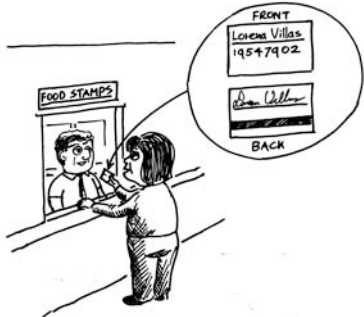


Mario and Teresa



- *What do you see?*
- *Who are these people?*
- *What is the problem?*
- *Where can they go for help?*
- *How can they get the information they need?*

Food Stamps



Food Bank



WIC Office



Senior Meal Program



Emergency Food Assistance



School Lunch or Breakfast



Other Idea?

Internet Research Report

	BASIC INFORMATION	REPORT INFORMATION HERE:
1.	Name of Nutrition Assistance Program	
2.	Benefits of Program (What does the program do for you or give you?)	
3.	Who is eligible (Who can apply? Who can get benefits?)	
4.	How and where can you apply? Where can you go? (Telephone number, address or web site)	

Pair Internet Research Report

Directions:

- Fill out the following chart with the information from your web site.
- Some information may not be on the web site. If so, write 'N/A' (Not Applicable).
- Before you begin, give each person a job and write his or her name here.

JOB	NAME
Supervisor: Reads the directions and fills in chart.	
Keyboarder: Types the information on the keyboard.	

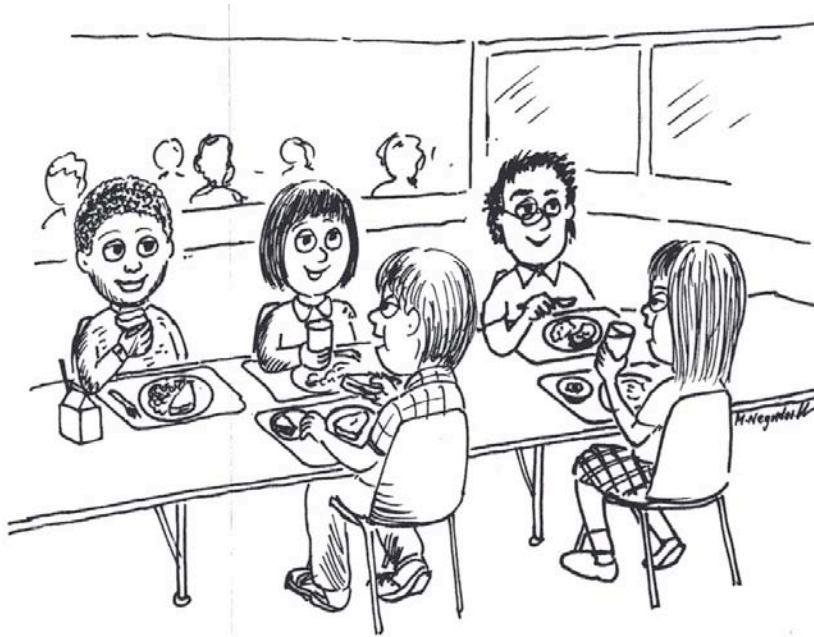
	BASIC INFORMATION	REPORT INFORMATION HERE:
1.	Name of Nutrition Assistance Program	
2.	Benefits of Program (What does the program do for you or give you?)	
3.	Who is eligible (Who can apply? Who can get benefits?)	
4.	How and where can you apply? Where can you go? (Telephone number, address or web site)	

Words to look for on Web Sites:

- *General Information*
- *Basic Facts*
- *Fact Sheets*
- *About Us*
- *Benefits*
- *Eligibility*
- *How to Apply*
- *Frequently Asked Questions (FAQ's)*

Working Together on the Web

Pair Assignment #1:
USDA School Lunch Program



1. Go to **My Learning Pages**, a web resource for ESL students at <http://www.sdcoe.k12.ca.us/mlp/>
2. Click on **Click Here to Start**
3. Click on **Parents and Children**
4. Click on **Your Family's Health and Nutrition**
5. Click on **USDA School Lunch Program**
6. You will need to 'scroll down' the pages to get all the information you need.
7. Research the web site and answer the questions on **Worksheet#1:**
Pair Internet Research Report

Working Together on the Web

Pair Assignment #2:
WIC Program



1. Go to **My Learning Pages**, a web resource for ESL students at <http://www.sdcoe.k12.ca.us/mlp/>
2. Click on **Click Here to Start**
3. Click on **Parents and Children**
4. Click on **Your Family's Health and Nutrition**
5. Click on **Government Food Programs**
6. Click on **USDA FNS WIC (Women, Infants and Children)**
7. Research the web site and answer the questions on **Worksheet#1: Group Internet Research Report**

Working Together on the Web

Pair Assignment #3:
WIC (Women, Infants and Children)
in California



1. Go to **My Learning Pages**, a web resource for ESL students at <http://www.sdcoe.k12.ca.us/mlp/>
2. Click on **Click Here to Start**
3. Click on **Parents and Children**
4. Click on **Your Family's Health and Nutrition**
5. Click on **Government Food Programs**
6. Click on **California Department of Health: WIC in California.**
7. Research the web site and answer the questions on **Worksheet#1: Pair Internet Research Report**

Working Together on the Web

Pair Assignment #4:
Food Resource Center, San Diego
(Example of Emergency Food)



1. Go to **My Learning Pages**, a web resource for ESL students at <http://www.sdcoe.k12.ca.us/mlp/>
2. Click on **Click Here to Start**
3. Click on **Parents and Children**
4. Click on **Your Family's Health and Nutrition**
5. Click on **Food in Your Community**
6. Click on **Food Resource Center** and **CORE services**.
7. Research the web site and answer the questions on **Worksheet#1: Group Internet Research Report**

Working Together on the Web

Group Assignment #5:
Meal Call- Meals and Services for Seniors



1. Go to **My Learning Pages**, a web resource for ESL students at <http://www.sdcoe.k12.ca.us/mlp/>
2. Click on **Click Here to Start**
3. Click on **Parents and Children**
4. Click on **Your Family's Health and Nutrition**
5. Click on **Food in Your Community**
6. Click on **Meal Call**
7. Click on **Frequently Asked Questions (FAQ's)**
8. Click on **United States**, then choose **California** (or your State) and find your city to find a location
9. Research the web site and answer the questions on **Worksheet#1: Pair Internet Research Report**

Working Together on the Web

Group Assignment #6:
Meals on Wheels of America



1. Go to **My Learning Pages**, a web resource for ESL students at <http://www.sdcoe.k12.ca.us/mlp/>
2. Click on **Click Here to Start**
3. Click on **Parents and Children**
4. Click on **Your Family's Health and Nutrition**
5. Click on **Food in Your Community**
6. Click on **Meals on Wheels**
7. Click on **Frequently Asked Questions (FAQ's)** (look on the LEFT side of the screen)
8. To find a location, look on the top RIGHT and enter your zip code
Research the web site and answer the questions on **Worksheet#1: Pair Internet Research Report**

Working Together on the Web

Group Assignment #7: Food Banks in California



1. Go to My Learning Pages, a web resource for ESL students at <http://www.sdcoe.k12.ca.us/mlp/>
2. Click on **Click Here to Start**
3. Click on **Parents and Children**
4. Click on **Your Family's Health and Nutrition**
5. Click on **Food in Your Community**
6. Click on **California Association of Food Banks**
7. Scroll down the page for the information you need.
8. To find a location near you, click on **Find a Food Bank** (on the LEFT side of the screen) and use the **map** to find a location
9. Research the web site and answer the questions on **Worksheet#1: Pair Internet Research Report**

Nutrition Programs Chart

Name _____ Date: _____

Directions:

1. Interview your classmates to fill out the chart below.
2. Make sure you find out about each of the food programs.
3. Fill out the information about your web site first.
4. You will use this Chart to finish your Quiz.

Example: Ask a question...

-Did you look at the WIC program?

-What are the benefits of WIC?

Who is eligible for WIC?

-How can you apply for WIC?

	Name of Program	Benefits?	Eligible?	How to apply? Where to apply?
	Your Program:			
1.	Emergency Food			
2.	Food Bank			
3.	Food Stamps			
4.	School Lunch			
5.	Senior Meals			
6.	WIC			

#	Name of Program	Benefits	Income limits?	Gender?	Age?	Other?	How to apply
2A	National School Lunch Program	Provides low-cost or free lunches for children in school	Yes, for low-cost or free lunches	No	Up to age 18	Open to what students report	Does not say on website (but students may know)
2B	School Breakfast Program	Provides low-cost or free breakfasts for children in school	Yes, for low-cost or free breakfasts	No	Up to age 18	Open to what students report	Does not say on website (but students may know)
2C	Women, Infants and Children (WIC)	Provides food vouchers, counseling, immunizations and health referrals for pregnant, breastfeeding women and their children	Yes	Yes - the program is for women - but the children can be male or female	Up to age 5 for children	Open to what students report	Toll free in California: 1-888-942-9675; go to web sites for each state to find local offices
2D	California Department of Health: WIC in California	Special checks to buy healthy foods such as milk, juice, eggs, cheese, cereal, dry beans and peas, and peanut butter. Information about nutrition and health to help you and your family eat well and be healthy Support and information about breastfeeding your baby.	Yes	Yes - the program is for women - but the children can be male or female	Up to age 5 for children	Open to what students report	Call Toll Free 1-888-WIC-WORKS Go to website and enter city or zip code to find local office
		Help in finding health care and other community services.					

#	Name of Program	Benefits	Income limits?	Gender?	Age?	Other?	How to apply
2E	Food Resource Center	Provides emergency food, baby supplies and other supplies in San Diego	Yes - for low-income families	No	No	Open to what students report	PHONE: 619 231-2828 x102
2F	Food Stamps: Local Offices in California	Provides food vouchers for low income people	Yes	No	No - but you can get more benefits if you are older	Open to what students report	Call a local number OR find your county web site and search for local offices
2G	Meal Call: Meals on Wheels and Senior Meal Programs	Provides free or low-cost meals to seniors in their homes or at special centers	No	No	Yes - for older people only, but age limits may be different for different centers and programs	Open to what students report	Find a local office under 'United States', then choose your state and city and find a local center
2H	America's Second Harvest- Food Banks in California	They distribute food to food banks and centers throughout the United States through food banks, soup kitchens and shelters, and emergency food centers	For people in need - usually low-income	No	No	Open to what students report	Enter your zip code to find a local service

Quiz

Name: _____ Date: _____

Directions: Use the information from your 'Nutrition Programs Chart' to decide which Nutrition Program is best for each problem. There can be more than one correct answer. You can also add your own idea(s).

EXAMPLE:

	Problem	Program(s) that can help
	Maria is 6 months pregnant and lost her job. She does not have enough money for food.	WIC; Food Stamps Food Bank Emergency Food

	Problem	Program(s) that can help
1.	Mrs. Cruz is 70 years old and can't drive. She has money in the bank, but she can't get to the store.	
2.	Susan has 3 kids and works full time. She can buy food, but not enough.	
3.	John is in a wheelchair. He does not have a home. He sleeps with other homeless people downtown.	
4.	Minh lost his job, but will start a new one next month. He is short on food this month.	
5.	The Garcia family had a house fire last week and lost all of their clothing and furniture, and they don't have any food to eat. They are staying with friends for now.	
6.	Mary has 2 small children at home- ages 2 and 3. Her husband works, but his salary is low.	
7.	Mr. Jones is 72 and lives alone. He can get to the store, but he does not have much money for food.	

2 points for each correct answer

Total Points Possible: 14

Your Score: _____

Quiz

Directions: Use the information from your 'Nutrition Programs Chart' to decide which Nutrition Program is best for each problem. There can be more than one correct answer. You can also add your own idea(s).

EXAMPLE:

	Problem	Program(s) that can help
	Maria is 6 months pregnant. She lost her job. She does not have enough money for food.	WIC; Food Stamps Food Bank Emergency Food

	Problem	Program(s) that can help
1.	Mrs. Cruz is 70 years old and can't drive. She has money in the bank, but she can't get to the store.	Senior Meals Meals on Wheels
2.	Susan has 3 kids and works full time. She can buy food, but not enough.	School Lunch Food Stamps Food Bank
3.	John is in a wheelchair. He does not have a home. He sleeps with other homeless people downtown.	Food Stamps Emergency Food Food Bank Soup Kitchen
4.	Minh lost his job, but will start a new one next month. He is short on food this month.	Emergency Food Food Bank Soup Kitchen
5.	The Garcia family had a house fire last week and lost all of their clothing and furniture, and they don't have any food to eat. They are staying with friends for now.	Emergency Food Food Bank Soup Kitchen
6.	Mary has 2 small children at home- ages 2 and 3. Her husband works, but his salary is low.	WIC Food Stamps
7.	Mr. Jones is 72 and lives alone. He can get to the store, but he does not have much money for food.	Food Stamps Senior Meals Meals on Wheels Food Bank Soup Kitchen

2 points for each correct answer
 Total Points Possible: 14

Your Score: _____

My Goal: I will go to _____ web sites on the Internet to research information about food resources.

Directions:

1. Check (✓) the web sites you want to visit.
2. On a different day, complete your Report and talk to a partner.

✓	WEB SITE	DATE VISITED
<input type="checkbox"/>	USDA Food and Nutrition Services, General Information	
<input type="checkbox"/>	USDA Food Stamps, General Information	
<input type="checkbox"/>	USDA Food Stamps, Eligibility Information	
<input type="checkbox"/>	Food Stamps: On-Line Eligibility Quiz* *Please Do In Private, at home or in a lab	
<input type="checkbox"/>	USDA School Lunch, General Information	
<input type="checkbox"/>	USDA School Breakfast, General Information	
<input type="checkbox"/>	USDA WIC (Women, Infants and Children), General Information	
<input type="checkbox"/>	WIC in California: Getting to Local Agencies	
<input type="checkbox"/>	Meal Call: Programs for Seniors:	
<input type="checkbox"/>	America's Second Harvest: Food Banks in California	

*To get to these web sites, go to **My Learning Pages**, at <http://www.sdcoe.k12.ca.us/mlp/>

1. Click on Click Here to Start ,then click on Parents and Children
2. Click on Your Family's Health and Nutrition and look for the sites you are interested in.
3. On your own, you can see if you are eligible for food stamps. Go to this web site: Food Stamps Eligibility On-Line Screening Tool at <http://209.48.219.49/fns/>.

My report:

Date:

1. I went to these web sites (list names)

2. The most useful web site for me was because _____

3. The least useful web site for me was because _____

4. I used the Internet:
At home In class In a lab At the library Other

5. I will use these web sites again in the future:

6. Many people are eligible for food stamps but do not apply.
Has this lesson helped you decide to get more information about
food stamps? Circle your answer.

1

2

3

4

5

No, not
at all.

Yes, I will think about it.

Yes, I will
apply now.

7. Why?

First name: _____ Last Name: _____ Gender: M F

Use this to help learn the new vocabulary.

	Word or phrase	Definition and Example
1.	government nutrition assistance programs	<i>Any program funded by local, state or federal government to help people get healthy food for themselves and their families</i> Ex: Some <u>government nutrition assistance</u> programs include food stamps, school lunch and breakfast programs and WIC.
2.	eligibility	<i>Requirements needed to qualify for something.</i> Ex: For you to get benefits for many programs, you need to meet specific <u>eligibility</u> requirements, such as having a low income or being a senior citizen.
3.	benefits	<i>Something that helps you, like food, money or services</i> Ex: One of the <u>benefits</u> of the WIC program is extra food for your young children.
4.	residency	<i>The place you live - your city, state or country</i> Ex: To get Food Stamps in California, you need to prove your <u>residency</u> in the state.
5.	household size	<i>The number of people in your family that live with you</i> Ex: You might qualify for more benefits if your <u>household size</u> is large,
6.	gross income	<i>The amount of money you make every year, before taxes are taken out</i> Ex: You have to report your <u>gross income</u> when you apply for some programs.
7.	net income	<i>The amount of money you make every year, after taxes are taken out</i> Ex: Your <u>net income</u> is the money you have after taxes are taken out.
8.	resources or property	<i>How much money you have in the bank, or the things you own- a house, a car</i> Ex: To get food assistance, there are <u>resources and property</u> limits- if you have a lot of money or property, you might not qualify for help.

Directions:

1. Find a partner to practice with
2. Take turns reading the words and finding the definitions. For example, you read the word(s) and your partner finds and reads the definition
3. Then, your partner reads a word(s) and you find and read the definition

<u>Partner A: Read the word(s)</u>	
government nutrition assistance programs	residency
household size	benefits
resources or property	gross income
eligibility	net income

Partner B: Find and read the definition

1.	Any program funded by local, state or federal government to help people get food for themselves and their families
2.	Requirements needed to qualify for something.
3.	Something that helps you, like food, money or services
4.	The place you live - your city, state or country
5.	The number of people in your family that live with you
6.	The amount of money you make every year, before taxes are taken out
7.	The amount of money you make every year, after taxes are taken out
8.	What you own - a house, a car, money in the bank how much money you have in the bank, or other things you own.

Vocabulary Review

Directions:

1. Find a partner to practice with
2. Take turns reading the words and finding the definitions. For example, you read the word(s) and your partner finds and reads the definition
3. Then, your partner reads a word(s) and you find and read the definition

<u>Partner A: Read the word(s)</u>	
government nutrition assistance programs	residency
household size	benefits
resources or property	gross income
eligibility	net income

Partner B: Find and read the definition

1.	Any program funded by local, state or federal government to help people get food for themselves and their families. Answer: government nutrition assistance programs
2.	Requirements needed to qualify for something. Answer: eligibility
3.	Something that helps you, like food, money or services Answer: benefits
4.	The place you live - your city, state or country Answer: residency
5.	The number of people in your family that live with you Answer: household size
6.	The amount of money you make every year, before taxes are taken out Answer: gross income
7.	The amount of money you make every year, after taxes are taken out Answer: net income
8.	What you own - a house, a car, money in the bank how much money you have in the bank, or other things you own. Answer: resources or property

Definitions

Name: _____

Date: _____

Directions: Write the word next to the definition. Use the words from the bottom of the page.

	Word or phrase	Definition and Example
1.		Any program funded by local, state or federal government to help people get food for themselves and their families
2.		Requirements needed to qualify for something.
3.		Something that helps you, such as food, money or services
4.		The place you live - your city, state or country
5.		The number of people in your family that live with you
6.		The amount of money you make every year, before taxes are taken out
7.		The amount of money you make every year, after taxes are taken out
8.		What you own - a house, a car, money in the bank how much money you have in the bank, or other things you own.

Word List:

government food assistance programs
household size
resources or property
eligibility

residency
benefits
gross income
net income