

**Program Description**

From September 2013 through April 2014, Nurture and parent volunteers worked together to teach “Food and Fun” nutrition education and cooking classes for 5<sup>th</sup> graders at Community School.

The program included a field trip to a farm followed by monthly nutrition lessons and activities/games along with snacks to reinforce learning and encourage students to try new foods. Recipes tasted include various types of cheese, fruits and veggies, hummus, Fiesta Casserole, oatmeal squares and smoothies.

The curriculum included a movie showing of “What’s On Your Plate” and covered topics including food sourcing, national trends/issues (diabetes, High Fructose Corn Syrup), and emphasized tips for balanced healthy eating.



**Quantitative Data**

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

We also tested on a behavior metric, asking students how likely they would be to try new foods. There is no *correct* answer to this question (ranging from “none of the time” to “all of the time”; however, we are hoping for a response of either “most of the time” or “all of the time” for 5<sup>th</sup> grader participants in the program. We saw an improvement in this metric as well, from 79% in this category at the start of the program and 85% in this category at the conclusion of the program.



**Qualitative Feedback**

The following are comments about what the students liked best about the program:

- Going to Ballard Dairy Farm
- Trying all the new foods
- Learning about what food is good for you and what is not good for you
- Learning about diabetes
- Watching the movie (What’s On Your Plate?)
- It is really fun and you learn stuff
- Trying all the delicious foods
- Visiting the Ballard Dairy Farm and learning how they make cheese
- Trying new foods and learning new things about health



## 5th Grade September and April Student Assessment Results (Community School 2013/4 School Year)

Survey Questions	Responses*	Fall 2013	Spring 2014
1. Why do cheese makers put "beneficial" bugs in their cheese?	a. Because otherwise the cheese would rot/go bad b. <u>The bugs eat the lactose and provide cheese with different flavors</u> c. Because the cows eat so healthy that they don't have any "beneficial bugs" themselves d. None of the above are true e. All of the above (a, b and c) are true	53%	100%
2. In the world of food, "CSA" stands for:	a. Collective Supervision of Agriculture b. Community Standards Aggregated c. <u>Community Supported Agriculture</u> d. Collective Standards Administered	32%	95%
3. High Fructose Corn Syrup:	a. Can be referred to by its acronym: HFCS b. Can cause liver disease c. Has been linked to obesity and heart disease/high blood pressure d. <u>All of the above are true</u> e. Only a and c are true	5%	80%
4. This hormone, if not present in the body, causes diabetes	a. Cortisol b. <u>Insulin</u> c. Thyroglobulin d. Estrogen	21%	60%
5. The role of protein in the body is:	a. Its amino acids are the building blocks of the body b. To provide immediate energy for use when playing sports c. To help regulate your blood sugar d. A and B are true e. <u>A and C are true</u> f. All of the above are true	26%	45%
6. Type 2 diabetes:	a. Is a condition you are born with b. Use to be referred to as "adult onset diabetes" c. Is much more common among African Americans, Latino Americans, and Native Americans d. A and B are true e. A and C are true f. <u>B and C are true</u>	5%	90%
7. Fat in food is always bad	a. Yes b. <u>No</u>	89%	100%
8. Please provide an example of a food high in protein	(Students must fill in blank with correct example)	47%	100%
9. Please provide an example of a food high in carbohydrates	(Students must fill in blank with correct example)	56%	100%
10. Please provide an example of a food high in fat	(Students must fill in blank with correct example)	28%	100%
11. 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% 21% 58% 21%	0% 15% 70% 15%

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