

Program Description

From September 2011 through April 2012, Nurture taught Food and Fun nutrition and cooking classes for third and fifth grade students at the Community School of Sun Valley, Idaho. First grade started the program in January 2012. The program included a 30-45 minute monthly nutrition lesson including a snack. Fifth grade lessons were reinforced by a monthly healthy lunch provided by Nurture. Approximately 50 Community School students participated.



The focus areas were: ~“Go” foods (nourishing foods providing long lasting energy) versus “slow” foods (foods with little nutritional value or foods high in sugar, unhealthy fats, or salt) ~ healthy snacks ~MyPlate ~breakfast ~ balanced lunches ~whole grains ~eating locally ~fruits and vegetables ~ healthy beverages.

Average Third and Fifth Grade Classroom Teachers’ Ratings Showing Greatest Program Impact, May 2012

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

- 5.00 Overall the Nurture lessons have benefitted my students
- 5.00 Student awareness of nutrition concepts taught in the program has increased
- 5.00 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)
- 5.00 Student appreciation of the importance of proper nutrition has increased
- 5.00 Students are making correct cause-and-effect linkages between healthy and unhealthy foods and their impact on health.
- 4.00 Students talk about lesson concepts on non-lesson days.
- 4.50 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
- 4.50 Students are incorporating lesson concepts into their day to day lives

Classroom Teachers’ Comments

- “The program is excellent in its current content and presentation. (The Nurture instructor) is innovative in her approach to teaching kids about nutrition. She never judged or condemned food choices, but rather educated students as to what are healthy choices while pointing out some of the drawbacks of less nutritious ones.”
- “The students learned to read food labels, and they would often comment on the amount of salt or sugar in food and how misleading labels can be. There was great carry-over into their lives outside of school.”
- “Kids are very interested in what they eat, and the Food and Fun curriculum is of high interest and engaging for the students.”
- “Parents have responded that their children are interested in the quality of the food they are eating and are more willing to try new foods.”
- “(The Nurture instructor) consistently asked for feedback and therefore was able to answer any questions or concerns. If a student had a question about nutrition that was not covered in her lesson, (the Nurture Instructor) made a point of addressing the question in the following lesson.”
- “One example that stands out is the lesson on sugar: (the Nurture instructor) actually brought in examples of snacks and the equivalent number of sugar cubes on a platter. It got their attention! She provided samples of healthy snacks and recipes for them as well.”
- “Lessons are well prepared, interesting and most of all kid-friendly.”

3rd Grade September and May Student Assessment Results		Responses*	Sept	May
How much of your plate should contain fruits and vegetables?	All, <u>1/2</u> , 1/4, none		57%	93%
Which of these is a “go” food that provides long lasting energy?	Chips, Cookies, <u>Yogurt</u> , Ice cream		93%	100%
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>		86%	93%
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		79%	93%
Circle the beverage you should drink most often.	100% Juice, Soda, <u>Water</u> , Sports Drink, Milk		79%	100%
Circle the cereal that will give you the most energy. (Only nutrition labels shown.)			79%	100%
Circle the product that has the most whole grains. (Only 3 ingredients lists provided.)			56%	67%
How do you know if a food has added sugar in it?	It is impossible to tell, You can only tell by tasting it, <u>Read the ingredient list</u>		100%	93%
I eat breakfast	Never		0%	0%
	1 – 2 times/week		0%	0%
	3 – 4 times/week		14%	7%
	5 – 6 times/week		86%	93%
	Everyday		0%	0%
I have energy to play	None of the time		0%	0%
	Some of the time		0%	7%
	Most of the time		62%	71%
	All of the time		38%	21%

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

5th Grade September and May Student Assessment Results		Responses*	Sept	May
How much of your plate should contain fruits and vegetables?	All, <u>1/2</u> , 1/4, none		47%	81%
Which of these is a “go” food that provides long lasting energy?	Chips, Cookies, <u>Yogurt</u> , Ice cream		87%	100%
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>		86%	100%
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		53%	88%
Circle the beverage you should drink most often.	100% Juice, Soda, <u>Water</u> , Sports Drink, Milk		92%	100%
Circle the cereal that will give you the most energy. (Only nutrition labels shown.)			62%	88%
Circle the product that has the most whole grains. (Only 3 ingredients lists provided.)			33%	81%
How do you know if a food has added sugar in it?	It is impossible to tell, You can only tell by tasting it, <u>Read the ingredient list</u>		100%	100%
I eat breakfast	Never		7%	7%
	1 – 2 times/week		0%	0%
	3 – 4 times/week		7%	7%
	5 – 6 times/week		87%	87%
	Everyday		0%	0%
I have energy to play	None of the time		0%	0%
	Some of the time		7%	8%
	Most of the time		71%	85%
	All of the time		21%	8%
I would like to do a "Food and Fun" type program next year.	Yes			100%
	No			0%

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

Student Comments about the Program

The most important thing I learned from Food and Fun was / My favorite part of the program was:

Third Grade

- "Making me smarter about the food I eat."
- "I learned that if you want to be healthy you have to eat go foods."
- "To eat healthy for more energy."
- "If you eat too much sugar, you can get a whole bunch of diseases."
- "That apples, juice, and whole grains are better than cookies and lollipops."
- "Healthy things can taste good."
- "That we got to learn about good foods and sometimes try them."
- "I liked when we tested some food like grapes and apples."
- "Tasting new things."



Fifth Grade

- "Learning what's good for you, it really helped me."
- "About the ingredients I never knew that there was such a thing as enriched flour and other things."
- "How to read labels or grade my lunch."
- "How much sugar there is in soda."
- "Learning more about the things I put in my body."
- "To balance good foods and bad foods and now I think a lot about what I eat."
- "Learning about eating a rainbow."
- "I learned a lot of new things about food."
- "All the foods I tried and learning about balanced eating."
- "Trying all the good foods."
- "Trying new food."

