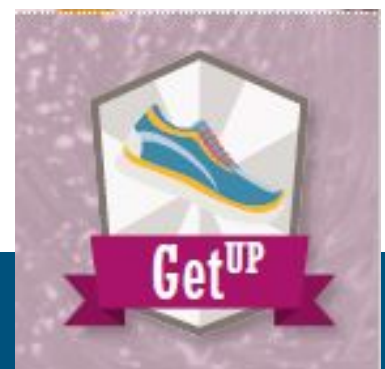
Eat Up

Select the right food for a better mood.



Drink Up

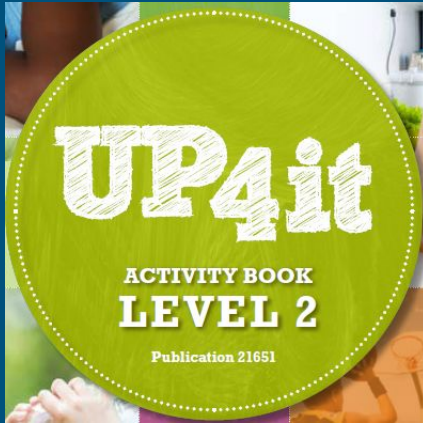
Choose water first for thirst.



Get Up

Move and play at least an hour a day.

Agenda



- Overview
 - Activity Practice
 - Break
 - Activity Practice
 - Evaluation
 - Next Steps
-

Quizizz Question

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How do you feel about using UP4it?

- Great
- Good
- Uncertain
- Nervous

21st Century Learning Skills



UP4it Plate

Extras:

Sweetened beverage,
treat, candy,
dressing, spread,
or sauce



Water:

Tap, bottled, filtered,
carbonated, or sparkling



Dairy*:

Milk product from a
cow, goat, or sheep
* soy, almond and
rice milks



Fruits and Vegetables:

Plant leaf
Plant stem
Plant root
Plant flower
Plant fruit

Whole Grains:

Dried grass seed, often
ground up into flour and
baked or boiled.

Protein Foods:

Land animal
Water animal
Plant seed
(nut, bean)
Egg

ISBN 978-1-60107-965-7



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Reflection and Goals

B Reflection

1. When you're extremely hungry, it is hard to think clearly and you can feel grumpy. Think back to a time when you were extremely hungry. Why did you wait to eat until you were that hungry? _____
2. When you're extremely hungry, it is hard to eat slowly and check in with your body's level of fullness. Think back to a time when you were extremely hungry at the start of your meal. How did that effect how much you ate? _____

C Goal

3. What is your most common reason for skipping a meal or snack?

- I was not hungry in the morning for breakfast.

Maybe you are eating too much, or too late, the night before. Food can stay in your stomach while you sleep. If you wake up and are not hungry within 1 hour, try eating a smaller meal at night. People who skip breakfast usually don't perform as well in school.

What will you do? _____

- I didn't have time for lunch because I was too busy.

A quick sandwich meal can take less than 5 minutes to eat. If you skip eating, you won't have enough energy to make it through your afternoon activities. You will also become really hungry later, which may cause you to overeat at dinner. Then you will create a cycle of eating that does not help your body be its best.

What will you do? _____

- I didn't remember to bring a snack.

Forcing your brain to go 6 or more hours without fuel can make you grumpy! It is best to eat a snack or meal every 3-4 hours to keep up your energy level. Keep some trail mix, dried fruit, whole grain crackers, or other easy-to-carry foods in your backpack so you can prevent your body from becoming too hungry and weak.

What will you do? _____

- I didn't have food at home.

If you don't have enough food, there are organizations that will help supply food or money for grocery shopping. Also, most schools offer free lunches. Talk to your teacher, or an adult can call the national Supplemental Nutrition Assistance Program (SNAP) at 1-800-221-5689 to learn more.

What will you do? _____



Quizizz Question

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What 21st Century Skill do you wish you would have learned more in school?

- Collaboration
- Critical Thinking
- Creativity
- Communication

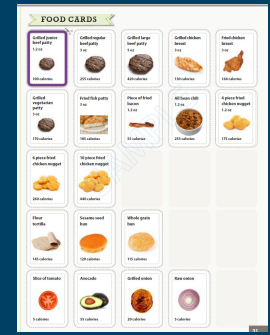
Take yourself into a new room!

Activity #1

How is food categorized?

Supplies:

- Activity Book (page 4)
- Food Cards (pages 33-36)
- Color markers, crayons, or pencils
- Scissors



Reading Techniques

Partner

Choral

Silent

Cloze



Quizizz Question

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Fill in the Blank

According to the UP4it Level 2 glossary, “nutrients” is defined as “Substances found in food and drinks that are used in the body to provide _____, growth, maintenance, and repair of tissues, muscles, and bones.

Remove pages 31-36
from the Up4it
Activity Guide

Ask the teacher for
help

Color the food cards

Cut out the
individual food
cards

Cut out the
individual food
cards

Ask the teacher for
help

Color the food cards

Look at the first row of
food cards and
determine a food
group

Grains

Dairy

Protein

Fruits & Vegetables

Yellow

Purple

Green

Orange

Activity #2

How Would You Design an
Active Game

Physical activity items:

- Bag
 - Napkin
 - Socks
 - medium sized bowl
 - Chair
 - food can
 - spoon
 - piece of paper
 - pillow
-

Quizizz Question

Open a webpage to use throughout the training:

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What do you think the main objective of this activity is?

- *To get some PA*
- *To teach kids how to make up their own active games*
 - *Developing writing skills*
 - *Developing team skills*

Take yourself outside! Activity #3

Which beverage should you
always choose first for thirst?

- ★ Bring:
- ★ Page 7
- ★ Food Cards
- ★ Pencil or Pen

ACTIVITY 3
Which beverage should you always choose first for thirst?

Directions

Beverage descriptions:

Directions

Directions



Quizizz Question

Open a webpage to use throughout the training:

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What type of beverage is this?

- Always
- Sometimes
- Rarely

Activity #5

What Are Solutions to Sleep Problems?



- A. Watching television, computer, video games, or other screens within 1 hour of bedtime
 - B. Sharing a room with a sibling
 - C. Hearing outside noise (babies, dogs, sirens, trains, etc.)
 - D. Not tired
 - E. Waiting until too late to complete homework or finish chores
 - F. Having a negative attitude about going to sleep
 - G. Drinking or eating foods with caffeine in the evening
 - H. Being too hot
-

1. Use ear plugs or headphones.
2. Drink only plain, unflavored non-fat or 1% milk or water with dinner.
3. Complete tasks right after school or before dinner.
4. Turn on a fan.
5. Choose a food or beverage that is not chocolate in the evening.
6. Create a bedtime routine that may include taking a bath, meditating, or stretching.
7. Read before bedtime.
8. To help you remember things better, post a reminder on the bathroom mirror.
9. Turn off television, computers, and other screens 1 hour before bedtime.
10. Use individual reading lights or flashlights so the main light doesn't have to be on.
11. Play soft, quiet music.
12. Remind yourself that you will have the ability to be in a better mood and be a good friend.
13. Schedule free or play time after necessary tasks.
14. Do not put off big school assignments until the night before they are due.
15. Remind yourself that you will have more energy and perform better in school.
16. Put a cold wet washcloth on your forehead in bed.

Quizizz Question

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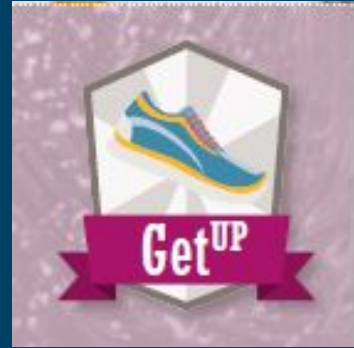
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The best way for a child to overcome a sleep problem is to:

- Ask mom for help
- Think through the problem and brainstorm solutions
 - Ignore the issue
 - Blame sibling
 - Go to bed earlier

Active Game



Sit outside!

Activity 13A

How do you choose to spend your money?

- Supplies needed:
 - Blank paper, scissors, pencil/pen
 - Computer
 - Water
 - Activity book (page 25-28)

ACTIVITY 13A
How do you choose to spend your money?

DIRECTIONS:

1. Cut out the activity book, and use the instructions on page 25 to make and cut through your money.
2. Create 12 personal one-dollar bills by following the paper in half 3 times.
3. Cut along the dashed lines.
4. Separate the bills into piles.
5. Cut along the dashed lines to separate the paper from your activity book.
6. Using the spending options listed on the book, cut along labeled cut lines to make the dollar amounts.
7. Read the scenario, think about the right way to spend.
8. Label the edges of all activities that have been assigned. The dollar amount on the edges show the cost.
9. Take the rest of your choice for setting your personal money.
10. Open the money and spend on the activity book. When the amount in the control box on the activity sheet.
11. Place your spent money in the question on the book.
12. Open the money and spend on the activity book. When the amount in the control box on the activity sheet.
13. Open the money and spend on the activity book. When the amount in the control box on the activity sheet.
14. Repeat the reflection question and discuss in class.

Spending Scenarios

1. You are starting on a hike and you have a budget of \$5.00.	<input type="checkbox"/>	Bring your own water.	\$
2. You are going to a restaurant with friends. Do you...?	<input type="checkbox"/>	Order lunch.	\$15
3. You are going to a restaurant with friends. Do you...?	<input type="checkbox"/>	Order lunch.	\$15
4. You are going to a restaurant with friends. Do you...?	<input type="checkbox"/>	Order lunch.	\$15
5. You are going to a restaurant with friends. Do you...?	<input type="checkbox"/>	Order lunch.	\$15
6. You are going to a restaurant with friends. Do you...?	<input type="checkbox"/>	Order lunch.	\$15
7. You are going to a restaurant with friends. Do you...?	<input type="checkbox"/>	Order lunch.	\$15
8. You are going to a restaurant with friends. Do you...?	<input type="checkbox"/>	Order lunch.	\$15
9. You are going to a restaurant with friends. Do you...?	<input type="checkbox"/>	Order lunch.	\$15
10. You are going to a restaurant with friends. Do you...?	<input type="checkbox"/>	Order lunch.	\$15
11. You are going to a restaurant with friends. Do you...?	<input type="checkbox"/>	Order lunch.	\$15
12. You are going to a restaurant with friends. Do you...?	<input type="checkbox"/>	Order lunch.	\$15

Reflection

What is a smart eating-related habit you can change so that you eat better and spend less money on food outside the home?



Mentimeter Question-

What is a current eating related habit you can change so that you eat better and spend less money on food outside the home?



www.menti.com

Code 9282 2089

Quizizz Question

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How long should activity 13A take to implement according to the UP4it Level 2 Activity Book?:

- 20 minutes
- 45 minutes
- 30 minutes
- 60 minutes

Activity 13B

How do you prioritize your spending?



Activity 13B: How do you prioritize your spending? Includes an introduction, a 30-minute duration, and a list of 10 questions for students to answer.

Introduction

Learning to spend your money on items you need, items you want, and items you don't need is an important skill. It's called budgeting. A budget is a plan for how you will spend your money. It helps you decide what you can afford to buy and what you can't. It also helps you decide how much you can save for the future.

Directions 30 minutes

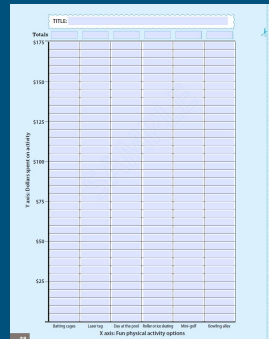
1. Read the introduction and the questions. Write your answers in the spaces provided.
2. Write and draw the money you have for each activity. Use the money you have to buy the items you need. Write down how much you have left.
3. Draw a bar graph showing how much you have left for each activity. Use the graph to compare the amounts you have left for each activity.
4. One of the items you plan to buy is a book. Write down how much you have left for the book. Write down how much you have left for the other items you plan to buy.
5. Write down how much you have left for each activity. Write down how much you have left for each item you plan to buy.
6. Write down how much you have left for each activity. Write down how much you have left for each item you plan to buy.
7. Write down how much you have left for each activity. Write down how much you have left for each item you plan to buy.
8. Write down how much you have left for each activity. Write down how much you have left for each item you plan to buy.
9. Write down how much you have left for each activity. Write down how much you have left for each item you plan to buy.
10. Write down how much you have left for each activity. Write down how much you have left for each item you plan to buy.

Classroom Set-Up

For this activity, students will need a budgeting worksheet, a pencil, and a ruler. They will also need a bar graph and a set of axes.

Reflection

1. What other fun activities would require you to save money to be able to pay for it?
2. Which is a good habit when planning ahead so that you can participate in fun activities?
3. What do you need to be able to do that you can participate in more fun activities with friends and family?



- ❖ Choose an activity you would like to participate in.
 - Each activity is \$5
 - You can choose multiple activities
- ❖ Shade in your graph at home
- ❖ Add up activity totals
- ❖ Title your graph



Quizizz Question

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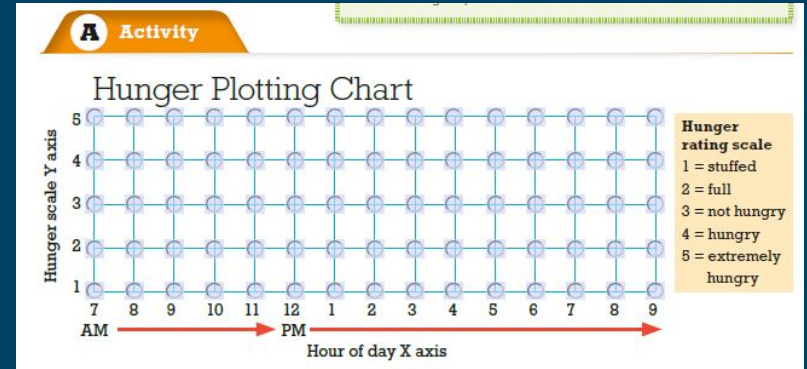
If you were teaching this activity in-person, where would students stack their money when selecting an activity?:

- Garbage can
- Under the X-axis
- By the Y-axis
- Recycle bin
- In their desk

Find a comfy
chair to chat!

Activity 8

Can You Assess and Plan For
Your Hunger?



You should eat berries every day because they are high in fiber and antioxidants

Intuitive

Prescribed



Fruit is a good choice when you crave something sweet.

Intuitive

Prescribed



Eat until you are no longer hungry

Intuitive

Prescribed



School children throw away a lot of food.
They should finish each meal to reduce food waste.

Intuitive

Prescribed



Lunch is at noon

Intuitive

Prescribed



Lunch is between 11:00 - 2:00

Intuitive

Prescribed



Drink 8 glasses of water a day

Intuitive

Prescribed



Water first for thirst

Intuitive

Prescribed



Quizizz Question

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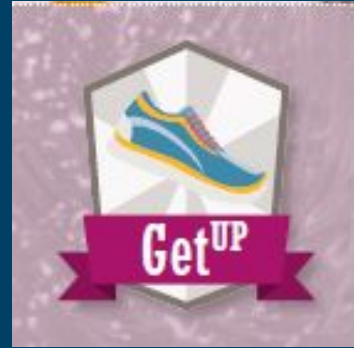
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What are some of the consequences of prescribed eating?

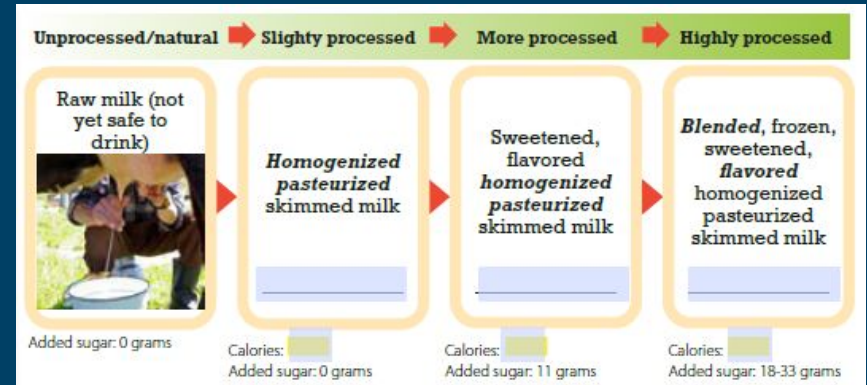
- Overeating
- Food as reward
 - Hunger
- Poor self control

Active Game



Activity 9

Can You Deduct and Compare the Highly Processed Foods?



One of the five guidelines from the DGA is to follow a healthy eating pattern across the lifespan at an appropriate calorie level. Doing so helps to support a healthy body weight and reduce the risk of chronic disease. **FNS expects that healthy eating patterns, weight management, and obesity prevention for the low-income population will be key components of SNAP-Ed Plans** due to the focus on nutrition education and obesity prevention of the FNA under Section 28. States are strongly encouraged to use MyPlate and related resources found at <http://www.choosemyplate.gov/> to support their SNAP-Ed Plans.



Quizizz Question

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Fill-in-the-blank

What is the calorie difference between the skimmed milk and a small (12 oz) milkshake is _____ calories.

Evaluation

EFNEP

Use standard grade appropriate EFNEP evaluation instrument.

CalFresh Healthy Living, UC

Use EATS with grades 4 & 5 if class is at school.

Use EATS with grades 6 if class is at school.

If delivery is on-line with grades 4 & 5, do not use a survey.

If delivery is on-line with grades 6+, use the EATS middle school/high school online survey.

Next Steps

Ordering

- All counties should have received a survey to order copies of UP4it for FFY22
- UC ANR Catalogue
 - <https://anrcatalog.ucanr.edu/Items.aspx?search=UP4it>

Feedback

- Comment box on the UP4it website
- January 2022 follow-up call
- Training evaluation

Contact us at:

mhorowitz@ucanr.edu

clhedrick@ucanr.edu