USING VIDEO CLIPS TO ASSESS STUDENT KNOWLEDGE

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Classroom Essential Tab > Best Practice
Introduction:

- Dietitian
- Teaching online
- Wanted to make lessons more personal
- Videos are minimal in length (2-3 min)
- Future? Less verbalized words; “a picture says a thousand words”
Example Video:

- Example used from online class
Nutrition Lesson:

- Objectives
  - 6 essential nutrients
  - classify nutrients
  - calories per gram
  - macronutrients vs micronutrients
  - food examples
Nutrition Lesson:

- There are 6 essential nutrients:
  - Carbohydrates
  - Fats
  - Proteins
  - Vitamins
  - Minerals
  - Water
Nutrition Lesson:

- Energy (calorie) providing nutrients are:
  - Carbohydrates = 4 calories/gram
  - Fats = 9 calories/gram
  - Protein = 4 calories/gram
Nutrition Lesson:

- Non-energy providing nutrients are:
  - Vitamins
  - Minerals
  - Water
Nutrition Lesson:

- Carbohydrates, fats, and protein are also known as MACRONutrients because we need them in relatively large amounts.

- Vitamins and minerals are also known as MICRONutrients because we need them in relatively small amounts.
Nutrition Lesson:

- Micronutrients from macronutrients
- Fruits have carbohydrates but also vitamins and minerals
- Olive oil, nuts, seeds have fat but also vitamins and minerals
- Beans, fish, beef have protein but also vitamins and minerals
Nutrition Lesson:

- Effective rubric
  - Verbalized or showed essential nutrients
  - Classified nutrients into energy and non-energy providing
  - Verbalized or showed calories per gram of carbohydrates, fats, proteins
  - Defined and/or distinguished between macro and micro nutrients
  - Verbalized/showed food examples of carbohydrates, fats, proteins
Interactive:

- Break into groups of two - three
- Using the camera (and any app that may enhance a video clip) on your electronic media device, make a 2 to 3 minute video clip from the mini-lesson just given.
- You will have 15 minutes

http://www.online-stopwatch.com/
Share Some Videos:

- Have others in room assess videos using rubric (provided)
Conclusion:

- Let students explore their creativity
- Keep video to 2-3 minutes
- Have fun and smile!
- When you talk to the camera, act like you are speaking to an individual
- Background is best when it is warm and inviting
- Questions/comments?
Questions Regarding Education Laws and Rules

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Resources and References:

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