

### **Program Description**

In 2011-2012 Edison third and fourth grade classroom teachers taught Nurture lessons from September through May to approximately 350 students. The program included a monthly lesson as well as crafts, activities, and snacks reinforcing the lesson during the subsequent weeks. Topics included MyPlate, go and slow foods, fruit & vegetables, healthy snacks, balanced lunches, fitness, breakfast, beverages and hydration, and understanding advertising.

### **Average Teachers' Ratings Showing Greatest Program Impact,**

#### **May 2012, Nine teachers**

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

- 4.78 Overall the Nurture lessons have benefitted my students
- 4.67 Student awareness of nutrition concepts taught in the program has increased
- 4.33 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)
- 4.56 Student appreciation of the importance of proper nutrition has increased
- 3.89 Students are making correct cause-and-effect linkages between healthy and unhealthy foods and their impact on health.
- 3.89 Students talk about lesson concepts on non-lesson days.
- 3.89 Students are bringing healthier snacks
- 3.20 Students are bringing healthier lunches
- 4.13 Students are eating more fruit
- 3.50 Students are eating a greater variety of fruits
- 3.25 Students are eating more vegetables
- 3.43 Students are exercising more outside school
- 4.14 Students are incorporating lesson concepts into their day to day lives

### **Teachers' Comments on the Elementary Program**

- "The lessons and activities are so engaging! Wow! I love this program. Thank you!"
- "Thanks to the Nurture program, my students became much more aware about the foods they eat and how that makes them feel. They became more curious about foods and enjoyed trying new foods."
- "I love the language used in the Nurture Program. It fits perfectly with the lives of our students. It allows them to see that food choices are up to them and all of our choices effect our daily lives."
- "It is getting students to be healthier, and they understand now how important it is to pay attention to what they are eating."
- [My favorite thing about the Nurture program is] "Easy to follow lessons and introducing students to healthy snacks and correct portion size.
- "The students loved learning to read nutrition labels. They also enjoyed getting to try new healthy snacks."
- [The students' say their favorite thing is] "The snacks! Other than that, the kids just love talking about food. There are so many chances to connect to their cultures, so nutrition time has brought about the richest conversations this year."
- [The parents say their favorite thing about the Nurture program is] "How students talk about the lessons at home and help to make healthier choices while grocery shopping."

<b>September and May Student Assessment Results</b>	<b>Responses*</b>	<b>Oct</b>	<b>May</b>
How much of your plate should contain fruits and vegetables?	All, <u>1/2</u> , 1/4, none	61%	69%
Which food group do these foods belong to?	Lettuce = Vegetable	94%	96%
	Rice = Grain	73%	78%
	Grapes = Fruit	95%	98%
	Yogurt = Dairy	78%	92%
	Seeds & Nuts = Protein	62%	75%
Circle the beverage you should drink <u>most</u> often. 100% Juice, Soda, <u>Water</u> , Sports Drink, Milk		66%	80%
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		67%	78%
Circle the cereal that will provide you with the best energy. (Only nutrition labels shown.)		73%	90%
During your free time which activity are you most likely to do?	Play video games	11%	3%
	Watch TV	31%	47%
	Play outside	6%	5%
	Read a book	14%	13%
	Play a sport	38%	32%
I have energy to play	None of the time	1%	1%
	Some of the time	19%	16%
	Most of the time	42%	39%
	All of the time	38%	45%
I eat breakfast	Never	8%	6%
	1 – 2 times/week	4%	4%
	3 – 4 times/week	2%	6%
	5 – 6 times/week	83%	82%
	Everyday	2%	1%
I enjoy eating “go” foods	None of the time	1%	0%
	Some of the time	24%	15%
	Most of the time	38%	42%
	All of the time	37%	42%
What did you think of the Nurture lessons?	I liked them a lot		57%
	Most of them were good		28%
	Some of them were good		14%
	I didn’t like them		1%

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

**One thing I learned from the Nurture lessons was / My favorite part of the Nurture lessons was**

- “The healthy foods keep you going through the day.”
- “Eat good foods and you get a prize – energy.”
- “Learning about how and what you need to get energy to play a sport.”
- “That eating and getting active is healthy and good for you.”
- “Playing, moving, and eating right are good ways to stay healthy.”
- “You should always eat fruits and vegetables and drink water to make you hydrated and healthy.”
- “To never forget to look at the label of a good that I buy.”
- “Sports drinks are filled with sugar.”
- “I learned that when you eat a sugary snack you have energy just for a little bit but then you don’t have any energy!”
- “One thing I learned from the nurture lesson was about sugar and fiber. Sugar has to be below 10 grams and fiber has to be more than 3 grams” [when choosing breakfast cereals.]
- “That you should have a full plate of colorful healthy foods.”
- “That half your plate should be filled with fruits and veggies and the other half should be grains and protein.”
- “When our teacher taught us how much of the food groups that we have to have each day. That is my favorite part of the nurture lesson.”
- “One thing I learned from the Nurture lessons was that nutrition is important.”
- “If you put citrus on fruit, it makes it last longer.”
- “When a person came in and we played a nutrition game. We used a buzzer to answer the question.”
- “The organic oatmeal since it was both health and delicious.”
- “I hated oatmeal before but when I tried it was good.”

