

Program Description

From September 2012 through April 2013, Nurture worked closely with Bellevue Elementary kindergarten and 1st grade teachers to teach “Food and Fun/Star Fruit and Veggie” nutrition classes*.

The program included monthly nutrition lessons and activities/games along with snacks to reinforce learning and encourage students to try new foods. Each lesson was divided into storytelling (direct instruction), physical activity, and tastings.

The curriculum consisted of lessons selected specifically for the needs of the students in each class. See the following page for details of the specific lessons taught.



*approximately 160 students were taught in these classes

Teacher Evaluation (May 2013)

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

5.00 Overall the Nurture lessons have benefitted my students

4.00 Student awareness of nutrition concepts taught in the program has increased

4.50 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)

4.00 Student appreciation of the importance of proper nutrition has increased

4.50 Students are making correct cause-and-effect linkages between healthy and unhealthy foods and their impact on health.

5.00 Students talk about lesson concepts on non-lesson days.

4.00 I hear from parents or students that students talk about lesson concepts at home.

4.00 Students are eating a greater variety of fruits.

4.00 Students are eating a greater variety of vegetables.

4.00 Students are incorporating lesson concepts into their day to day lives.

Teacher Comments:

- “(My favorite thing about the Nurture program is) the instructor is prepared and organized with meaningful lessons.”
- “I love that (the Nurture program) introduces healthy foods kids might not get a chance to try or learn about.”
- “I think the Nurture program is wonderful and is very kid-friendly.”
- “The Nurture instructor tells wonderful stories to include nutritional content my kindergarteners can relate to!”
- “(Parents say their favorite thing about the Nurture program is) it teaches students to try unfamiliar foods along with everyone in the class.”
- “(Students say their favorite thing about the Nurture program is) tasting something different every month.”

Lesson topics covered in the “Star Fruit and Veggie” Program:

- Apples
- Pumpkins
- Carrots
- Blueberries
- Spinach
- Strawberries
- Peas
- Root Vegetables
- Growth patterns of fruits and vegetables
- Importance of and strategies for physical fitness
- Introduction to “Go” and “Slow” foods



Take-aways from program evaluation:

- Major gains were seen in students’ ability to make better choices for snacks. Teachers reported an increase in students bringing fruits/vegetables for snack each day.
- Students evaluated their food preferences by keeping “Fruit and Veggie Passports.” These personal notebooks were helpful for students to keep track of all the new foods they tried this year and how much they liked them. Students were thrilled to see a positive change throughout the year of how much they liked different fruits and vegetables.
- Students enjoyed exploring their relationship with fruits and vegetables by relating to age-appropriate storytelling.
- Students thoroughly enjoyed their lessons and are building awareness and confidence about enjoying new foods, especially in the company of their peers.
- Students attained an appreciation of the life cycles of many fruits and vegetables; understanding now that they grow naturally and provide their bodies with important nutrients.
- After being exposed to the idea of finding balance with eating healthy food and exercising, students can continue this exercise in finding balance in their everyday lives.