



Nutrition A3

Teacher's Guide

Technology-Enhanced Projects for Teens



Illinois Nutrition Education and Training Program
Northwestern University iCollaboratory



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The iCollaboratory at Northwestern University provides K-12 teachers and their students timely professional development, project consulting, training, technical advice, and web-based resources and services to practice 21st century learning.

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Overview of Nutrition A3

Nutrition A3 (Anytime, Anywhere, Anyplace) offers a fun, project-based approach that engages teens with technology and empowers them to make healthy food choices and be physically active. Six *Nutrition A3* projects focus on increasing evidence-based behaviors that can improve student wellness. Projects challenge teens to evaluate their own lifestyle habits, take steps to improve their habits and measure their success. Students practice an interdisciplinary range of skills to tackle technology-enhanced projects from mapping “physical activity zones” in their community to producing their own cooking show.

Nutrition A3 projects are suitable for the classroom and in after-school programs for teens. They can be used independently or as an extension to *Nutrition Essentials: Teaching Tools for Healthy Choices* and *Empowering Youth* – USDA Team Nutrition educational programs available at <http://teamnnutrition.usda.gov>.

There are six evidence-based objectives for the *Nutrition A3* projects, which include encouraging teens to:

- use MyPyramid to plan their daily food choices,
- increase physical activity,
- enjoy more fruits and vegetables,
- fuel up with less fat,
- decrease screen time,
- choose less sweetened beverages.

The *Nutrition A3* projects for teens are available via the icollaboratory.org website (free registration is required) and each contains several activities. After a brief introduction to the targeted behavior, a short survey starts students thinking about their current lifestyle choices. After taking the survey, they are asked to share their observations and ideas on the topic in the forum. This is followed by independent or group activities focused on improving their healthy choices. Projects have mini-quizzes to check the students’ understanding of the topic, and polls and forums where students share their ideas or projects. Each project ends with another survey to measure any changes in intended behavior.

The *Nutrition A3* projects assist teachers in integrating technology and addressing Illinois Learning Standards and No Child Left Behind goals. In addition, *Nutrition A3* will help schools meet school wellness policy requirements for nutrition education. The *Nutrition A3* projects will be particularly useful to family and consumer science, health and after-school teachers at middle school and high school level and can be integrated into core curriculum from language arts to science.

Students create PSAs, web pages, a teen advice column, community activity zone maps, a cooking show and more in *Nutrition A3* projects. These projects can be used by teen advocacy groups and school wellness teams to bring about positive change in the school community. The possibilities are endless!

Illinois Learning Standards Addressed through Nutrition A3 Projects

Nutrition A3 Project	English-Language Arts and Literacy	Mathematics	Physical Development & Health	Fine Arts	Applications of Learning
Project 1: <i>Getting Started with MyPyramid</i>	X		X		-Solving problems -Communicating -Using Technology -Making Connections
Project 2: <i>Get Moving!</i>	X	X	X		-Solving problems -Communicating -Using Technology -Working in Teams -Making Connections
Project 3: <i>Fun with Fruits and Veggies</i>	X		X	X	-Solving problems -Communicating -Using Technology -Working in Teams -Making Connections
Project 4: <i>Eat to Win: Fueling Up with Less Fat</i>	X	X	X	X	-Solving problems -Communicating -Using Technology -Working in Teams -Making Connections
Project 5: <i>From Screen Time to Fun Time</i>	X	X	X	X	-Solving problems -Communicating -Using Technology -Working in Teams -Making Connections
Project 6: <i>Rate Your Beverage Choices</i>	X	X	X		-Solving problems -Communicating -Using Technology -Making Connections

Nutrition A3

Teacher Quick Start Tips

To create teacher username and password

1. Go to www.icollaboratory.org.
2. Select **Create Account** under the login link on the left navigation bar (this is free)
3. Enter required information marked with an asterisk (*) and click **Submit**. *FYI— iCollaboratory will email you within 48 hours that your information has been entered.*

To login

1. Go to www.icollaboratory.org.
2. Select **Login**.
3. In the Login box, enter *Username* and *Password*. Click **Login**.
4. Locate **Nutrition A3** under *Course Categories*.
5. Select **Nutrition A3 Teacher eCourse*** if you are a first time user or select desired Nutrition A3 project and begin activities.

**Earn 4 CPDUs and a free classroom poster by completing the eCourse.*

To create student iCollaboratory accounts

Create a spreadsheet in Microsoft Excel and *save it as a .csv file* (not .xlsx). The spreadsheet table should contain a username, password, first name, last name and email. Do not use commas.

- Please start your student IDs with **s-** to indicate they are students. To ensure their names are not duplicated, add a number at the end of students' login name.
- Passwords need to be secure. **Do not** give each student the same password.
- Student names should include his/her first name and the first initial of his/her last name.

For example, Jerry Smith is **JerryS**, if there is a second Jerry Smith he should be **JerrySm**.

- A student's *last name* should be his/her *school name*.

For example, Jerry Smith from Hayt School from district 204 would be JerryS Hayt School. His login name might be jsmith204 or jsmith204hayt.

- Each student must have a unique email address, but, iCollaboratory does not want an official email address.

For example, if your email address is lsmmentek@cps.edu, the students' email addresses will be *lsmmentek1@hayt.cps.edu, lsmmentek2@hayt.cps.edu, lsmmentek3@hayt.cps.edu, etc...*

- DO NOT use commas anywhere in the file.

Spreadsheet example

Username	Password	First Name	Last Name	Email
s-jerrys204hayt	yell..low	JerryS	Hayt-School	lsmentek1@hayt.cps.edu
s-jerrysm204hayt	pen12cil	JerrySm	Hayt-School	lsmentek2@hayt.cps.edu
s-johnsmi204hayt	prurple3	JohnSmi	Hayt-School	lsmentek3@hayt.cps.edu

For questions on setting up student iCollaboratory accounts, contact icollaboratory@gmail.com.

Technology used in NutritionA3

Moodle

Nutrition A3 uses the free Moodle course management software. The Nutrition A3 projects use several basic features of Moodle including forums, quizzes, polls and resources. To expand your knowledge of Moodle, visit http://docs.moodle.org/en/Teacher_documentation.

Google Apps

The students will be using free Google Apps for creating word processing documents, websites, and spreadsheets for each project. How-to documents provide teachers and students with instructions or visit www.google.com/apps for more information. Links to the how-to documents can be found in each NA3 activity and in the resources listed at the end of each project.

Students working in teams can collaborate on assignments using Google. To do this, they simply invite their teammates to view and edit their document.

Prior to starting each Nutrition A3 project be sure to:

- ✓ Arrange access to a computer lab and Internet.
- ✓ Become familiar with and test each activity on school computers to make sure it works with the school's Internet filters. You may need to work with your school's technology coordinator to resolve any issues.
- ✓ **Add discussion topic** to each forum within the projects so students know where to post their ideas and projects.
 1. Go to the desired Nutrition A3 Project page and click on *title* of desired forum.
 2. Click on **Add a discussion topic**.
 3. In **Subject** box, enter the title discussion topic. Be sure to choose a name reflective of the project and your class name/period.
 4. In the message, provide specific instructions for your class.
 5. Click **Post to forum**.
- ✓ Locate resources for NA3 projects listed below.

Project 3:

- Video camera
- Food for recipes
- Food lab or kitchen
- Set up Teacher Tube account at www.teachertube.com.

Project 4

- Digital camera

Project 6

- Sugar cubes (1-2 boxes)
- Plastic bags (1 per student)
- Computer microphone
- Install recording software like Audacity (free)


Nutrition A3

Technology

How-To Documents

About Google Word Processor Documents

To create a document in Google Docs

1. Click the **Docs** () link in the Google Apps block (on right-hand side of project page).
2. Click the **New** button.
3. Select **Document**.

To rename the document

1. Click on the **File** drop-down menu.
2. Select **Rename**.
3. Enter new document name and click **OK**.

To enter content into your document

1. Click in the main body of the document and begin typing.

To insert a picture into your document

2. Click the **Insert** drop-down menu and select **Image**.
3. Choose **Upload** (if it is from your computer) or **URL** (if it from a website).
4. **Browse** to the image on your computer and double-click to insert OR insert the URL for the image and select **Insert**.

To create a copy and edit a document

1. Select the **title** of the document in the Nutrition A3 Project to be copied.
2. Click the **File** drop-down menu and select **Make a Copy**.
3. A pop-up box will appear asking if you want to create a new copy of the document. Select **OK**.
4. Click the **File** drop-down menu and select **Rename**.
5. A pop-up box will appear asking you to enter a new document **name**.
6. Click **OK** and renamed document will appear.
7. Begin to make edits within document.

To share document URL and post in a forum

1. Click on **Share**, then **Sharing settings**.
2. Change share settings to **iCollaboratory** and click **Save**.
3. **Copy** and **paste** document URL into your reply in the forum.
4. Enter a title and a description for your document in your reply.
5. Click **Post to Forum**.


For more help, see the [Google Doc Help pages](#).

About Google Spreadsheets

To open, download and name spreadsheet as Excel file

1. Click the link for the spreadsheet.
2. Click the **File** drop-down menu.
3. Click **Download as** and select **Excel**
4. Select **Open** and the spreadsheet will open in Microsoft Excel.
5. Click the **Save As** icon, select desired location and enter **name** for spreadsheet.
6. Add desired content.
7. Click **Upload** in Google Docs window.
8. Click **Select Files** to upload.
9. Navigate to your spreadsheet.
10. Select spreadsheet and click on it to start upload.

To create, name new Google spreadsheet and post in a forum

1. Click the **Docs** () link in the Google Apps block (on right-hand side of project page).
2. Click the **Create New** button.
3. Select **Spreadsheet**.
4. To name spreadsheet, click on the **File** drop-down menu and select **Rename**.
5. Enter new spreadsheet name and click **OK**.
6. Enter content into spreadsheet.
7. Click **Share**, then **Sharing settings**.
8. Change share settings to **iCollaboratory** and click **Save**.
9. **Copy** and **paste** spreadsheet URL into your reply in the forum.
10. Enter a title and a description for your spreadsheet in your reply.
11. Click **Post to Forum**.

To create rows and columns in spreadsheet


[See the Google Docs Help Pages on Rows and columns](#)

To sum elements in the rows and columns

[See the Google Docs Help Pages on Quick Sum](#)

[See the Google Docs Help Pages on Formulas](#)


To upload Excel spreadsheet and post in a Forum

1. Click the **Docs** () link in the Google Apps block (on right-hand side of project page).
2. Click **Upload**.
3. Click **Select files to upload**. *NOTE: You can upload files up to 1024 MB.*
4. Select file and click on **Start upload**.
5. Open the file uploaded.
6. Click **Share**, then **Sharing settings**.
7. Change share settings to **iCollaboratory** and click **Save**.
8. **Copy** and **paste** spreadsheet URL into your reply in the forum.
9. Enter a title and a description for your spreadsheet in your reply.

10. Click **Post to Forum**.


For more help, see the [Google Doc Help pages](#).

How to Upload and Share Student Videos


1. Click the **Docs** () link in the Google Apps block (on right-hand side of project page).
2. Click **Upload**.
3. Click **Select files to upload**.
4. Select video file and click on **Start upload**. *NOTE: You can upload files up to 1024 MB.*
5. Open the file uploaded.
6. Click **Share**, then **Sharing settings**.
7. Change share settings to **iCollaboratory** and click **Save**.
8. **Copy** and **paste** video URL into your reply in the forum.
9. Enter a title and a description for your video in your reply.
10. Click **Post to Forum**.

How to Share Your Photo in the Forum

Please set your digital camera on the lowest resolution or size setting before taking the photo. The photo can be no larger than 400 x 600 image resolution to share in the Forum.

1. Click the **Docs** () link in the Google Apps block (on right-hand side of project page).
2. Click **Upload**.
3. Click **Select files to upload**. *NOTE: You can upload files up to 1024 MB.*
4. Select photo file and click on **Start upload**.
5. Open the file uploaded.
6. Click **Share**, then **Sharing settings**.
7. Change share settings to **iCollaboratory** and click **Save**.
8. **Copy** and **paste** photo URL into your reply in the forum.
9. Enter the name of your food (ex. graham crackers) in the **Subject** field.
10. Click **Post to Forum**.

How to Create and Share a Google Site (Website)

1. Click the **Sites** () link in the Google Apps block (right-hand side of page).
2. Click **Create New Site** button.
3. Type in a name for your website in **Name your Site** box.
4. Click **Choose a theme** and select background.
5. Click **More Options**.
6. Enter *nutrition* in **Site Categories** box.
7. Enter a brief description in **Site Description** box.
8. Select **Collaborate with everybody at iCollaboratory**.
9. Click **Create Site** button. *A template of your site will be created.*
10. **Copy** and **paste** Google Site URL into your reply in the forum.
11. Enter a title and a description for your Google Site.
12. Click **Post to Forum**.

To enter content in your webpage, watch the [Google Sites Overview video](#) or visit the [Google Sites Help](#).

How to Create and Share a Scribble Map

To start this activity

1. Go to www.scribblemaps.com. An instruction box will be in the center of the page. Click the “X” in the upper right corner to close the box.
2. In the box in the upper left-hand corner, type in your **city** and **state** and hit **Enter** to quickly locate your region.
3. Type in the addresses of the locations you wish to add your map and hit **Enter**.

To add a place marker to your Scribble Map

1. Click the **Place Marker** tool (located at top of the page).
2. Select the appropriate place marker from the **Category** box (lower right corner).
3. Place the marker in the appropriate location and left-click on your mouse.
4. Type in title and description of the location.
5. Click **Save**.

To add a path to your Scribble Map

1. Click the **Draw Lines** tool (located at the top of the page).
2. Left-click on your mouse where the path begins.
3. Holding down the left mouse button, drag the line and left-click where the path ends.
4. To change the path color, click on the color square (top of page) and select color.

To remove an element from your Scribble Map

1. Click the **Eraser** tool (located at the top of page).
2. Roll the eraser over the element (place marker or path) to be removed until it is highlighted.
3. Click on the element to remove it.

To read the name of a marked location

1. Click the **Select** tool (located at the top of the page).
2. Roll the arrow over the place marker and left-click.
3. Click the “X” at the upper right corner to close the box.

To obtain the URL of your Scribble Map and post (share) to forum

1. Select **Save** from the **Menu** tab.
2. Enter a title and description for your Scribble Map and click **Save**.
3. A pop-up box will open titled **Save Map**. Enter a password. *NOTE: Be sure to write down this password in case you want to make edits.* Click **Save**.
4. A pop-up box will open titled **Map Saved**, which provides your Scribble Map URL.
5. Share the map URL in the forum.

How to Record and Upload Your PSA

You will need a microphone hooked up to the computer and software for recording and editing audio files for this project.

1. Select an audio software that can record audio files as **.mp3**.

NOTE: If you do not have audio recording software, you can download the [Audacity](#) software. Audacity is a free, open source software for recording and editing sounds. It is available for Mac OS X, Microsoft Windows, GNU/Linux, and other operating systems.

2. **Record** and edit the PSA. Use the help feature of your software for detailed recording and editing instructions.

3. **Save** the PSA file as an **.mp3** or **.wav**.

*NOTE: To export files as **.mp3** or **.wav**, Audacity requires **LAME MP3**. For detailed instructions on how to install this program, click [here](#).*

4. Click the **Docs** () link in the Google Apps block (on right-hand side of project page).

5. Click **Upload**.

6. Click on **Select files to upload**. *NOTE: You can upload files up to 1024 MB.*

7. Select file and click **Start upload**.

8. Open the file uploaded.

9. Click **Share**, then **Sharing settings**.

10. Change share settings to **iCollaboratory** and click **Save**.

11. **Copy** and **paste** PSA URL into your reply in the forum.

12. Enter a title and a description for your PSA in your reply.

13. Click **Post to Forum**.