

Program Description

From September 2012 through April 2013, Nurture worked closely with Community School* Middle School PE teachers and key parent volunteers to teach “Food and Fun” nutrition and cooking classes for students in 6th and 7th grades.

The program included monthly nutrition lessons and activities along with snacks/hands on cooking experiences to reinforce learning and encourage students to try new foods.



* Community School of Sun Valley, Idaho (approximately 90 students in the Middle School).

The curriculum consisted of lessons selected specifically for the needs of the students in each class.

Lesson topics covered*:

- Review of “Go” Foods vs. “Slow” Foods
- Portion Distortion
- The Importance of Snacks
- Modern Food issues: GMOs
- Modern Food issues: Additives and Colorings
- Food and Culture
- Food Advertising (“Ad Smart”)



My favorite thing about the program was*:

*sample of responses shown

“Learning the different customs around the world.”
 “The advertisements session.”
 “Getting to try new and exciting foods! 😊”
 “Learning about what is in the foods that go into my body.”
 “I loved to make food and try it!”
 “Eating the food.”
 “Eating the delicious food.”
 “Learning the different customs around the world.”



“Learning how people in other countries eat their food.”
 “Eating the healthy ice cream while learning about the commercial bribes.”
 “Watching the videos and eating food. 😊”
 “I liked seeing all the different eating styles.”
 “Eating all the food we made.”
 “Eating all the really good food”
 “I learned something new and I tried new snacks.”



Take-aways from program evaluation:

- Major gains were seen in Middle School students' ability to understand concepts such as GMOs, label reading and food as a part of a culture
- Of all the concepts studied, food additives and portion sizes were the most challenging; however, students showed improvements in tests scores as related to these topics at the end of the program
- Students enjoy having the ability, through careful study of Nutrition Facts and ingredients lists, to know the "real story" about the quality of foods
- Middle School students are especially tuned in to the issues around advertising being driven by economic forces (which favor the large players in the food chain such as fast food and processed food, while putting at a disadvantage small farmers and simple whole foods)
- While more cautious about trying new foods (some students termed new foods as "strange"), students ultimately enjoyed the tasting experience and consider the snack portion of the lessons as a key component of the program



- Middle school students especially enjoyed the "hands on" portion of the program, thoroughly enjoying their time making foods and trying new food utensils
- Students still feel there is room for improvement in needing tools to make better choices about foods; however, the majority of students feel that they now have better tools for making smart food choices "most of the time" or "all of the time"
- Middle school students participating in the program show a propensity to be open minded about trying new foods going forward; a majority of both 6th and 7th graders said that they like trying new foods "most of the time" or "all of the time"

6th Grade September 2012 and May 2013 Student Assessment Results (Community School 2012/13 School Year)

Survey Questions	Responses*	Sept 2012	May 2013
GMO as it relates to food stands for:	General Mode of Operation, <u>Genetically Modified Organism</u> , Generic Methods of Optimization, I have no Idea	44%	79%
Blue food coloring:	Has been banned in many European countries, is rated "everyone should avoid" by the Center for Science in the Public Interest in Turkey, is a dye used in some marshmallows, <u>all of the above</u>	26%	69%
What is the difference between a portion size and a serving size?	<u>A serving size is the amount of food you consume in one sitting such as an entire bowl, whereas a portion size is a set amount of food, such as ½ cup;</u> a serving size is a set amount of food, such as ½ cup, whereas a portion size is the amount of food you consume in one sitting, such as an entire bowl, there is no difference; they mean the same thing	56%	66%
In the last 30 years, portion sizes have:	Gotten much smaller, stayed the same, <u>gotten much larger</u>	81%	93%
Which of the following is NOT a strategy for controlling portion sizes:	Put your meals on smaller plates or in smaller bowls; drink a glass of water 20 minutes before eating; <u>don't eat between meals</u> ; put snacks on a plate instead of eating out of the bag.	15%	31%
When you see an advertisement, what questions should you ask to really understand it? Circle all that apply:	<u>What is being sold</u> ; Where can I get it? <u>Who are they trying to sell the product to (the target audience)?</u> ; How much does the product cost? <u>What are they using to grab attention?</u> ; <u>What are they NOT telling me?</u>	1%	48%
I feel like I have great tools for making smart food choices:	a. None of the time b. Some of the time c. Most of the time d. All of the time	0% 15% 66% 19%	3% 23% 63% 11%
Hot pink colored yogurt:	Likely contains extra fruit; is probably poisonous; <u>may contain food coloring that can cause an allergic reaction</u>	96%	90%
People around the world:	Have mostly the same habits when eating dinner; <u>have unique customs related to sharing food</u> ; have strange habits around food that are dangerous	93%	76%
I like trying new foods	a. None of the time b. Some of the time c. Most of the time d. All of the time	0% 19% 44% 37%	0% 22% 59% 19%

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

7th Grade September 2012 and May 2013 Student Assessment Results (Community School 2012/13 School Year)

Survey Questions	Responses*	Sept 2012	May 2013
GMO as it relates to food stands for:	General Mode of Operation, <u>Genetically Modified Organism</u> , Generic Methods of Optimization, I have no Idea	36%	96%
Blue food coloring:	Has been banned in many European countries, is rated "everyone should avoid" by the Center for Science in the Public Interest in Turkey, is a dye used in some marshmallows, <u>all of the above</u>	40%	52%
What is the difference between a portion size and a serving size?	<u>A serving size is the amount of food you consume in one sitting such as an entire bowl, whereas a portion size is a set amount of food, such as ½ cup;</u> a serving size is a set amount of food, such as ½ cup, whereas a portion size is the amount of food you consume in one sitting, such as an entire bowl, there is no difference; they mean the same thing	36%	72%
In the last 30 years, portion sizes have:	Gotten much smaller, stayed the same, <u>gotten much larger</u>	70%	100%
<u>Which of the following is NOT a strategy for controlling portion sizes:</u>	Put your meals on smaller plates or in smaller bowls; drink a glass of water 20 minutes before eating; <u>don't eat between meals</u> ; put snacks on a plate instead of eating out of the bag.	28%	20%
When you see an advertisement what questions should you ask to really understand it? Circle all that apply:	<u>What is being sold;</u> Where can I get it? <u>Who are they trying to sell the product to (the target audience)?;</u> How much does the product cost? <u>What are they using to grab attention?;</u> <u>What are they NOT telling me?</u>	1%	35%
I feel like I have great tools for making smart food choices:	a. None of the time b. Some of the time c. Most of the time d. All of the time	0% 44% 36% 20%	4% 31% 52% 13%
Hot pink colored yogurt:	Likely contains extra fruit; is probably poisonous; <u>may contain food coloring that can cause an allergic reaction</u>	88%	87%
People around the world:	Have mostly the same habits when eating dinner; <u>have unique customs related to sharing food;</u> have strange habits around food that are dangerous	64%	87%
I like trying new foods	a. None of the time b. Some of the time c. Most of the time d. All of the time	0% 28% 40% 32%	4% 39% 39% 18%

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