

**Program Description**

From October 2013 through April 2014, Nurture worked to teach “Food and Fun” nutrition education classes for 2<sup>nd</sup> graders at Bellevue Elementary School.

The program topics included “Go” vs. “Slow” foods, “Growing a Strong Body,” “Fitting in More Fruits and Veggies,” “Energy Balance,” “Fitness is Fun,” and “Where Does Food Come From?” Recipes tasted include slow-cooked apple/pear crisp with yogurt, pumpkin parfait with yogurt and pomegranate seeds, various types of cheese with dried fruit and kale chips, millet and oats, “green machine” smoothie, and “Paradise Freeze.”



**Quantitative Data**

Students were tested on their knowledge/skills across eight different topics. From pre-program to post-program test times, **improvement was seen across all nine metrics.** (Please see the following page for details on pre and post test results).

We also tested on a behavioral metric, asking students what “free-time” activity they were most likely to choose. There is no *correct* answer to this question; however, we are hoping for a response of either “play outside” or “read” in lieu of screen-time activities such as playing video games or watching television. We saw an improvement in this metric as well, from 50% at the start of the program to 85% at the conclusion.



**Qualitative Feedback**

The following are teacher and student comments about what they liked best about the program.

97% of students “liked the Nurture lessons a lot.” Here’s what students said they liked:

- trying all the new foods;
- helping to make the smoothies;
- we got cool passports and stickers with food when we tried it;
- adding stickers to my tasting passport when I tried a new food;
- talking about where food comes from and the surprise plant we got to take home.

Teachers liked:

- that my students learned about nutritious food and how much they should eat. Slow food/Go food is easy for them to understand.
- I love that students try foods they wouldn’t normally try.
- Student awareness about good nutrition has increased a great deal!

Survey Questions	Responses*	Sept 2013	April 2014
Which of these is a “go” food that provides long lasting energy?	<u>Orange</u> , French fries, cookies, candy bar	68%	92%
Which of these is a “slow” food that may give you a quick burst of energy but then makes you feel tired?	Yogurt, banana, sandwich, <u>candy</u>	57%	92%
What activity do you do most often?	a. Play video games b. Watch TV c. Play outside d. read	a. 29% b. 25% c. 21% d. 29%	a. 15% b. 8% c. 78% d. 7%
Which type of snack would you choose most often?	a. fruit b. candy	57% 43%	100% 0%
Circle all the fruits and vegetables	(Pictures shown) eggs, <u>watermelon</u> , bread, cheese, <u>peas</u>	40%	100%
During a meal, how much of your plate should contain fruits and vegetables in order to get vitamins and minerals?	All of the plate, <u>half of the plate</u> , one quarter of the plate, no fruits and vegetables	22%	100%
Circle the items that help keep you healthy.	(Pictures shown) Drinking soda, <u>drinking water</u> , <u>play outside</u> , play video games, <u>sleep</u> , <u>eat oatmeal</u> , watch tv.	34%	85%
When you eat too much at one time, what do you feel like doing?	<u>Sleeping</u> or playing	51%	77%
Do you think Go Foods taste good? (Go Foods give your body long lasting energy.)	Yes No	67% 33%	100% 0%

\*The correct answer is underlined; columns show % of students choosing this response.