BeWell/Mission Water projects

“Make the healthy choice the easy choice.”
Mission High’s Urban Agriculture Pathway/ (CTE)

Agricultural American Democracy/ Ag Economics
Capstone projects 2018-19/ ‘19-20

Be Well Water surveys
Collaboration with John O’Connell
Water Cart Service during Lunch
Immigrant Survey for Food Security Task Force
SNS Lunch Cart service pilot
Healthy Snack lessons with Moscone, Dolores Huerta, BVHM

Be Well Water surveys
Beginning to develop water lessons for Elementary partners: Caesar Chavez, Moscone, Dolores Huerta, BVHM
Food delivery service/ food bank at Mission with Mothers Against Poverty (MAP)
Plans to help staff food bank at Sanchez ES.
Mission High Water survey

https://docs.google.com/forms/d/1Gt2S3ThvTlqG9gBYr78S_ihls_d9ZEBFFTzOSX3b-j8/edit#responses
Problems
- Food isoorid
- No knowledge of menu
- Lunch staff speaks a different language than most of the school
- Not enough students like it
- Food is wasted
- Portions are too small

Pesto paradise

Demo Day

How To Make:

1. Collect ingredients
2. Prepare ingredients
3. Mix ingredients

Ingredients:
- Basil
- Parmesan cheese
- Pesto
- Bread
- Cheese

Procedure:
- Week 1: 10 sandwiches
- Week 2: 10 sandwiches
- Week 3: 10 sandwiches
- Week 4: 10 sandwiches
20 MINUTE LESSON

DRINK MORE WATER!

It's good for your Brain!

Our brains are 73% water!

WATER activity

4.?
water and sugar

Osvaldo, Jake
AIM/ Objective  (What will they learn)?

After this lesson, students will……

● Be able to read nutrition labels and calculate how much sugar is in their drinks.

● Learn how to calculate grams into teaspoons.

● Understand the impact of Sugar on our bodies.
Materials Needed

List what you need for the lesson here.

- Sugar
- Ziplock Bags
- Spoons
- 5-8 Sugary drinks
Do Now: What's your favorite sugary drink? Hand out the different bottles of drinks, between students of 2-3. Which one do you think has more sugar in it?

Then watch this short video:

https://www.youtube.com/watch?v=Y52e551lU50&t=121s
Agenda/ Lesson steps

- Nutrition Label Reading and talking about what’s on the label. Ask them to look at the nutrition label, to see how much sugar in grams there is in each drink.
- **Go around and help them to read and understand it.**
- Ask them to find the # of grams.
- **Divide the numbers of grams by 4 (=’s) the number of teaspoons in each serving size.**
Agenda/ Lesson steps

- Have the kids in groups of 2-3 pick a drink.
- **Locate the grams of sugar and divide that number by 4.**
- Hand out zip lock bags and spoons. Help them to spoon that amount into the bags.
- **Have the groups line up the drinks from least to most sugar.**
- Discuss the findings.
Jake's Quarantine Video
The Finished Product
Any comments or questions?

end