

## Upload 1: Program Outline

**Jenni Klufa**, Assistant State Specialist for Youth (Phonetic Spelling: Jen-ee Clue-fa)

**Becky Brown**, Project Coordinator (Phonetic Spelling: Beck-ee Brown)

**A. Issue Identification** – In March 2020, COVID-19 changed the world and Extension education as we know it. Like many programs, Oklahoma State University Cooperative Extension’s Community Nutrition Education Programs (CNEP) had to close the doors to our Farm to You Exhibit. Farm to You is a travelling, interactive walkthrough exhibit that has taught Oklahoma students in grades 1<sup>st</sup>–6<sup>th</sup> the link between agriculture, nutrition, physical activity, and health since 2008. In its 12 years, Farm to You has reached over 155,000 students. Sadly, the close quarters of our program were no longer safe under new health guidelines. Overnight, Farm to You went from a projected reach of over 10,000 students a year to 0. Although COVID-19 is an emerging issue our society faces, the health of youth is a constant issue faced in Oklahoma. According to the 2020 America’s Health Rankings, Oklahoma consistently ranks in the bottom five states for many health indicators. 34.8% of youth are overweight or obese, while 36.8% of adults are obese<sup>1</sup>. Only 5.1% of Oklahoma adults report eating two or more fruits and three or more vegetables in a day<sup>1</sup>. 34.0% of Oklahomans report doing no physical activity or exercising in the past 30 days<sup>1</sup>. Obesity and low amounts of physical activity can lead to cardiovascular diseases, hypertension, Type 2 diabetes, certain cancers, and depression. Understanding its importance, continuing to provide Oklahoma’s youth with the skills to make healthy lifestyle choices was going to take a brand-new approach through the pandemic. In Fall 2020, we developed Virtual Farm to You. This engaging virtual exhibit brings the same experience of Farm to You to students wherever they may be, whether in their classrooms or homes. In addition to our Farm to You objectives (children identifying the MyPlate food groups, high fiber foods, which foods promote good health, and which foods benefit muscle and brain growth), our objectives for Virtual Farm to You were to 1) safely deliver nutrition education with social distancing guidelines, 2) create practical processes for Extension Educators and teachers, and 3) keep students engaged virtually. In December 2020, we were able to successfully and safely reach 968 students across six Oklahoma school districts. It was a huge leap in our technological capabilities, program versatility, reach to rural areas, and resource effectiveness.

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<sup>1</sup> America’s Health Rankings. Annual Report. Oklahoma Summary 2020.

**B. Program Description** – Delivery method: Jenni Klufa and Becky Brown revised nearly every aspect of Farm to You to create Virtual Farm to You. Normally, Farm to You sets up at a school and over the course of the day, hundreds of students walk through nine tent stations where volunteer script readers follow 6-minute research-based dialogues leading them in playing games and activities. The tent stations are titled Oklahoma Farmland, A Farmer’s Life, Farmers Market, The Mouth, The Stomach, The Intestines, The Muscles, The Bones, The Brain. For Virtual Farm to You, teachers projected a Zoom in their classrooms for students to view the same live exhibit through a walkthrough perspective – as if they were there in-person. Instead of volunteers, we asked Extension Educators and their colleagues to travel to the exhibit location in Stillwater, OK to read the scripts at each station. Becky followed the Extension Educator as he/she presented and used a smartphone and a phone stabilizer to be the eyes and ears of the students. All participating classrooms in a school “walked through” the exhibit at the same time and the event lasted an hour from start to finish. To focus our efforts and resources, Virtual Farm to You occurred over a two-week period in December 2020. Schools participated in either a morning or an afternoon session. We worked with OSU’s College of Education and Human Sciences to find a secure location on the university’s main campus in Stillwater, OK where our exhibit could be set up for the two-week period.

Student engagement: We anticipated that it would be a challenge to keep young students’ attention using a virtual screen rather than a hands-on exhibit. Therefore, we rewrote the scripts for each of the nine stations to be more engaging for the virtual setting. At each station, we included chat response questions to communicate with students and an activity to keep them focused. When a chat question would come up in the script, the Educator would raise a “chat flag” and ask the question. Teachers would listen to their students’ responses and write 1-2 of them in the Zoom chat box. Jenni was stationed with her computer outside the tent monitoring the chat. She would see the responses and tell them to the educator. The educator would then respond to their answers and continue on with the script. A sample of the changes we made in the station scripts can be found in the supporting materials and a video example (8 min) is included [here](#). A countdown and farm-themed activity started on-screen 5 minutes before the virtual exhibit began to get the kids excited. We also mailed supplementary materials to schools that reinforce the Farm to You program content, including activity books, family newsletters in English and Spanish, and stickers.

Technology: We worked extensively with OSU Agricultural Communications to determine the most effective technology set-up. A smartphone captured the live feed and offered a clear picture, and an Osmo phone stabilizer helped us get a steady and professional shot. We decided to use Zoom as a platform because it is well-known, we could have control over what the viewer saw, and there is an easy-to-use chat function. Thanks to OSU, we were able to use high-speed Wi-fi while we were filming. To troubleshoot any technology issues ahead of time and ensure teachers were comfortable with the process, we scheduled a technology test with every school prior to their virtual exhibit. We also created a 5 Steps to Success for Teachers checklist that teachers could refer to on the day of their exhibit.

Preparing educators: Extension Educators promote the program and are the first point of contact with the schools. To inform Educators about the new process, we created the Virtual Farm to You Manual. We also created a [teaser video](#) showcasing our mascot Belle, the Dairy Cow's, big return. This video created excitement and conversation among Extension Educators at all levels. An info session was offered in October 2020 for Extension Educators to learn about the program changes and ask questions. Additionally, a new request form was implemented to expedite Virtual Farm to You school sign-ups.

Collaborative and marketing efforts: Virtual Farm to You would not have been possible without the support of the following collaborators. OSU Extension Educators coordinated with schools and served as script readers for the exhibit. Administration at every participating elementary school provided invaluable logistical efforts. FCS District Program Specialists evaluated the feasibility of the program and promoted the opportunity to Extension Educators. Healthy Schools OK provided a list of interested schools and the Oklahoma State Department of Health helped us get in contact with several rural schools. OSU Agricultural Communications Services gave us technical expertise and equipment, took pictures of the event, created a [press release](#) about the program, featured it on the OSU News website, and sent the story to Oklahoma newspapers. SUNUP, Oklahoma Cooperative Extension's TV program, [featured Virtual Farm to You](#) on their weekly show, YouTube, and Facebook page. The OSU College of Education and Human Sciences Marketing team promoted the program on social media and in their January 2021 monthly newsletter. A full report of the thousands of estimated mass media contacts that CNEP, and therefore Oklahoma Cooperative Extension, garnered can be found in the supporting materials.

**Program Impact and Implications**— With Virtual Farm to You and 10 Extension Educators/Staff, we were able to safely reach 968 students across six Oklahoma school districts when many programs were at a complete halt. While this number is not as high as our normal program, it is an excellent start. 0 students would have been reached had we not created Virtual Farm to You. In addition, this program was timely because little to no youth programming was able to go on at the time of its launch. Six additional schools had signed up to participate, but requested to reschedule due to sudden changes in their distance learning plan. Participating schools were a mix of both rural and urban districts with student Virtual Farm to You participation ranging from n=23 to n=489. The program was made as accessible as possible for teachers and school administration while they were having to adjust their lesson plans on a daily basis. English and Spanish family newsletters were given to students in the classroom to take home, so their families may be reached through indirect education.

Evaluation method: Teachers and Extension Educators were asked to complete a post-exhibit qualitative survey using Qualtrics. In the 12 teacher survey responses, teachers reported the chat questions and activities “kept the students engaged” and asked for even more interaction via chat. All 8 Extension Educator responses reported a positive experience. Most said they preferred the virtual exhibit to the in-person because they could have the “full attention of students without the noise” and “reach a larger number of youths in a shorter amount of time”. Each school also submitted a demographics report of their participating students, a summary of which may be found in supporting materials. Moreover, Farm to You has a strong history of indicators that students achieve our objectives. In the in-person program, 3<sup>rd</sup> and 4<sup>th</sup> graders answer questions about each station in a “student passport” to indicate they’ve learned the information. In five out of the eight questions, over 90% of students answered the question correctly after learning information from script presenters. Because we are delivering the same information in Virtual Farm to You as Farm to You, we can expect similar knowledge gained with our virtual program. We plan to include a virtual student evaluation in the future. Detailed descriptions, graphs, and tables of evaluation efforts can be found in supporting materials.

Success story: In order to be fiscally responsible, our in-person exhibit is prioritized based on a minimum number of participants. Unfortunately, this could make it a challenge for rural schools to participate. Virtual Farm to You does not have a minimum number of participants, and this has simplified the possibility of rural schools getting to

experience the exhibit. Terral Elementary School, located in Jefferson County, exemplifies this potential.

Jefferson County is an economically-deprived rural county where a large part of working individuals must travel out of the county to work. 23 Terral Elementary students participated in Virtual Farm to You and may not have been able to this year without this option. We can see the techniques we used in our virtual exhibit applying to other programs to help further reach rural students.

Application to other local, state, and national programs: We have shared the Virtual Farm to You idea with the University of Arkansas Extension's Farm to You Coordinator. We also met with Chickasaw Nation Nutrition Services, a SNAP-Ed implementing agency, to talk about how they can apply the same techniques to their own programming needs. They have reported that seeing it done by a similar program has empowered them to try it for themselves. "Livestreaming" into classrooms and communicating with students through a chat function are techniques that can be used in many other programs to deliver education virtually.

**C. Plans for Expansion – Plans for the future:** We are looking forward to hosting Virtual Farm to You in Spring 2021. We plan to hold an Educator in-service to showcase the success of the fall and encourage Educators to take Virtual Farm to You to their communities. We plan to write more interactive activities such as a map of Oklahoma that students can color in crop regions, blank MyPlate drawing sheets, and positive reinforcement phrases for Extension Educators to say throughout the scripts. Even though evaluating students virtually is difficult, we would like to pilot a student evaluation and are considering several options for this. To make it easier on Extension Educators' travel budgets, we are investigating the logistics of holding a Virtual Farm to You in 3-4 different locations around Oklahoma. We hope this will help expand the opportunity to more schools. During one of our virtual exhibits, we witnessed a student sit with an older adult during the program. This sparked an idea to make Virtual Farm to You a family event where all ages can absorb and apply the information together. Stay tuned for a possible Family Farm to You! Long-term, we are interested in gamifying Virtual Farm to You into an entirely online experience and have started these conversations with OSU's Agriculture Communications team. When you have a team committed to overcoming barriers, leadership that supports your innovative ideas, and a passion for educating youth, the possibilities of expanding our impact seem endless even during a global pandemic.



OSU EXTENSION  
**COMMUNITY NUTRITION  
EDUCATION PROGRAMS**

NEAFCS 2021 Innovative Youth Development Program Award

# VIRTUAL Farm to You

**Jenni Klufa**, Assistant State Specialist for Youth  
**Becky Brown**, Project Coordinator

## Contents of Application

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E. Virtual Farm to You Manual for Extension Educators

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## Document A. Fall 2020 Pictures and Supporting Links







Supporting Links:

[Video Clip of Virtual Farm to You](#) (8 min)

[Virtual Farm to You Teaser Video](#) for Educators (1 min)

[Virtual Farm to You Press Release](#)

[Virtual Farm to You SUNUP TV Feature](#) (3 min)



## Document B. Script Adaptation Sample

Jenni Klufa and Becky Brown changed many aspects of Farm to You to make it exciting and fun in a virtual setting. Usually in The Bones tent, a script reader leads the students in rebuilding a rubber skeleton on the ground for a fun activity. In Virtual Farm to You, the students play a bones trivia game! The script reader asks the trivia question to the class. The teacher writes his/her class's answers in the chat box. Jenni, who is at her computer outside the tent, sees the answers come in, and relays them to the script reader. Many teachers reported that their students' "favorite part was the interactive questions" because it "kept them engaged and moving".

Here's what this activity script looked like in Farm to You and how we adapted it for Virtual Farm to You.

### Farm to You:

"Welcome to your next stop in the body, the bones! Here we will learn all about building strong bones.

First, let's work together to put together this bone puzzle! Can everyone help me? We also have our skeleton friend here that can help us!"

*(Have kids assemble puzzle, when done have them sit around it).*

"Good job! Now that we put all of these bones where they belong, we can talk about how we can build strong bones for our own bodies! Can anyone tell me why we need strong bones?"



### Virtual Farm to You:

"Let's look at our bones a little more closely." *(raise chat flag)* "Get ready for our next activity and see if you can answer these trivia questions about bones! Teachers, type 1 response per class to the following questions. Is everyone ready?" *(pause)*

"Here is the first question. Which bone is the longest in the human body?" *(repeat question)*  
*(wait for chat responses)*

"The correct answer is the femur." *(point to femur on skeleton)* "The femur is the longest and the strongest bone in our bodies. Give yourself a round of applause if your class answered correctly!" *(pause)*

*(raise chat flag)* "Listen up! Here is question number 2. Which bone is the smallest in the body?" *(repeat question)*

*(wait for chat responses)*

“The stirrup is a small bone in our ear and is the smallest in our body!” *(point to stirrup)* “Give yourself a round of applause if your class answered correctly.” *(pause)*



*(raise chat flag)* “Get ready for the next question! How many bones do adults have?” *(repeat question)*

*(wait for chat responses)*

“As adults we have 206 bones and all of these bones stop growing at 25 years old! That is why it is so important to take care of your bones now! Give yourself a round of applause if your class answered correctly.” *(pause)*

*(raise chat flag)* “Here is our final bone trivia question! Are you listening? Which bone protects our brain?” *(repeat question)*

*(wait for chat responses)*

“The skull is a bone that protects our brain. Give yourself a round of applause if your class answered correctly!” *(pause)* “Good job everyone!”

## Document C. Virtual Farm to You Evaluation Materials

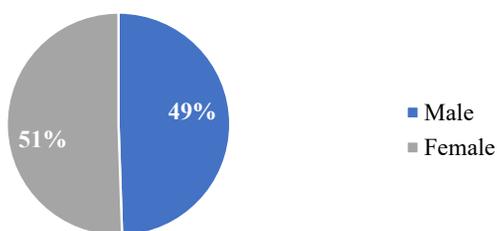
### i. Student Demographics

12/1/2020 - 12/10/2020

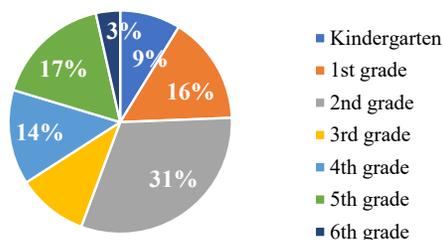
Over a two-week period, Virtual Farm to You reached an estimated **968** elementary students across six Oklahoma school districts. Each school submitted a Demographic Report of their participating students prior to their Virtual Farm to You. The schools were of both rural and urban populations with participating students ranging from n=23 to n=489. The largest representation of grade-level was 2nd grade. Students were predominantly white and not Hispanic/Latino, with percentages consistent with Oklahoma population demographics. Interestingly, 22% of participating students were American Indian or Alaska Native, where only 9% of Oklahomans reported being of that heritage in the 2019 Census. Below is a summary of all demographic information collected.

		Canton Elementary	Dewey Elementary	Ringling Elementary	Gillentine Elementary	Skiatook Elementary	Terral Elementary	Total
<b>Total Participating Students by School</b>		173	489	26	102	155	23	968
Youth by Gender	Male	80	237	14	56	83	9	479
	Female	93	252	12	46	72	14	489
<b>Total by Gender</b>		173	489	26	102	155	23	968
Youth by Grade	Kindergarten	0	85	0	0	0	0	85
	1st grade	31	76	0	39	0	5	151
	2nd grade	32	83	26	0	155	7	303
	3rd grade	30	67	0	0	0	2	99
	4th grade	25	76	0	30	0	2	133
	5th grade	25	102	0	33	0	3	163
	6th grade	30	0	0	0	0	4	34
<b>Total by Grade</b>		173	489	26	102	155	23	968
Youth by Ethnicity	Hispanic/Latino	12	30	2	53	9	3	109
	Not Hispanic/Latino	161	459	0	49	146	0	815
	Not provided	0	0	24	0	0	20	44
<b>Total by Ethnicity</b>		173	489	26	102	155	23	968
Youth by Race	White	136	336	18	87	97	8	682
	Black or African American	1	19	0	12	2	0	34
	American Indian or Alaska Native	36	100	7	3	56	15	217
	Asian	0	0	0	0	0	0	0
	Native Hawaiian or Pacific Islander	0	0	0	0	0	0	0
	Other	0	34	1	0	0	0	35
<b>Total by Race</b>		173	489	26	102	155	23	968
<b>Total Number of Volunteers</b>		1	2	2	2	3	0	10

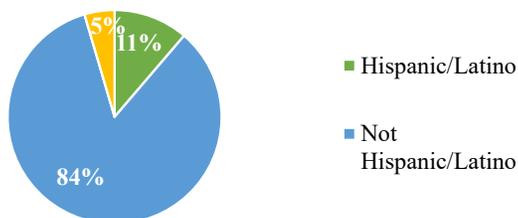
Youth by Gender (n=968)



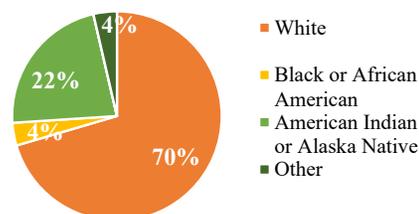
Youth by Grade (n=968)



Youth by Ethnicity (n=968)



Youth by Race (n=968)



\*The demographics report also included "Asian" and "Native Hawaiian or Pacific Islander" races, for which there were no reports.

ii. Estimated Mass Media Statistics

Many efforts were made to showcase the Virtual Farm to You program to the public and spread community awareness. Through collaborations with the organizations below, we estimate that we reached thousands of people with our publications during December 2020. The highest estimate is from SUNUP, Oklahoma Cooperative Extension’s TV program, that has an established audience of tens of thousands of television viewers. The following table summarizes these publicity efforts and the estimated views/engagements.

Publication Activity	Resulting Estimated Mass Media Statistics
<p><b>OSU Agricultural Communication Services</b> created a <a href="#">press release</a> and:</p> <ul style="list-style-type: none"> <li>- Posted to the OSU News Site</li> <li>- Sent it to daily and weekly newspapers across Oklahoma</li> <li>- Shared it on Twitter,</li> <li>- Facebook,</li> <li>- and The Scoop (OK Extension newsletter)</li> </ul>	<p>Pageviews: 249                      Daily newspapers: 28                      Weekly newspapers: 148                      Ag publications: 27                      Impressions*: 423                      Engagements**: 1                      Impressions: 1,026                      Engagements: 100                      Clicks to press release: 18</p>
<p><b>SUNUP</b>, Oklahoma Cooperative Extension’s TV program, <a href="#">featured Virtual Farm to You</a> via their:</p> <ul style="list-style-type: none"> <li>- Weekly show</li> <li>- YouTube channel</li> <li>- Facebook page</li> </ul>	<p>Estimated viewers: 10,000+                      Views: 150                      People reached*: 1,560                      Engagements: 171</p>
<p><b>OSU Community Nutrition Education Programs (CNEP)</b> made a:</p> <ul style="list-style-type: none"> <li>- Facebook post about press release</li> <li>- Facebook post about SUNUP feature</li> </ul>	<p>People reached: 42                      Engagements: 15                      People reached: 39                      Engagements: 11</p>
<p><b>OSU College of Education and Human Sciences (CEHS)</b> shared the press release via:</p> <ul style="list-style-type: none"> <li>- Facebook post</li> <li>- Twitter post</li> <li>- January 2021 CEHS faculty/staff newsletter</li> </ul>	<p>People reached: 650                      Engagements: 11                      Impressions: 369                      Engagements: 2                      Subscribers: 405</p>

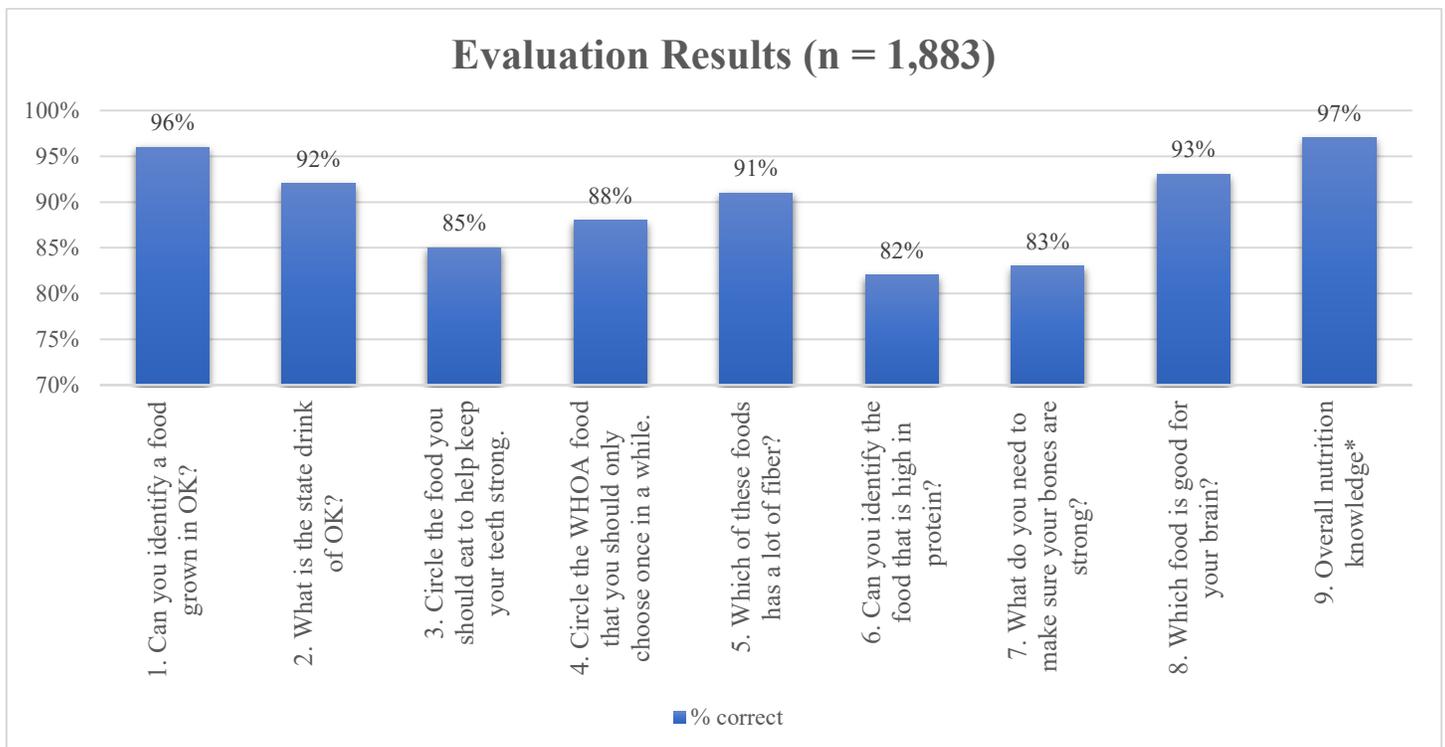
\*"People reached" and "impressions" are terms used by social media websites and refer to how many times a specific post is seen.

\*\*\*"Engagement" refers to how many people liked, commented, or shared the post.

### iii. Pre-COVID-19 Impact Report

Prior to COVID-19, CNEP used Farm to You passport booklets as a student evaluation. From the pilot during May of 2019 to March of 2020, CNEP has collected **1,883** passport booklets from 3<sup>rd</sup> & 4<sup>th</sup> grade students across Oklahoma. The booklets asked students eight right or wrong questions about information learned at each of the exhibit stations excluding the Farmer's Market. In five out of the eight questions, over 90% of students answered the question correctly after learning information from the script presenters. Results are depicted below.

This information is provided to show that Farm to You program content helps students learn important aspects about nutrition. Because the content of Virtual Farm to You is the same as the content used in Farm to You, we can assume that Virtual Farm to You also achieves the same results. We hope to add a similar student evaluation to our virtual program in our future plans for expansion.



\*Overall nutrition knowledge was generated by averaging the responses to questions 3 through 8. Responses were then rounded to "wrong" (0 – 0.49) or "right" (0.50 – 1) to match responses of other questions. A way to interpret this number is, "On average, 92% of youth surveyed could identify foods they should eat for good health."

### iv. Post-Exhibit Evaluation Results

As an evaluation tool and to gather their perspectives, participating teachers and Extension Educators were asked to complete an online post-exhibit qualitative survey. We received responses from 12 teachers and 8 Educators. From these results, interactive activities were consistently mentioned as the favorite part of the virtual exhibit and an idea for improvement. Multiple Educators reported preferring the virtual program to in-person program. We have used these results to form our future plans for expansion. Below are the full results of the survey.

#### Teacher Survey Results

School	Grade level of students	What was your/your class' favorite part of Virtual Farm to You?	What your/your class' least favorite part of Virtual Farm to You?	Would you participate in Virtual Farm to You again? Why or why not?	Additional comments/ideas for improvement:
Canton	4 <sup>th</sup>	Teacher rotations	Not having more "in person" contact and not being able to milk the cow themselves.	Yes-very informative	
Canton	2 <sup>nd</sup>	My kiddos said they liked it all!	They liked it all!	Yes-the kids seemed engaged and enjoyed the interactions.	
Canton Elementary	4 <sup>th</sup>	They liked the big visual aids.	They thought the part about the intestines was gross.	Yes. It was full of information that our students need to know.	The presentation was well organized. Thank you.
Dewey Elem	K	The movement and activities.	Couldn't get the sound to turn on at first even though I had done the test Zoom.	Yes, I would. Very informative in a kid-friendly way. We loved the interaction and the chat box	I know time is always an issue, but it would be nice for a different version for the younger kids and the older kids.
Dewey Elementary School	3 <sup>rd</sup>	The interactive questions!	All of the talking in the script. Sometimes there was a lot and they lost interest!	Sure!	I think having your presenters memorize their lines would be good. Maybe also some videos where students can see the parts of Oklahoma that each crop is from. Maybe also videos of the other stalls as well.
Dewey	1 <sup>st</sup>	The food section	The mouth section	It was very long for first graders for no interaction. They got pretty antsy.	
Dewey Elementary School	1 <sup>st</sup>	Answering questions	Not interacting with the speaker getting restless	Yes, because it was informational	

<b>Dewey Elementary</b>	1 <sup>st</sup>	The exercises because they got to get up and move around.	Having to sit for so long...that's a little hard on first graders.	Yes, overall it was fun for the kids.	When doing it virtually we need more activities to get up and do.
<b>Dewey Elementary</b>	3 <sup>rd</sup>	The interaction. Answering in chat		Yes, the kids seem to really enjoy it!	
<b>Ringling Elementary School</b>	2 <sup>nd</sup>	The interactive questions with the scenarios!!	They listen but not as well when there is talking. When there is interactive questions it was better on our end.	Yes, it's great for children to learn from people other than just a teacher.	
<b>Skiatook Elementary</b>	2 <sup>nd</sup>	Milking the cow and making our plate	The readers were not very engaging and needed to rely on their script than interact and engage kids.	Yes, it's a nice break from the classroom and fun science.	Thank you!
<b>Skiatook Elementary</b>	2 <sup>nd</sup>	When they were able to get up and answer the questions with different movements.	The length of the virtual demonstration did not keep students engaged.	No, I would not participate via virtual. The length was too long and students were not engaged.	If there was a way for it to be more interactive during the virtual, I think the students will be more engaged.

### Extension Educator Survey Results

School you coordinated with:	Is there anything CNEP could have provided to help you feel more prepared for Virtual Farm to You?	Would you participate in Virtual Farm to You again? Why or why not?	What can CNEP do to improve Virtual Farm to You?	What was your favorite part of Virtual Farm to You?	Please use the space provided for additional comments or ideas for improvement with regard to your Virtual Farm to You experience:
<b>Canton Elementary</b>	The Staff was very helpful. I had never done the program before. The staff answered all questions for me and had me and the school prepared.	Yes, it was a great experience and the feedback from the school was good!	I can't think of anything to improve on. Everything was organized. I was very impressed with how well it went. Some of our other virtual experiences have not been this good.	The beginning of where things are grown in Oklahoma. But, I was also excited to see the students interact so much.	I can't think of any. Thanks for making this happen.
<b>Dewey Elementary</b>	No, everything was great	Yes. The changes to the exhibit really interacted with the classrooms. It gave more students a chance to share and answer questions.	It was good. I think your making good notes of just the little things that you see to make it better for the next school.	I liked the new activity in the bones station.	This is one of our county's favorite programs.
<b>Dewey Elem</b>	No, having the script sent to look over helped	Yes, I would participate in a virtual again, I think it's still reaching kids that need this program.	I think it went good overall	Bell	

<b>Terral Elementary and Ringling Elementary</b>	No, everything was set up and sent out for us to be fully prepared the minute we walked in!	Absolutely!	It might be nice to set it up in the districts so that educators in that district do not have to travel as far and would be able to assist each other.	Giving the students the experience without costing the school anything and it gave the EXTREMELY rural schools in Jefferson County a chance to experience the exhibit.	
<b>Terral Public School and Ringling Public School</b>	Jenni Klufa and Becky Brown had everything ready, organized and helped make it a fun, learning experience for me as well as our students.	Yes - The tents were already set up and I was not responsible for taking down the tents and putting the exhibit away.	At this time, I do know what to do to improve Virtual Farm to You - if I hear anything from the schools which participated, I'll be happy to let Becky Brown or Jenni Klufa know.	Reading the scripts (with my fellow educator) - changing every two stations	It allowed two of our county schools to participate without leaving their school buildings. It also allowed Terral Public School (a very small rural school) to participate when they were not able to when we offered it in our county early spring 2020 - before COVID-19 because of the number of students.
<b>Skiatook Elem.</b>	Not that I can think of.	Yes. I like this setting much better. You still have the focus of all of the youth, they are still engaged with the activities, we don't have to worry about having a lot of volunteers to make this program run efficiently and we can reach a larger number of youths in a shorter amount of time.	Just continue to improve the activities that we can do virtually. You might add some notes to the back of the pictures of the activity on stop 5 the stomach.	My favorite part was when we got to see some of the kids' reactions at the end of the session. It's a good feeling to see them engaged and having a good experience.	
<b>Skiatook Elementary</b>	I had everything I needed to be prepared for the program.	YES! I actually liked doing the program better virtually than in person.	I cannot think of anything.	It only took an hour and I only had to read a script one time.	I think it went very well, and I cannot think of any improvements at this time.
<b>Skiatook Elementary</b>	No, everything we needed was sent to us.	Absolutely, I enjoyed it better than in person. The noise level when doing it in person is a problem. The students are too busy looking in the section behind or ahead of them to pay attention to the presenter.	I thought it went great.	The pace and still be able to interact with the students without the noise and confusion.	

## Document D. 5 Steps to Success for Teachers



### 5 Steps to Success for Teachers

1. Follow along with the provided Farm to You scripts. This will let you know, in advance, when to respond to the chat flag and be better prepared to follow class directions.
2. Access the Zoom link at least 10 minutes before the exhibit is scheduled to begin to ensure you have a stable connection, test speakers, etc. A countdown timer will begin at 5 minutes before we begin.
3. Should you be disconnected at any time, use the Zoom link to reconnect.
4. Keep your mic muted throughout the entire exhibit. You will be automatically muted when you enter Zoom and use chat for communication.
5. Have your Zoom view set to “Speaker View” for the best experience of the exhibit.

\*Bonus Step: Remember to have fun!



COMMUNITY NUTRITION  
EDUCATION PROGRAMS

# Document E. Virtual Farm to You Manual for Educators



# Farm to You

## Virtual Manual Fall 2020



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# INTRODUCTION

## Background

Poor eating habits and sedentary lifestyles among Oklahoma youth indicate the need to educate children on the importance of eating healthy and being physically active. These habits develop early in life, making nutrition education at a young age vital.

## Purpose

Developed by Community Nutrition Education Programs (CNEP), Farm to You is designed to provide first through sixth grade students with the skills needed to make healthy lifestyle choices. Students are educated on the link between agriculture, nutrition, good hygiene practices, physical activity and health using research-based United States Department of Agriculture (USDA) information.

## Learning Objectives

- Children will be able to identify common foods produced in Oklahoma.
- Children will learn about the five MyPlate food groups and how to build a healthy plate.
- Children will be able to identify foods they should eat regularly to promote good health and foods they should only eat sometimes or once in a while.
  - Children will be able to identify foods they should eat to promote a healthy mouth.
  - Children will be able to identify high fiber foods.
  - Children will be able to identify foods for strong muscles and bones.
  - Children will be able to identify foods that aid in brain function.
- Children will learn about proper dental hygiene practices.
- Children will learn about the benefits of physical activity.

# GENERAL INFORMATION

## Description

Farm to You is a 40 by 40 foot walk-through exhibit consisting of nine stations. Due to COVID-19, we are unable to travel to schools to deliver the program as normal. Instead, we are taking the exhibit virtual in our first pilot of **Virtual Farm to You**.

Classrooms of students will use Zoom to view the exhibit from a **“walkthrough” perspective** – as they would if they were at Farm to You in person. Teachers will display the view via their projectors and help keep students engaged. Extension Educators will travel to Stillwater and serve as the script readers for each station.

At each station, Extension Educators will use a written script to provide students with a **six-minute** combined message and activity about their station. Stations include Oklahoma Farmland, A Farmer’s Life, The Farmer’s Market, The Mouth, The Stomach, The Intestines, The Muscles, The Bones and The Brain.

## Details

- The available dates for Virtual Farm to You are **Tuesday, Dec. 1<sup>st</sup> – Thursday, Dec. 10<sup>th</sup>**. There will be a morning and afternoon slot offered each day. Extension Educators and schools will work together to request their specific time slot.
- There will be only one school assigned to each slot.
- Participating classrooms in a school will “walk through” the exhibit at the same time.
- It will take approximately **one hour** for a school to experience Virtual Farm to You.
- There will not be a minimum or maximum of participating students for this pilot.
- No food or drinks will be provided.
- Farm to You will be set up in Jorns Hall in the Human Sciences Building at Oklahoma State University – Stillwater Campus.



# GENERAL INFORMATION

## Differences in Extension Educator's Responsibilities

There are several responsibilities Extension Educators accomplish during a regular Farm to You exhibit that will not be necessary with this new virtual format. Extension Educators will not need to:

- find volunteers
- ensure minimum/maximum of students
- provide equipment
- set up or break down the exhibit
- fill out schedule template
- coordinate lunch for volunteers

## Evaluation

With our first pilot of Virtual Farm to You, we will not be conducting student evaluations (i.e. passports).

Instead, we will ask teachers to complete a post-exhibit evaluation after their Virtual Farm to You exhibit so the Exhibit Coordinator and CNEP State Team may make improvements for the future. The Extensions Educators may also use these evaluations as program evaluations.

## Request Form

To register a school for Virtual Farm to You, we will not be using the normal Farm to You request form found on our website. Instead we will have an online request form that includes basic information about the school and requests a time slot on the desired day. Times are reserved on a first come, first served basis.

The Exhibit Coordinator will send a link to the online request form to the Extension Educators on Wednesday, October 7<sup>th</sup>.

## Demographics Report

After an Extension Educator turns in the request form, they will receive an email from the Exhibit Coordinator with a time and date confirmation and the link to the demographics report form. This form is a requirement to keep the school's scheduled time slot. Both the request form and demographics report are to be turned in no later than **Wednesday, November 4<sup>th</sup>**.

## Materials

If a school is registered in time and able to receive outside physical materials, the Extension Educators will work with the Exhibit Coordinator to mail FTY activity books, family newsletters, and stickers prior to Virtual Farm to You.

# POLICIES AND PROCEDURES

## Responsibilities of the Exhibit Coordinator

- Provide the virtual exhibit manual to the Extension Educator, assist with questions, and serve as a resource.
- Provide links to the new request form and demographics report.
- Work with Extension Educator to mail Farm to You materials to schools, if able.
- Set up the exhibit and props at Jorns Hall on the OSU Stillwater Campus.
- Provide necessary equipment on day of virtual exhibit.
- Direct the behind the scenes technology for filming Virtual Farm to You.
- Provide an orientation for the station presenters prior to the exhibit start.
- Answer any questions the Extension Educator may have about the exhibit.

## Responsibilities of the Extension Educator

- Serve as contact between school and Virtual Farm to You
- Fill out and turn in the request form and demographics report to Exhibit Coordinator no later than **Wednesday, November 4<sup>th</sup>**.
- Work with schools to ensure they have technology necessary to host Virtual Farm to You and full understanding of what will happen.
- Collaborate with Exhibit Coordinator to mail Farm to You materials to schools, if able.
- Distribute teacher memos explaining the virtual exhibit (see Appendix A).
- Coordinate with Exhibit Coordinator to set up a test day with teachers to ensure they are prepared to use Zoom.
- Travel to the OSU Stillwater Campus on the day of their school's virtual exhibit to serve as a script reader.
- Work with the local OSU Extension office regarding their availability for participation and collaboration of the exhibit. We will allow multiple Extension Educators to travel to Stillwater to serve as script readers with advance notice to the Exhibit Coordinator.
- Send post-exhibit evaluation to teachers.
- Schools and other institutions hosting Virtual Farm to You must agree with the spirit of OSU's Minors policy. Below are links to the details of this policy:

[https://ostate.tv/media/Working+with+Minors+Program/0\\_moxs4tc5](https://ostate.tv/media/Working+with+Minors+Program/0_moxs4tc5)

<https://4h.okstate.edu/educators/site-files/docs/volunteer-management-system/working-with-minors.pdf>

# POLICIES AND PROCEDURES

## Technology Details

Technology will be an important factor in the success of this event. Extension Educators will coordinate closely with schools to ensure they are prepared to display the virtual exhibit.

- We will be using **Zoom** to connect the classroom of students to Virtual Farm to You.
  - Schools will need to have the ability to display the Zoom feed on their whiteboards via projectors.
  - Extension Educators will work with the school to offer a test day during November where teachers can practice Zoom and test connectivity before their virtual exhibit day
  - The Exhibit Coordinator will provide the link to the school's scheduled virtual visit. Teachers will display the Zoom on his/her projector using the "**Speaker View**". There will be a passcode and waiting room to ensure security.
  - All participating classes will be "walking through" simultaneously, and the exhibit will be live, not pre-recorded, to encourage interactivity. The virtual exhibit should last approximately one hour.
- 

- In Stillwater, the Exhibit Coordinator will film the Extension Educators as they read the scripts. See example to the right. If a school provides a list of participating teachers, we encourage educators to ask a question to one of the classes. Teachers can either say the students' answer or type in the chat.
- The Exhibit Coordinator will provide all necessary equipment on the day of the virtual exhibit (mics, wifi hotspot, etc.). We are working with AgComm to make the Zoom feed as smooth and professional as possible.



# POLICIES AND PROCEDURES

## Safety

After each morning and afternoon exhibit, the Exhibit Coordinator and CNEP Team will sanitize all props and equipment. There will be no more than two people in a tent station at a time.

## Cancellations

Unplanned circumstances could occasionally force the cancellation of the Virtual Farm to You exhibit.

- In the event a school resorts to full-time distance learning the week of the exhibit, the Extension Educator and Exhibit Coordinator will work together to determine the best course of action.
- If a teacher experiences technology difficulty, we will make every effort to reconnect with them. However, the exhibit will continue on as scheduled to maintain the school schedule.
- Cancellation by the school should be made within **ten** working days of the scheduled virtual exhibit, before Thanksgiving Break.

# EXTENSION EDUCATOR CHECKLIST

## October

- Recruit schools to participate in Virtual Farm to You, explaining technology requirements.
- Submit initial request form and demographics report form by **Wednesday, November 4<sup>th</sup>**.

## Four Weeks Before Virtual Farm to You (Nov. 2<sup>nd</sup>-6<sup>th</sup>)

- Give Exhibit Coordinator mailing information of school if able to receive materials.
- Distribute teacher memos explaining virtual exhibit (see Appendix A).
- Schedule technology test day during month of November with teachers and school staff to ensure they are prepared to use Zoom.
- Request travel to OSU Stillwater Campus on day of scheduled virtual exhibit (we will allow more than one educator to come, if available). Ensure you have a county parking placard for campus parking.

## Three Days Before Virtual Farm to You

- Touch base with teachers and school staff to address last minute concerns and remind them that Virtual Farm to You is a few days away!

## Virtual Farm to You Day

- Travel to OSU Stillwater Campus and help teach Virtual Farm to You!

## After Virtual Farm to You

- Send teachers and school staff post-exhibit evaluation.

CNEP appreciates your time and effort to help deliver Virtual Farm to You to students across Oklahoma in these extraordinary circumstances! We understand that this format will not have the same characteristics as our normal Farm to You exhibit. However, we are excited to unveil this pilot to carry on our mission of building a healthier Oklahoma. Please do not hesitate to reach out to Becky Brown, CNEP Project Coordinator, with any questions:  
Becky.brown10@okstate.edu

# FARM TO YOU & AG IN THE CLASSROOM

To extend the education learned from Farm to You, consider using the following Ag in the Classroom lessons which have been identified as correlating to Farm to You messages.

## Lessons and Grade Levels

Ag in My Community	3-4	An International Menu	3-5
Be a Food Explorer	3-5	A Journey Through the Digestive System	3-5
Beef is Good For You	6-7	Just Peachy	3-7
Bread in a Bag	1-4	Melon Meiosis	6-12
A Bean is a Seed	K-4	Melon Madness	3-5
Build a Burger	1-4	A Mixed Bag	PreK-3
Beef or Dairy?	K-2	New Year's Seeds	1-5
A Day Without Ag	PreK-2	Oklahoma Grown	3
Bones and Stones	3-4	Oklahoma Stone Soup	K-4
Eat Your Flowers	6-8	Oklahoma's Berry Best	1-5
Come to my Parlor	3-5	Plant Parts We Eat	PreK-1
Dirt Babies	K-2	Powerful Potato	3-5
Fit with Fiber	7	Rooftop Sandwich	PreK-2
Fresh From the Farm	1-3	Say Cheese	5
Fruit or Vegetable	6-8	Snack Sack	6-8
The Grain Game	1-2	The Story of Milk	PreK-1
Hot off the Grill	6	They Don't Just Eat Grass	6-8
How Far Did it Travel?	6-12	Tortillas in a Bag	5-8
How Germs Spread	5-7	Wheat: From Field to Oven	2-4
How to pick the Best	K-3	Working Watermelon	2-4
The Humble Beginnings of the Hamburger	3-5	Yam and Eggs	K-3
In Strawberry Fields	6-8		

All lessons can be found at: [www.agclassroom.org/ok](http://www.agclassroom.org/ok)

# OKLAHOMA ACADEMIC STANDARDS

The following Oklahoma Academic Standards have been identified as correlating to Farm to You exhibit messages.

## Grade 1

English Language Arts: 1.1.R.1, 1.1.R.2, 1.1.R.3., 1.1.W.2

Mathematics: 1.D.1.3

Science: 1-LS1-1, 1-LS1-2, 1-LS3-1, 1-ESS3-1

Social Studies: 1.1.2

Health/Safety: 1.2.1, 1.2.2, 2.2.1, 3.2.1, 4.2.1, 4.2.2, 5.2.1, 6.2.1, 7.2.1, 7.2.2, 8.2.1, 8.2.2

Physical Education: S1.E10, S3.E1, S3.E3, S3.E6, S4.E1, S4.E2, S4.E3, S4.E5, S4.E6, S5.E1, S5.E3

## Grade 2

English Language Arts: 2.1.R.1, 2.1.R.2, 2.1.R.3, 2.1.W.2

Mathematics: 2.N.3.1

Science: 2-LS2-1, 2-LS4-1

Social Studies: 2.1.5

Health/Safety: 1.2.1, 1.2.2, 2.2.1, 3.2.1, 4.2.1, 4.2.2, 5.2.1, 6.2.1, 7.2.1, 7.2.2, 8.2.1, 8.2.2

Physical Education: S1.E10, S3.E1, S3.E3, S3.E6, S4.E2, S4.E5, S4.E6, S5.E1, S5.E3

## Grade 3

English Language Arts: 3.1.R.1, 3.1.R.2, 3.1.R.3, 3.1.W.2

Mathematics: 3.N.3.4

Science: 3-LS1-1, 3-LS2-1, 3-LS3-1, 3-LS3-2, 3-LS4-2, 3-LS4-3, 3-LS4-4, 3-ESS2-1, 3-ESS2-2

Social Studies: 3.4.1

Health/Safety: 1.5.1, 1.5.2, 2.5.1, 2.5.2, 2.5.3, 4.5.1, 4.5.2, 4.5.4, 5.5.1, 5.5.3, 5.5.4, 5.5.5, 5.5.6, 7.5.1, 7.5.2, 7.5.3, 8.5.2

Physical Education: S1.E6, S3.E1, S3.E3, S3.E6, S4.E1, S4.E3, S4.E4, S4.E5, S5.E1, S5.E3

# OKLAHOMA ACADEMIC STANDARDS

## Grade 4

English Language Arts: 4.1.R.1, 4.1.R.2, 4.1.R.3, 4.1.W.2

Mathematics: 4.N.2.2

Science: 4-LS1-1, 4-LS1-2, 4-ESS2-1, 4-ESS3-2

Social Studies: 4.1.3, 4.2.1, 4.2.4

Health/Safety: 1.5.1, 1.5.2, 2.5.1, 2.5.2, 2.5.3, 4.5.1, 4.5.2, 4.5.4, 5.5.1, 5.5.3, 5.5.4, 5.5.5, 5.5.6, 7.5.1, 7.5.2, 7.5.3, 8.5.2

Physical Education: S3.E1, S3.E3, S3.E6, S4.E1, S4.E3, S4.E5, S4.E6, S5.E1, S5.E4

## Grade 5

English Language Arts: 5.1.R.1, 5.1.R.2, 5.1.R.3, 5.1.W.2

Mathematics: 5.N.2.4

Science: 5-PS3-1, 5-LS1-1, 5-LS2-1, 5-LS2-2, 5-ESS2-1, 5-ESS3-1

Health/Safety: 1.5.1, 1.5.2, 2.5.1, 2.5.2, 2.5.3, 4.5.1, 4.5.2, 4.5.4, 5.5.1, 5.5.3, 5.5.4, 5.5.5, 5.5.6, 7.5.1, 7.5.2, 7.5.3, 8.5.2

Physical Education: S3.E1, S3.E3, S3.E6, S4.E1, S4.E2, S4.E3, S4.E6, S5.E1, S5.E3

## Grade 6

English Language Arts: 6.1.R.1, 6.1.R.2, 6.1.R.3, 6.1.W.2

Mathematics: 6.N.4.4

Science: MS-LS1-3, MS-LS2-1, MS-LS2-2, MS-LS2-5

Social Studies: 6.4.1

Health/Safety: 1.8.1, 1.8.5, 1.8.6, 1.8.7, 2.8.1, 2.8.7, 3.8.2, 4.8.2, 5.8.1, 5.8.4, 5.8.6, 5.8.7, 6.8.1, 6.8.2, 7.8.1, 7.8.2

Physical Education: S3.M1, S3.M2, S3.M14, S3.M17, S4.M1, S4.M5, S5.M1, S5.M6



# APPENDIX

Appendix A. Teacher Memo

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# APPENDIX A. TEACHER MEMO

To: All Teachers

From: \_\_\_\_\_

RE: **Virtual Farm to You Exhibit**

Date: \_\_\_\_\_

Virtual Farm to You, a virtual walk-through exhibit, will “visit” our school on \_\_\_\_\_. Developed by Community Nutrition Education Programs (CNEP), Farm to You is designed to provide first through sixth grade students with the skills needed to make healthy lifestyle choices. Students are educated on the link between agriculture, nutrition, good hygiene practices, physical activity, and health. Due to COVID-19, Farm to You is unable to travel to schools as usual and will launch their pilot of a virtual exhibit.

Classes will connect live to the exhibit via Zoom. Teachers will receive a link to access the Zoom and display the view on their projectors. All participating classes in a school will “walk through” the exhibit at the same time, and it will take approximately one hour from start to finish. The exhibit itself will be set up on the OSU Stillwater Campus and taught by Extension Educators. A technology test day will occur on \_\_\_\_\_ at \_\_\_\_\_ to check connectivity, ensure teachers are confident with the process, and answer any questions. Please click this link to access the technology test: \_\_\_\_\_.

The scheduled time for our school’s Virtual Farm to You on \_\_\_\_\_ is \_\_\_\_\_. A Zoom link that you may click on to access the exhibit will be included in a separate email. We ask that you and your classroom log on to the Zoom five minutes before the scheduled time.

During the virtual exhibit:

- Please help keep students engaged in your classroom.
- (If the school allows,) Farm to You will have a list of participating teachers and may ask the students from your class a question. Please type in the chat the students’ answer or respond in the Zoom.
- If you disconnect, please click the Zoom link again. Farm to You will make every effort to reconnect with you. However, the exhibit will continue on as scheduled to maintain the school schedule.

From the Farm to You Coordinators to teachers, thank you for adapting in extraordinary circumstances and being pioneers in virtual learning. We hope Virtual Farm to You will be a fun, interactive time for the students. For more information on the exhibit or if you have any questions, please do not hesitate in contacting me.



DEPARTMENT OF  
**NUTRITIONAL SCIENCES**

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Phone 405-744-5040  
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<https://education.okstate.edu/departments-programs/nutritional-sciences/index.html>

January 21, 2021

Dear NEAFCS Awards Committee Chair,

It is my privilege to write this letter in support of Jenni Klufa and Becky Brown's Innovative Youth Development Program Award application. These two faculty members took a previously walk-through exhibit and made it virtual. They clearly understood the dire need to educate Oklahoma youth and yet the impossibility of providing a walk-through exhibit during a pandemic.

Organized, technological, relatable and educational enthusiasm are just a few words I can use to describe their skills. Engaging extension educators and state nutrition faculty as readers brought small groups of people together who normally would not have an opportunity to collaborate.

This project reached close to 1000 students. Jenni and Becky have plans to enhance the educational content to include multi-generational audiences and provide accompanying materials and evaluation. These plans will accelerate the efficiency and the reach of the virtual exhibit and provide outcome evaluation data.

As Jenni and Becky's supervisor, I am incredibly impressed with their innovative and their collaborative efforts. These qualities have made for a successful *Virtual Farm to You* project and ultimately, success for our Community Nutrition Education Programs.

Sincerely,

*Candance Gabel*

Candance Gabel, MS, LD, RDN  
State Coordinator – CNEP  
Associate State Extension Specialist