

BbWORLD® 16



Blackboard: The Mind's Nutrition

July 14, 2016

8:30a

Titan 2305-2306

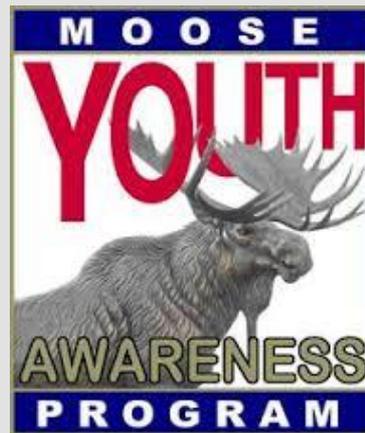
Blackboard

#BbWorld16

- Welcome
- Youth Awareness
- Project Introduction



Blackboard



#BbWorld16

- Digital Classroom Need
- Technology Selection
- Classroom Design
- Instructional Design Review

Host Platform Selection

Google Classroom

- Restricted Access
- Limited Tools
- Teachers Knowledge

Edline

- Restricted Access
- Limited Knowledge
- Limited Integrations

Canvas

- Free & Open
- HigherEd Look
- Limited Tools

Bb Learn

- Free & Open
- Lots of tools
- Ease of use
- K12 Themes

- Easy to learn and use
- Interactives activities predesigned
- Student view
- Compatible with Blackboard Learn



My CourseSites Nutrition_VMAYA Resources

4th and 5th Food Label Lesson

score print all

Food Label

In this lesson you will learn about each section of the food label. You will play games and take quizzes to help learn the information. As you go through this lesson you will have an opportunity to earn digital badges. If you are having trouble throughout the lesson don't be afraid to ask for help.

The food label may look confusing when you look at it, but when you look at it slightly different it isn't confusing. The different way to look at it is having the label colored. Now you can't go color coding every food label but you have to imagine it in your head that the label is color coded. The colored label is broken down into four sections which are the orange section, red section, green section, and white section. Below you will learn about each individual section and the things in each section.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories From Fat 110
% Daily Value	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 51g	10%

On this Page

- Food Label
- Orange Section
- Red Section
- Green Section
- White Section
- End of Section
- Review

Score: 0 / 101

SoftChalk Learning Activities

A puzzle activity featuring a nutrition facts label. One piece is missing from the label, and a separate piece with a yellow background is provided to be placed in the correct spot. The nutrition facts label includes the following information:

Nutrition Facts	
Serving Size 1 oz Servings Per Container 2	
Calories From Fat 110	
% Daily Value	
Total Fat 12g	
Saturated Fat 5g	
Trans Fat 3g	
Cholesterol 30mg	
Sodium 470mg	
Total Carbohydrate 25g	
Dietary Fiber 2g	
Sugars 5g	
Protein 5g	
Vitamin A	
Vitamin C	
Calcium	
Iron	

A food identification activity showing four images: a bowl of whole grain cereal, a slice of chocolate cake, a pile of pretzels, and a bucket of popcorn. Below the images are four empty boxes for labeling. The labels provided are:

- Popcorn - Whole Grain
- Pretzels - Refined Grains

A word search activity with a grid of letters and a list of words to find. The words are: % DAILY VALUE, PROTEIN, and SUGARS. A note says: *Click word for hint.

Word Search Grid:

```

U M V I A K I H N V Q R V L
S E U L A V Y L I A D %
E V C V A F M A G Y L M N X
I I Y N P Z R R U V L F M X
P V Z Y N R D Z A B W I Z G
H P Z W S M O Q Z R G U I N
C H V U H U Q T L K O O I K
W J N F J U G Y E O F X V T
L Q T E O P R A F I U Y V R
J K C V L T A F R F N O W I
G X T F G G Y T J S Y S P Q
J I Z Y T K B N P B P V V L
W F K H P R Z R F H A R P H
T X E H A P F E T R U Q P F
    
```

A food sorting activity with two categories: Dairy Category and Non-Dairy Category. There are two empty boxes for each category. Below the boxes are two food items: a red box labeled 6/6 and a box containing popcorn labeled Popcorn.

A crossword puzzle activity. The puzzle is partially filled with numbers. The clues are:

Across

- 5.) Pumpkins are an example of this vegetable
- 7.) _____, or _____, are common forms of how vegetables come.
- 8.) Vegetable that looks like a tree

Down

- 1.) Vegetables can be _____ or _____
- 2.) This vegetable looks like a mini cabbage
- 3.) How much of your plate should be vegetables?
- 4.) This vegetable _____

Score 0/9 Re-start Finish

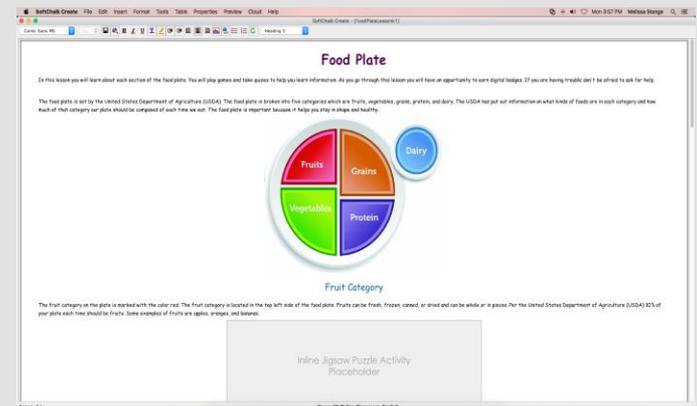
A food classification activity with a list of food items and empty boxes for classification. The items are: Purple, Lower Right Side, 20%, Shellfish, Almonds, Bison, and Tofu. Below the list is a diagram showing a food pyramid with labels: Back, Each, Seafood, Local, Nut, Exam, Meat Protein.

Activity "How-To" videos can be found at:

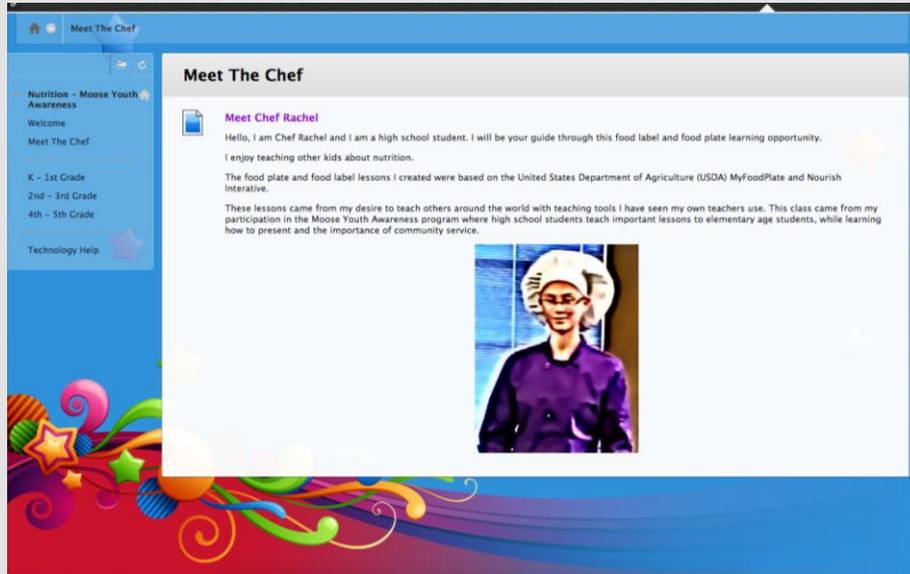
Other SoftChalk Features

- Quiz Poppers
- Tracks Scores even if leave & return
- 12 languages available for lesson output
- Automated Integration with Bb, Sakai, Brightspace, Canvas & Merlot
- Tie to Google Analytics
- ReadSpeaker for ADA compliance
- Mobile Friendly

Get a free 30 day trial at: <http://softchalk.com/try-softchalk/>



Blackboard Learn Instructional Design



- Announcements
- Facilitator Introduction
- Grade Level Sections
 - Section Introductions
 - Topic Lesson Module
 - SoftChalk Lesson
 - Videos
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Kindergarten – 1st Grade

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- 2. Song: Food Groups Are Rockin' Tonight
- 3. Become A MyPlate Champion
- 4. Game: Smash Your Food
- 5. Game: Blast Off
- 6. Video: Food Groups

Become A MyPlate Champion
If this item does not open automatically you can open Become A MyPlate Champion here

This Learning Module item should open in a new window. If not, then click the link below.

Click to Launch

Can you say yes to the MyPlate Champion list below?



- Eat more fruits and veggies. Make half your plate fruits and vegetables everyday!
- Try whole grains. Ask for oatmeal, whole-wheat breads, or brown rice at meals.
- Re-think your drink. Drink fat-free or low-fat milk or water instead of sugary drinks.
- Focus on lean protein. Choose protein foods like beans, fish, lean meats, and nuts.
- Slow down on sweets. Eat sweets, like cakes or cookies, once in a while and in small amounts.
- Be active your way. Find ways to exercise and be active for at least 1 hour a day like walking to school, riding your bike, or playing a sport with friends.

If you answered yes, you have what it takes to be a MyPlate Champion!

MyPlate Champion

MyPlate Pledge for

I pledge to be a MyPlate Champion. I will choose healthy foods from the five food groups at school and at home (or elsewhere) to keep my body and mind healthy. I pledge to find fun ways to be active everyday. I will also encourage my friends and family to make smart food choices and be active.

I pledge MyPlate! Everyday I will:

- Eat more fruits & veggies.
- Try whole grains.
- Re-think my drink.
- Focus on lean protein.
- Slow down on sweets.
- Be active my way.




Food Groups Are Rockin' Tonight
Song by Brian Haner

An MMMKids Reader
www.MMKids.com



2nd & 3rd Grade

FRUIT
VEGGIE
SWAG

- Same design layout as K-1st
- In addition to SoftChalk lessons, interactive games, videos, and songs this age group has a dance
- Three digital badges can be earned as they progress



4th & 5th Grade



- Highest grade level in the course
- Follows the same design as lower grades
- Softchalk lessons, games, videos, & songs
- Digital badges that can be upload to Mozilla OpenBadges site (<http://openbadges.org/>)
- English & Spanish

Bb Achievements

Achievements
An achievement is an indicator of an accomplishment, skill, competency, or interest students can achieve. Create achievements for course completion, a milestone or create a custom achievement.

Create Achievement ▾

- Food_Plate_Knowledge_4_5** Recipients(0)
Milestone
This badge is earned when you successfully complete food plate lesson.
- Nutrition_Knowledge_4_5** Recipients(0)
Milestone
You will earn this badge for successfully completing the food plate lesson and food label lesson.
- Nutrition_Knowledge_K_1** Recipients(0)
Milestone
This badge is earned after successfully completing the food plate lesson and food label lesson.
- Food_Plate_Lesson_2_3** Recipients(1)
Milestone

- Achievements
- Similar to Girl Scout Badges
- Digital Badges popular in gaming & social media worlds
- Based on Benchmarks
- Award for individual activities or multiple activities
- Award for attempts or minimum scores
- Award for course completion
- Use Bb default images or upload your own
- Do not replace grades
- Certificates also
- Award tracking

Lessons Learned

- Allow twice as much time estimated to complete
- Work with teachers in your target age groups
- Create a pilot group to test and provide feedback prior to release
- Take time to learn product through help videos
- Ask experts in the field to review your work
- Technology doesn't always work as planned
- It is harder than one thinks to teach
- Teachers are open to suggestions from students

Next Steps

Modify lessons based on new food label layout

Visit more elementary school teachers to share course

Local newspaper article will run in August about the course



Encourage peers to use for projects to promote open education & OERs

Continue participation in the Moose Youth Awareness program till graduation

Develop a middle school cyber education course



Thank You For Coming

Questions



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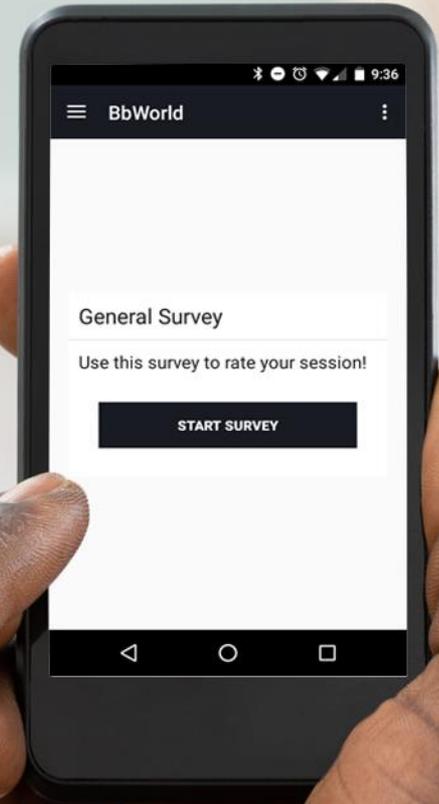
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