

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

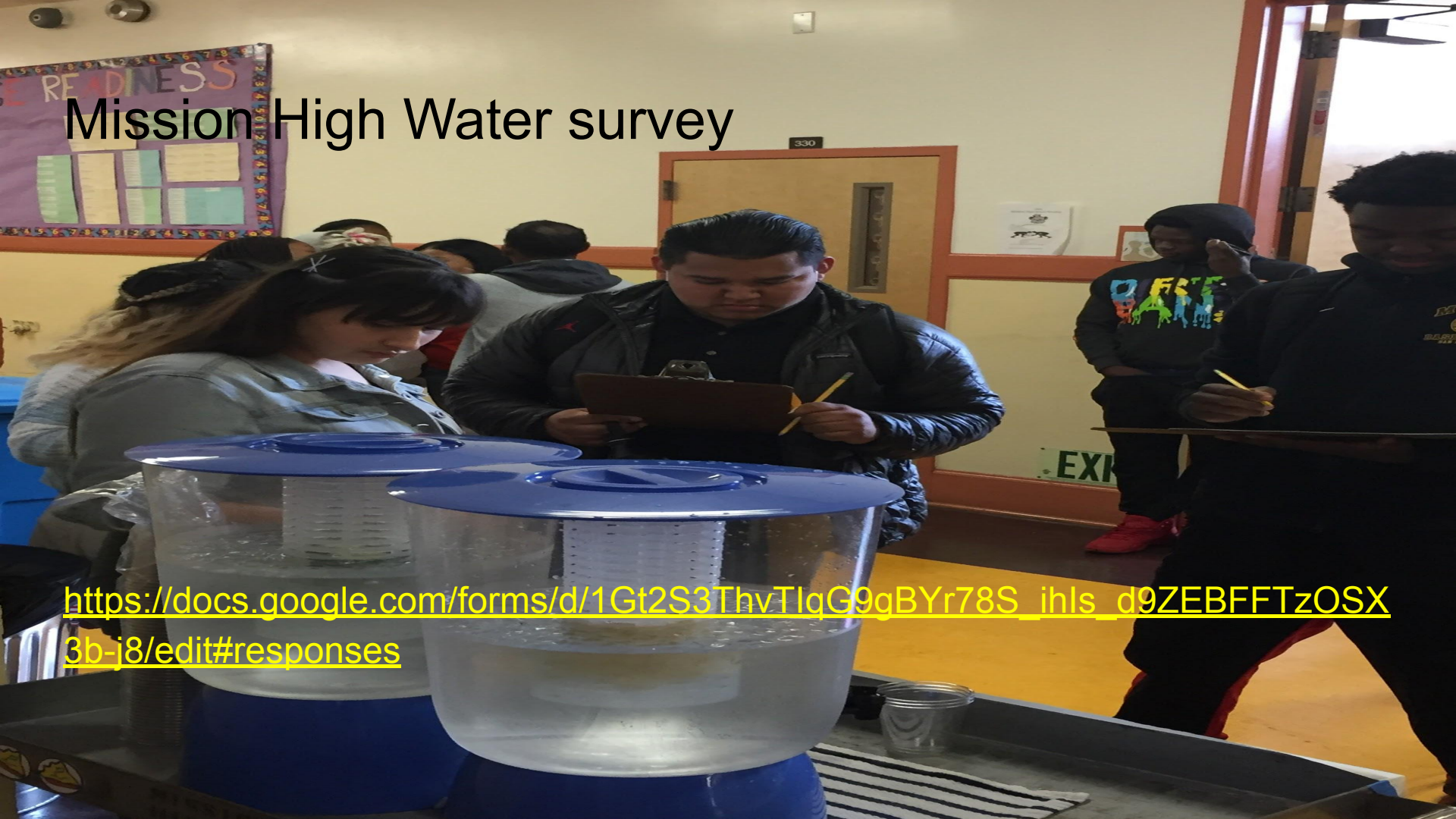
Beginning to develop water lessons for Elementary partners: Caesar Chavez, Moscone, Dolores Huerta, BVHM

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





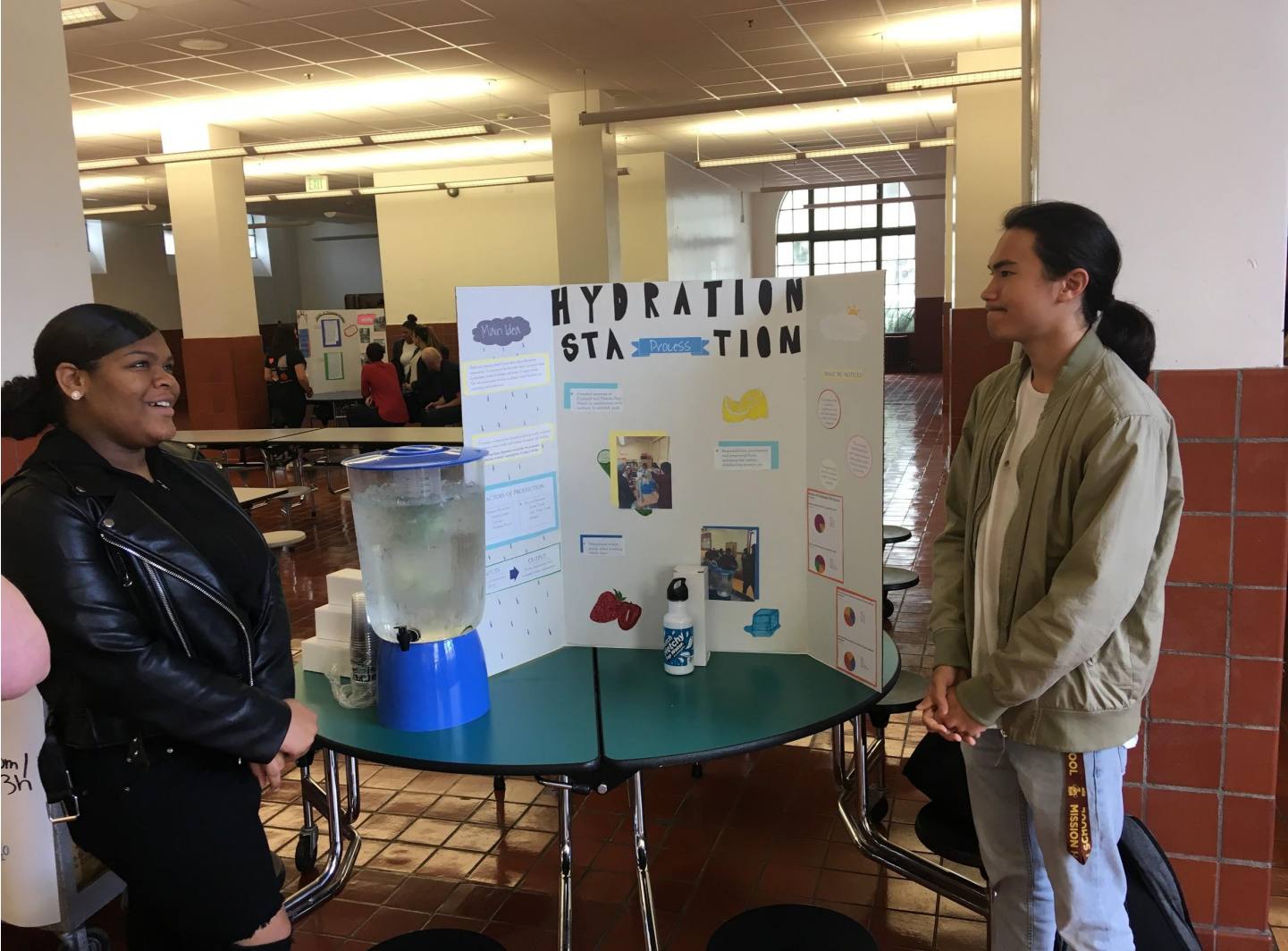
KNIFE SKILLS

- 1. Clean / Rinse
- 2. Wash / Rinse
- 3. Wash
- 4. Dry / Store
- 5. Clean / Rinse
- 6. Wash / Rinse
- 7. Wash / Rinse
- 8. Wash / Rinse
- 9. Wash / Rinse
- 10. Wash / Rinse

GROUP
 SET-UP
 WASH IN PAIR
 WIP TABLE
 SMALL BIN AND
 LAYER PAPER
 CLEAN AS YOU GO

INDIVIDUAL
 WASH HANDS
 APPROX 15
 TYP

5.0 GALLON
 BEVERAGE
 DISPENSER
 Ice cool bowl



HYDRATION STATION

Main Idea

Hydration is essential for maintaining health and performance. Proper hydration helps regulate body temperature, maintain blood volume, and support cognitive function.

Staying hydrated is crucial for overall well-being and can significantly impact your ability to focus and perform in various activities.

Regular water intake is necessary for the body to function properly, as it is involved in nearly every biological process.

Ensuring you have access to clean water and encouraging frequent hydration can lead to better health outcomes.

Hydration is a key component of a healthy lifestyle and should be a priority for everyone.

By staying hydrated, you can improve your energy levels, concentration, and overall health.

Remember, water is the best choice for staying hydrated, and it's always available at our hydration station.

Stay hydrated, stay healthy!

For more information, visit our website or contact our health team.

Thank you for your interest in staying hydrated!

Hydration Station

Process

1. Identify the need for hydration.

2. Gather resources (water bottles, water dispenser).

3. Set up the hydration station.

4. Promote the station to students.

5. Monitor usage and feedback.

6. Adjust resources as needed.

What We Needed

Water dispenser

Water bottles

Signage

Table

What We Learned

Students appreciate having easy access to clean water.

Hydration is a common concern among students.

Providing water can help improve student focus and energy.

Future of Production

Expand the station to other areas of the school.

Partner with local businesses for water bottle donations.

Implement a hydration schedule for students.

Conclusion

Hydration is a simple yet powerful way to support health and performance. By providing a hydration station, we can ensure that all students have access to the water they need to thrive.

References

Centers for Disease Control and Prevention. (2018). *Staying hydrated: Why water is important for your health*.
National Health Service. (2019). *How much water should I drink?*

Additional Resources

Water for People: www.waterforpeople.org

World Health Organization: www.who.int

Hydration Station

Water dispenser

Water bottles

Signage

Hydration Station

Water dispenser

Water bottles

Signage

Hydration Station

Water dispenser

Water bottles

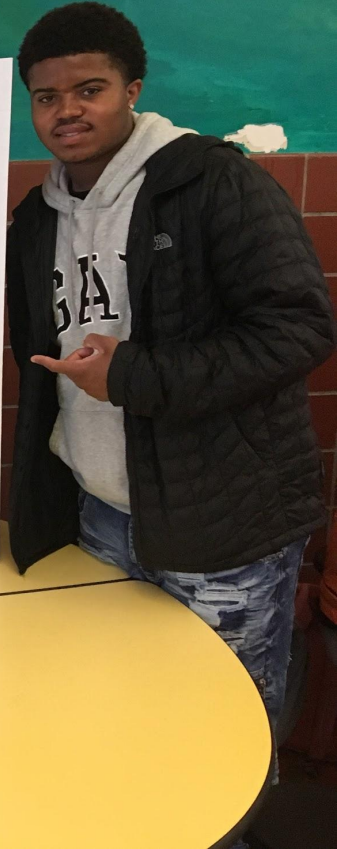
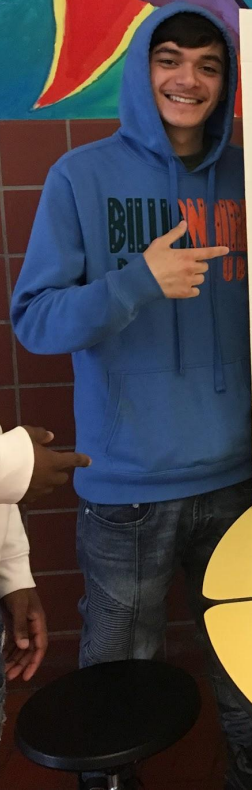
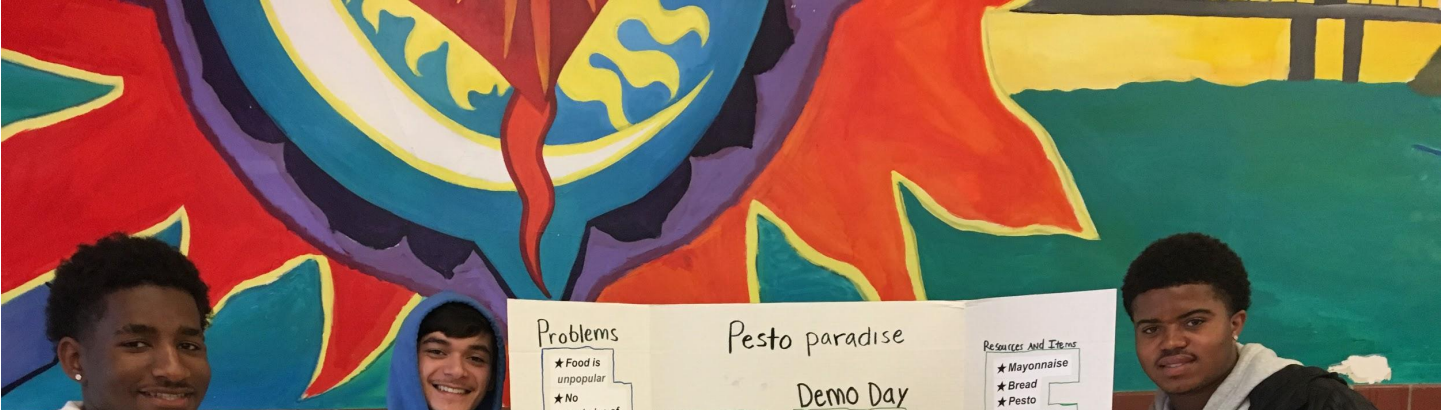
Signage

Hydration Station

Water dispenser

Water bottles

Signage




Pesto paradise


Problems

- ★ Food is unpopular
- ★ No knowledge of menu
- ★ Lunch staff speaks a different language than most of the school
- ★ Not enough students take it
- ★ Food is wasted
- ★ Portions are too small


Demo Day



Sandwich



How To Make It



Resources And Items

- ★ Mayonnaise
- ★ Bread
- ★ Pesto
- ★ Computer
- ★ Cart
- ★ Mission Youth kitchen
- ★ Cheese

Progress pre week

- Week 1: 30 Sandwiches
- Week 2: 59 Sandwiches
- Week 3: 78 Sandwiches
- Week 4: 108 Sandwiches



20 MINUTE LESSON

DRINK MORE WATER!

It's good for your Brain!



Our brains are 73% water



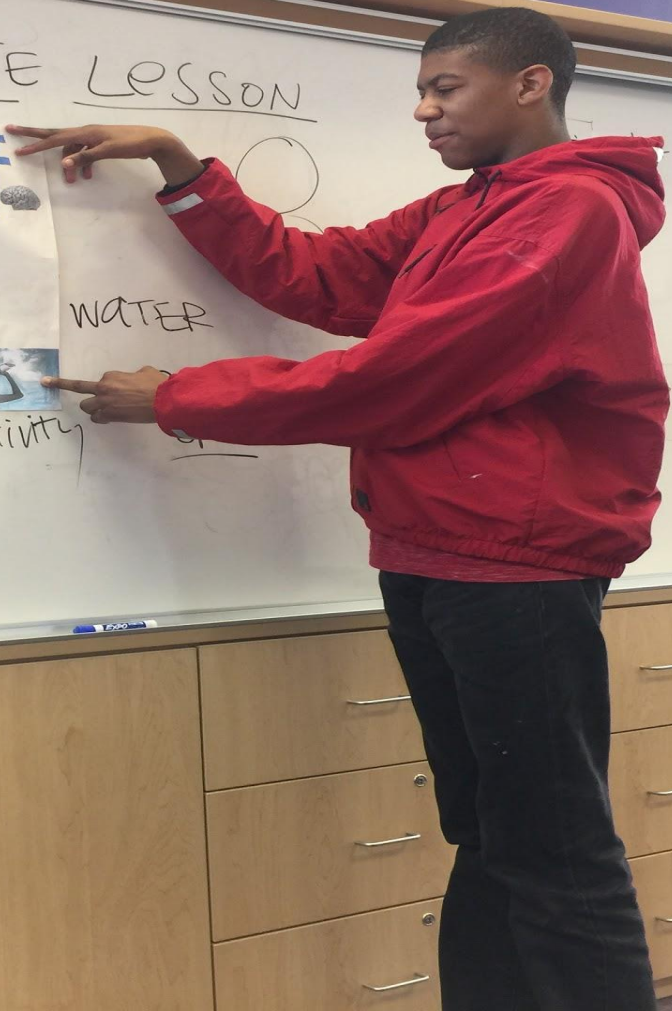
WATER

activity

4.?

question do you want to teach?
or
Skill

Lesson Plan





water and sugar

Oswaldo, 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

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=Y52e551IU50&t=121s>

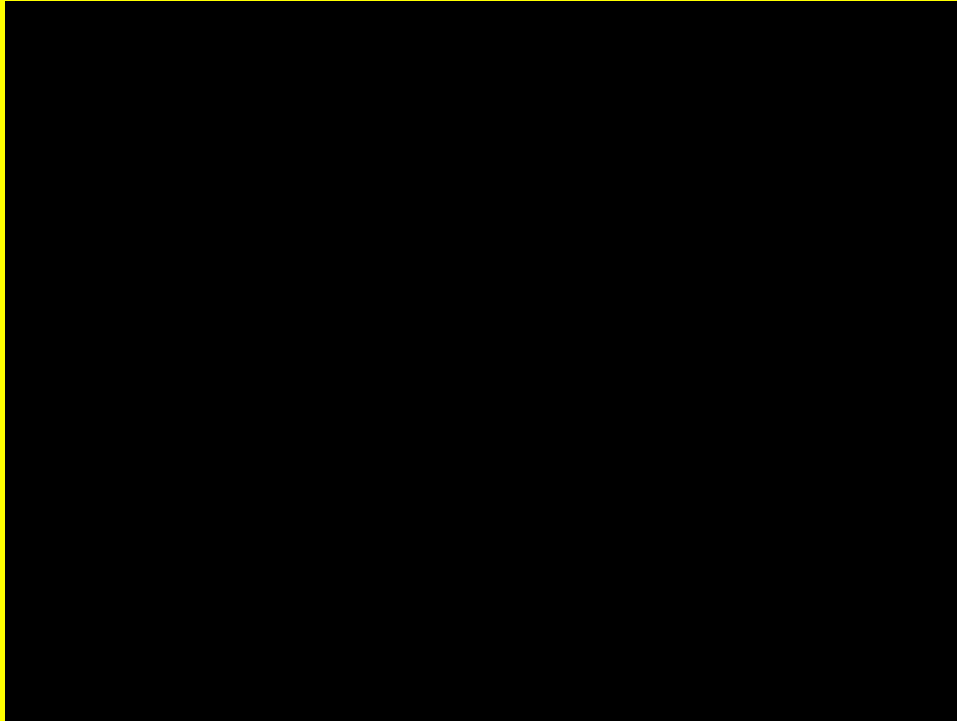
Agenda/ Lesson steps

- 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.**

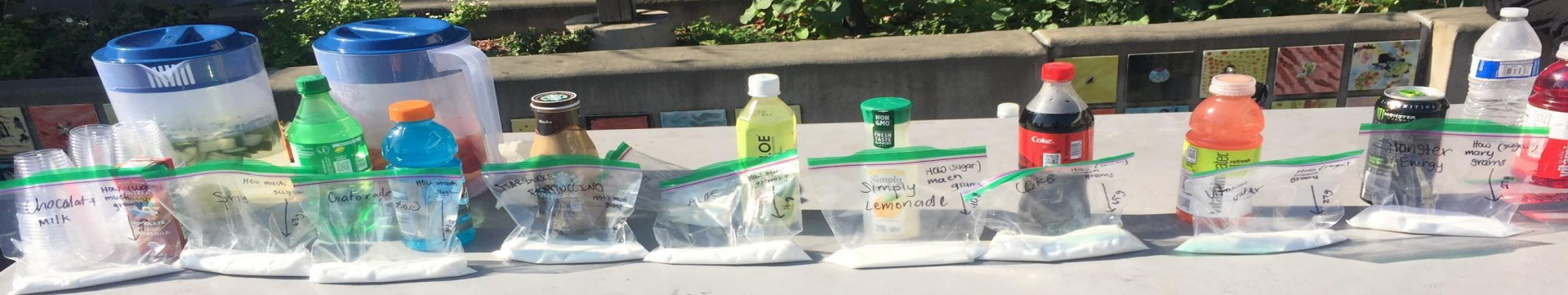
Agenda/ Lesson steps

- 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



The background of the slide is a close-up photograph of water with numerous ripples, creating a textured, blue surface. The ripples are concentric circles of varying sizes, suggesting raindrops or small stones hitting the water. The overall color is a vibrant, slightly darker blue.

Any comments or questions?

end