



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

Best Practices & Lessons Learned from Creating Online Learning Content

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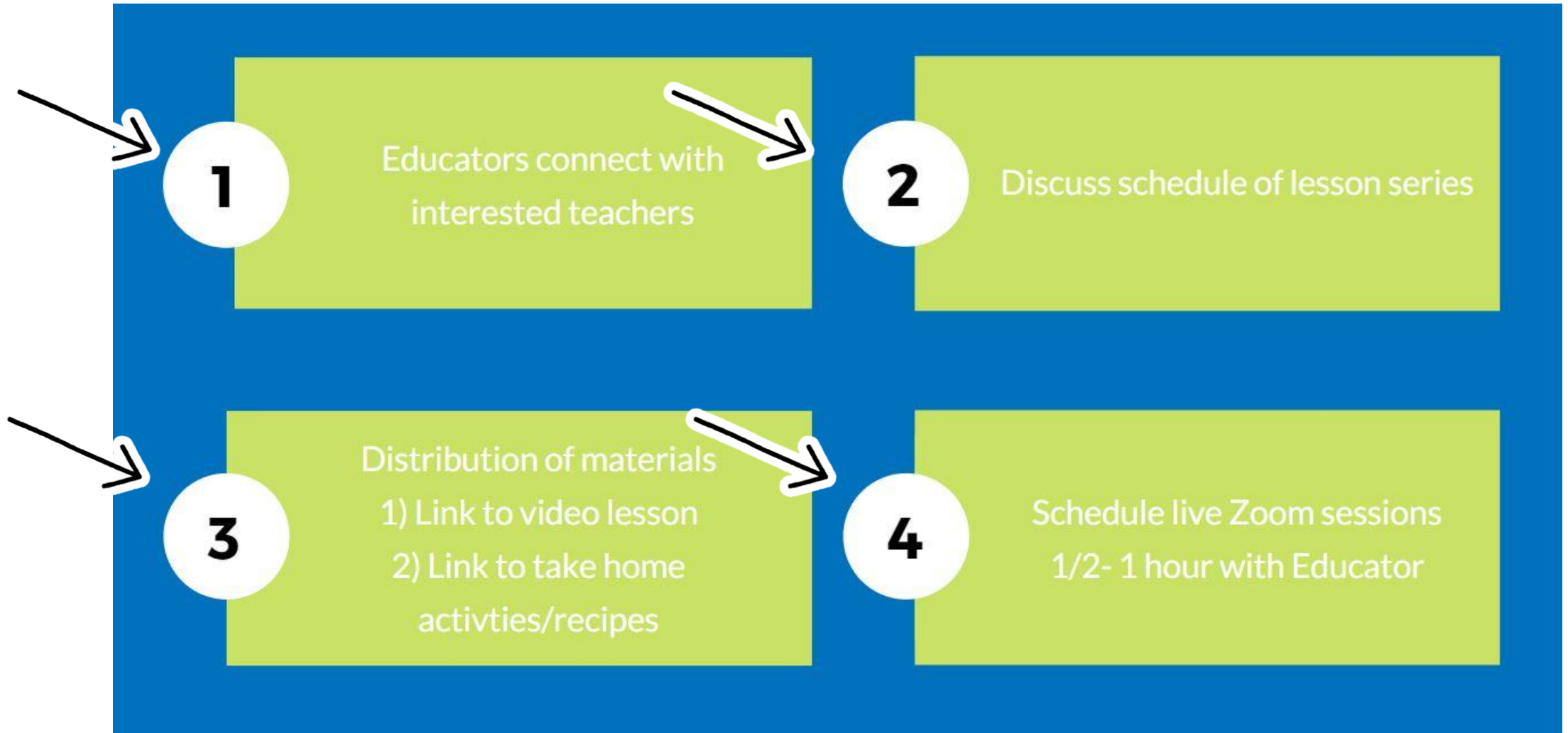
Objective

By the end of today's webinar, you will be able to recall best practices and key takeaways for creating online education content to deliver nutrition, garden, and/or physical activity education

Background of Flipped Classroom Model

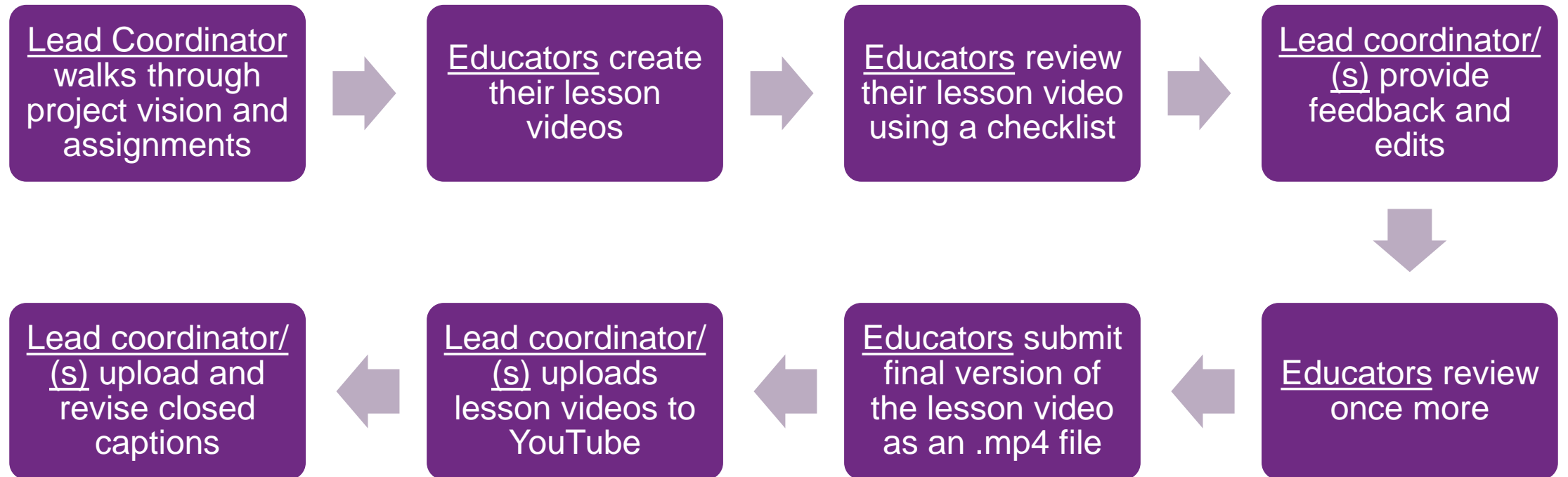


Central Sierra Flipped Classroom Model



How to get started?

Coordinating Four Counties



Best Practice #1: Designate A Project Lead


Responsibilities:

1. Staff check-in meetings
2. Managing deadlines
3. Providing feedback and support as needed



Best Practice #2: Setting Expectations Early

Plan and prepare as best as possible!

-  Virtual Classroom PPT Checklist
-  SUMP_Level3_RecruitmentMaterial
-  SUMP_Level2_RecruitmentMaterial
-  SUMP_Level1_RecruitmentMaterial
-  SUMP Lesson Assignments
-  PPT Template Virtual Lessons
-  LessonPlanTemplate_Fillable
-  LessonPlanTemplate
-  Creating videos using PPT and Zoom
-  Creating videos using PPT and Zoom
-  Background for Zoom

Best Practice #3: Assessing Strengthens, Support Needed, and Available Technology

Let's Get Cooking!



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This material is funded through a joint agreement among the USDA/FNS, CDSS CalFresh Healthy Living Section, UC Davis and the UC Cooperative Extension (UCCE). These institutions are equal opportunity providers and employers. CalFresh Food provides assistance to low-income households and can help buy nutritious foods for better health. For information, call 1-877-847-2663.

Know the capabilities of your team!

1. Assess the team's strengths
2. Plan opportunities for support
3. Assess what technology is available

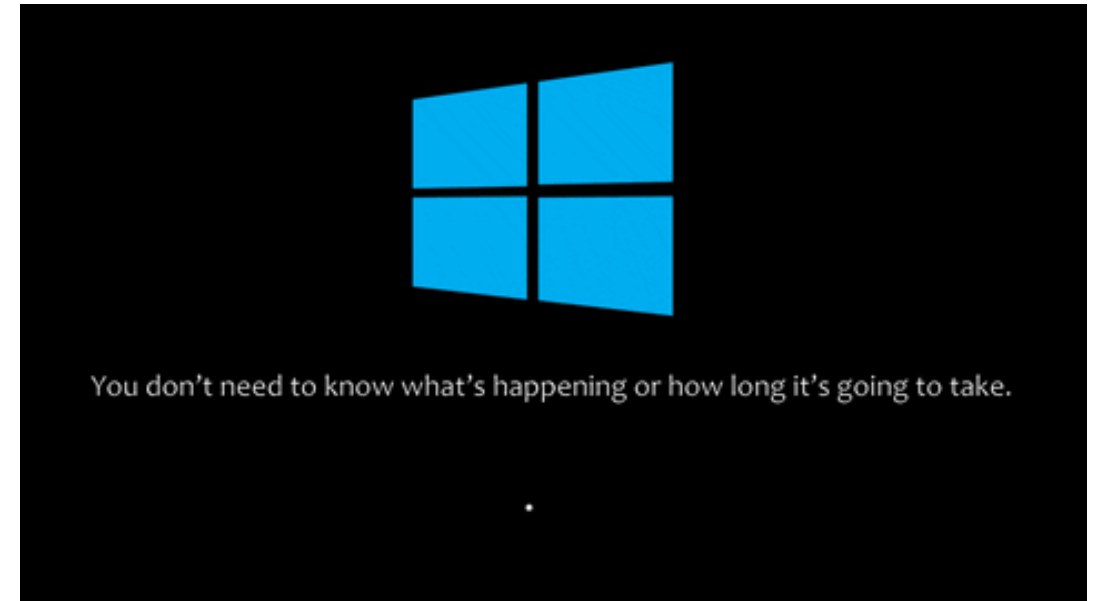
Lesson Learned: Setting Yourself Up for Success with Technology



1. Take inventory of everyone's computers, cameras, software, headphones, and phones
2. Be aware of the limitations in hardware and software

Lesson Learned: Setting Yourself Up for Success with Technology

1. Consider using Google Drive to share drafts and store final lessons
2. Be aware of computers memory space
3. Always save progress!



Key Takeaways!

- **Choose a leader** – having one point person ensures a uniform product
- **Check in** as often as you can – working as a team can help solve problems quickly and keep everyone on the same page
- **Set clear expectations** – provide as many examples as you can to clarify your vision
- **Celebrate successes** – this process can be very frustrating, so celebrate every bit of progress you make towards your goals!

HOW DID WE MAKE OUR LESSONS
INTERACTIVE?



Resources

Images

Google (non-commercial reuse)

Pixabay

Unsplash

Pexels

Animations in PPT

Video

Zoom

Biteable

Giphy

Screenomatic

Acknowledgements

1. We see this model working in our area but recognize it may not be appropriate for every school
2. These videos were created before there was specific guidance available but all videos have the necessary required components
3. Although on YouTube, we are not promoting the content publically. It's used for quick access to content, as we are directing our clientele to the links
4. Evaluation piece is still in discussion



Central Sierra YouTube Channel

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A screenshot of the YouTube channel page for "Central Sierra CalFresh Healthy Living, UC". The page features the UCCE logo, a "SUBSCRIBE" button being clicked by a hand icon, and a row of five video thumbnails. The thumbnails are: 1. "What drink had the least added sugar?" (20:28) showing soda, orange juice, and chocolate milk. 2. "Minerals" (20:27) showing various food items. 3. "MyPlate Game Show" (27:13) with a game show title card. 4. "Do Your Body Right!" (29:13) showing a person exercising and eating healthy. 5. "MyPlate Meal" (20:17) showing a meal with fruit, protein, and vegetables. Below the thumbnails are labels: "SUMP Grades 1/2 Lesson 3", "SUMP Grades 5/6 Lesson 2", "SUMP Grades 5/6 Lesson 1", "SUMP Grades 5/6 Lesson 3", and "SUMP Grades 3/4 Lesson 1".



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.

Thank you!