

Program Description

In 2011-2012 Nurture created and piloted a new Elementary Nutrition & Wellness Program for first - fifth grade students. It included unique materials for each grade and was taught monthly October - May.

At Avoca West, four second grade classrooms, approximately 75 students participated. Topics were introduced monthly by Nurture teachers in 20-minute lessons. Many of lessons were supplemented by Avoca West physical education and classroom teachers with activities provided by Nurture. Monthly parent handouts recapped the lessons with tips on how reinforce concepts at home and recipes the students could try at home.

The focus areas for second grade were: Eating a rainbow to get a variety of phytochemicals, MyPlate and the food groups, healthy snacking, exercise and yoga

Average Classroom Teachers' Ratings Showing Greatest Program Impact, May 2012

Scale: 1 = Not at all, 5 = A Great Deal

- 3.75 Overall the Nurture lessons have benefitted my students
- 3.75 Student awareness of nutrition concepts taught in the program has increased
- 3.75 Student attention to nutrition concepts has increased regardless of source (e.g. students talk or ask about nutrition based on something they saw in a non-Nurture lesson)
- 3.75 Student appreciation of the importance of proper nutrition has increased
- 3.50 Students are bringing healthier snacks

2nd Grade Classroom and P.E. Teachers' Favorite Things about the Elementary Program

- "I enjoyed the kids getting to stand up and sit down in order to really give them a true sense of go and slow foods. The students are still referring to go and slow foods when they eat their snack."
- "The students are excited to hear lessons from someone else and can recognize that it applies to them."
- "It brings an awareness for students: they are all learning about nutrition."
- "The lessons were short but informative, at their level."
- "The connection with other activities taught by classroom and PE teachers. As with past PE Nurture lessons, kids were engaged and able to demonstrate understanding of the concepts while having fun and raising heart rates."
- "Seeing and hearing that students were familiar with the concept of nutritionally rich and poor foods."



*For knowledge questions, the correct answer is underlined, shows % of students choosing this.

2nd Grade October and May Student Assessment Results	Responses*	Oct	May
How much of your plate should contain fruits and vegetables?	All, <u>1/2</u> , 1/4, none	59%	77%
Which of these is a “go” food that provides long lasting energy?	Chips, Cookies, <u>Yogurt</u> , Ice cream	86%	97%
Which of these is a “slow” food that may give you a quick burst of energy but then makes you feel tired?	Whole grain crackers and cheese, Turkey, Apple, <u>Fried chicken nuggets</u>	50%	97%
How many minutes of physical activity should you have every day to have a healthy body?	15, 30, <u>60</u> , 90	36%	64%
Which food group do these foods belong to?	Lettuce = Vegetable	90%	98%
	Rice = Grain	69%	67%
	Grapes = Fruit	94%	97%
	Yogurt = Dairy	69%	91%
	Seeds & Nuts = Protein	38%	57%
Circle the snack that will give you the most long-lasting energy.			
Crackers and Juice, Cookies and Milk, <u>Apple and String Cheese</u> , Potato chips and Sports Drink		59%	91%
During your free time which activity are you most likely to do?	Play video games	19%	14%
	Watch TV	7%	5%
	Play outside	33%	45%
	Read a book	12%	12%
	Play a sport	29%	24%
I have energy to play	None of the time	5%	0%
	Some of the time	21%	17%
	Most of the time	48%	58%
	All of the time	27%	26%
I enjoy eating “go” foods	None of the time	6%	2%
	Some of the time	33%	22%
	Most of the time	34%	48%
	All of the time	27%	29%
What did you think of the Nurture lessons?	I liked them a lot		59%
	Most of them were good		24%
	Some of them were good		15%
	I didn't like them		2%

*For knowledge questions, the correct answer is underlined, shows % of students choosing this.

One thing I learned from the Nurture lessons was / My favorite part of the Nurture lessons was

- “Fruit and vegetables have phytochemicals.” “That phytochemicals fight colds.”
- “That I should eat have a plate of fruits and veggies.”
- “To eat different colored foods which are go foods.”
- “MyPlate, there was fruit, vegetable, protein, grain and dairy.”
- “A little of every food group is good for you.”
- “That if you eat go food you will have energy.”
- “Not to eat too many slow foods.”
- “Doing the exercises because exercises keep me healthy.”
- “You have to exercise one hour.”
- “You should go outside.”
- “Really fun.”



*For knowledge questions, the correct answer is underlined, shows % of students choosing this.