

Face-to-Face Adapted to Virtual



Christanne Harrison, MPH, RD

Questions to think about

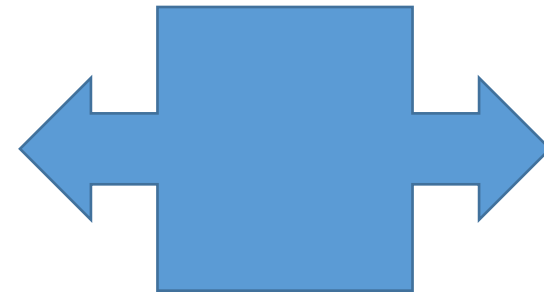
- How will I stay true to the face-to-face content?
 - Review your objectives
- How will I know that participants are engaged and learning?
 - Frequently use a mixture of long and short interactions
- What types of activities are best?
 - Use breakout rooms for discussions
 - Use think-share for lists of answers
 - Create interactive yes/no, true/false
 - Multiple choice (possible teams)
- Do I need a moderator?



Breakout Groups

- Do you want them to change up every time or keep same “teams”?
 - Does your training need multiple view (diversity) or team unity (games/smaller questions)
- What can you accomplish?
 - All answer the same question
 - Each room answer a question
 - Application of material: slogan
- Clear Instructions
 - Example
 - Number in group
 - Visual prompt (slide and chat)
 - Reporting back (spokesperson, group view)

Apples
Team 1



Oranges
Team 2

A group of people are seated around a large, light-colored conference table in a bright, modern meeting room. In the foreground, a woman with short blonde hair, wearing a light green button-down shirt, is smiling warmly at the camera while holding a blue spiral notebook. To her left, a woman with long brown hair and bangs, wearing a blue and white striped shirt, is also smiling. Further back, other participants are visible, including a man in a light blue shirt and a woman in a green top. In the background, a woman in a yellow dress stands near a whiteboard. The room has large windows and a bright, airy atmosphere.

Activity: Define Training Success Breakout Groups

Introduce yourself and complete this sentence: “This training will be a success for me, if ____.”

Activity: Avoiding Cross Contamination, Chemical Contamination and Cross Contact

Breakout Room 1: Hand-to-Food Cross Contamination

Breakout Room 2: Food-to-Food Cross Contamination

Breakout Room 3: Equipment/Food Contact Surface-to-Food Cross Contamination

Breakout Room 4: Chemical or Physical
Contamination/Hazard

Breakout Room 5: Cross Contact

Activity:

Personal Hygiene Slogan

Breakout Room 1: Clothing

Breakout Room 2: Fingernails

Breakout Room 3: Jewelry

Breakout Room 4: Wounds and Sores

Breakout Room 5: Hair

Breakout Room 6: Tasting Food

“Wearing neat clothes that are crisp and clean lets the world know you practice good personal hygiene.”

Think-Share Activities

- Gives participants time to think about answers
- Works best with lists or multiple answers
- Use chat or unmute and share



Handwashing

- On a piece of paper, write down all the times when it is important to wash your hands



True/False and Yes/No

- Yes/No buttons or “thumbs up”/”thumbs down”
- Review material
- Add information
- Apply information



yes



no



Activity: True or False?



yes



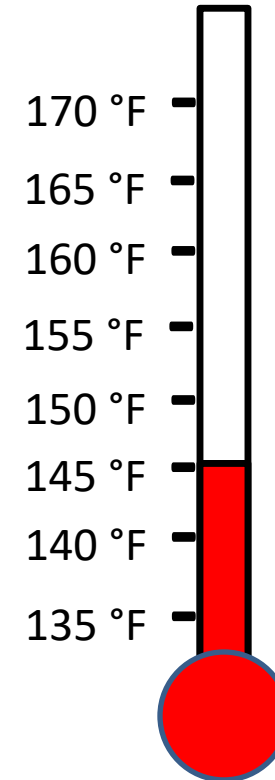
no

1. A bimetallic stemmed thermometer is tip sensitive.
False; It has a sensing area from the tip to the dimple.
2. Crushed ice with water is used for calibrating thermometers.
True
3. The ice-point method is the only acceptable way to calibrate a thermometer.
False; Thermometers also can be calibrated with boiling water.

Activity: Identify Four Cooking Temperatures



Pork Roast = 140 °F



COOK

Scenario 3

The Small School Child Care decided to use flavored straws in the milk for their 3 year old classroom to making drinking milk more fun.

Incorrect: Flavored milk, including flavored non-dairy beverages, cannot be served to children 1 through 5 years old.



Greek Yogurt with Banana

Nutrition Facts	
Serving Size 5.3 oz (150g)	
Servings Per Container 1	
Amount Per Serving	
Calories 130	
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 50mg	2%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 14g	
Protein 11g	22%
*Percent Daily Values are based on a 2,000 calorie diet.	

Step 1: Find the Serving Size.
Step 2: Find the amount for Sugars.



Step 3: Use the serving size identified in Step 1 to find the serving size of your yogurt in the Sugar Limits Table.



Yogurt Sugar Limits		
Serving Size (Ounces)		Sugar Limit
2.25 ounces		0-9 grams
3.5 ounces		0-13 grams
4 ounces		0-15 grams
5.3 ounces		0-20 grams
6 ounces		0-23 grams
8 ounces		0-31 grams

Step 4: In the table, look at the number to the right of the serving size amount, under the “Sugar Limit” column. Is it creditable?

Yes, because 14 grams of sugar is between the sugar limits of 0–23 grams of sugar

Multiple Choice/Short Answer

- Use chat box for answers
- Apply learned material
- Lesson review
- Use teams



Ms. Shelley's Challenge

Challenge 1: Ms. Shelly has three children who are picky eaters. One child only eats green foods, while another child only eats fruits. What can Ms. Shelly do to encourage children to try new foods?

Guidelines

- A. Let children help in the kitchen.
- B. Set a good example.
- C. Help children know when they have had enough.
- D. Start small.
- E. Follow a meal and snack schedule.

Is It a Bargain?



Brand A
\$1 off
22 oz only

Generic Cereal
\$0 off
24 oz only

PRODUCT	Size	Price	Price with Coupon	(÷)	Total Ounces	Price per Ounce
Brand A		\$3.29	\$_____	(÷)	22 oz	\$_____
Generic Cereal		\$1.99	\$_____	(÷)	24 oz	\$_____

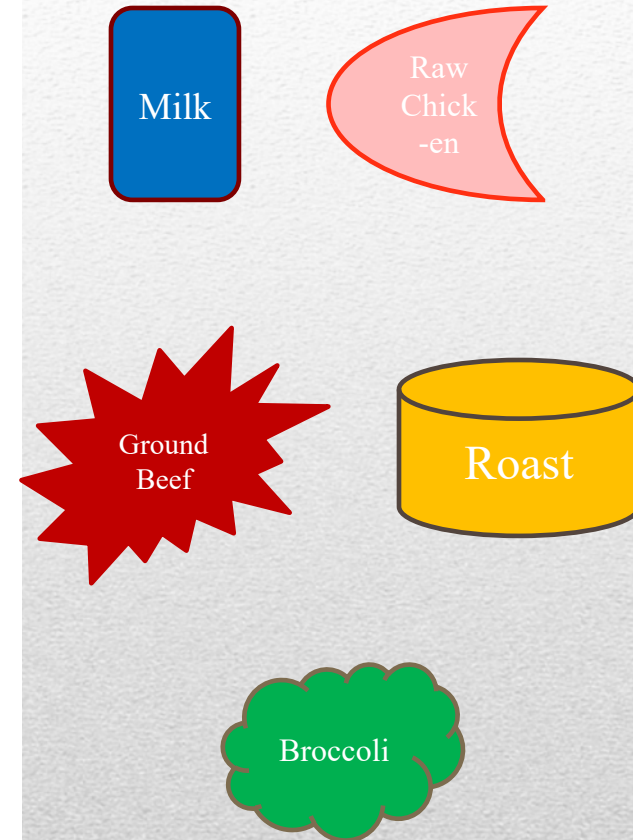
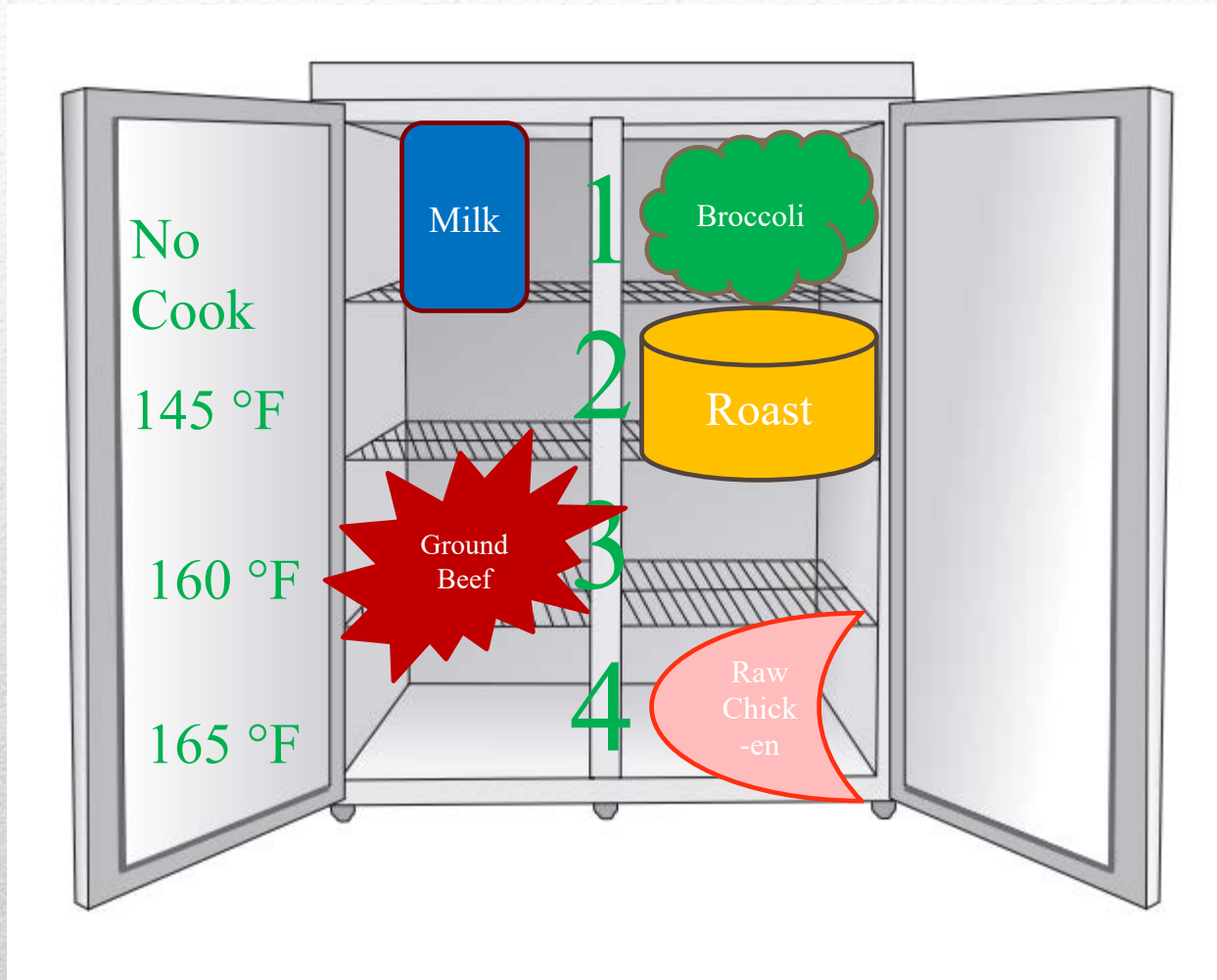
Is It a Bargain?



Brand A
\$1 off
22 oz only

Generic Cereal
\$0 off
24 oz only

PRODUCT	Size	Price	Price with Coupon	(÷)	Total Ounces	Price per Ounce
Brand A		\$3.29	\$2.29	(÷)	22 oz	\$0.10
Generic Cereal		\$1.99	\$1.99	(÷)	24 oz	\$0.08



Splish, Splash	Parting Ways	What's Cooking?	The Big Chill	Thanks, No Thanks
<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>
<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>
<u>300</u>	<u>300</u>	<u>300</u>	<u>300</u>	<u>300</u>
<u>400</u>	<u>400</u>	<u>400</u>	<u>400</u>	<u>400</u>
<u>500</u>	<u>500</u>	<u>500</u>	<u>500</u>	<u>500</u>



Splish, Splash – 100

What are the three steps in the cleaning and sanitizing process?

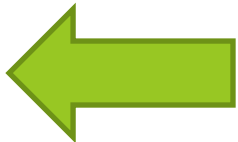
- A. Wash, Soak, Dry
- B. Wash, Rinse, Sanitize
- C. Rinse, Soak, Sanitize
- D. Soak, Rinse, Dry

[Answer](#)



Splish, Splash – 100 Answer

B. Wash, Rinse, Sanitize



Final Questions

- Is there a variety of activities?
- Does the pacing seem right?
- Have I met the objectives of the face-to-face training?

