

Program Description

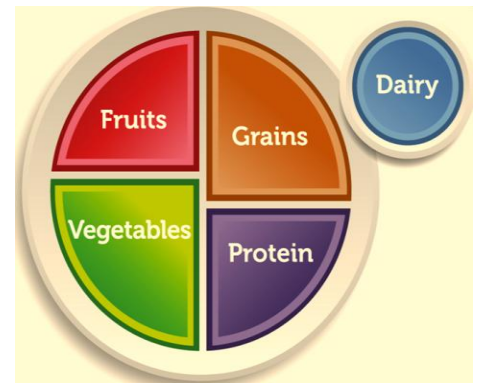
Nurture collaborated with Avoca West to provide the Nurture Elementary Program to approximately 160 second and third grade students from October 2012 through May 2013. Student data are still being analyzed. We have the most data for Level Three.

Nurture's Elementary Program helps students develop the knowledge, skills and attitudes needed to help reduce the likelihood of developing nutrition related diseases such as obesity and type 2 diabetes. It includes 35 monthly units of hands-on lessons, activities, fitness games and parent handouts with recipes. The goal is to help students develop positive relationships with food while building the ability and desire to make healthy choices about nutrition, hydration, and exercise. Major themes include being physically active, eating a variety of fruits and vegetables, using MyPlate to create balanced meals and snacks, paying attention to energy balance and portion control, reading nutrition labels and ingredient lists, and staying hydrated with water and milk.

Level Two – Second Grade Students

Topics Focused on:

- MyPlate and how the five food groups help our bodies
- How to sort foods by food group and 'go' and 'slow' foods
- How to make healthy snacks and balanced lunches using MyPlate as a guide
- Cardiovascular, strength and flexibility exercises help our bodies in different ways
- How yoga and breathing exercises can help us relax and sleep



Post- tests Given in May Showed:

- Most students were able to correctly identify a turkey sandwich as being a go food compared to a little over half of the students getting this correct on the pre-test.
- Almost all students were able to correctly identify chips as being a slow food. On the pre-test three-quarters of the students got this correct.
- Three-quarters of the students correctly identified that peanuts are protein compared to one-third on the pre-test. Over three-quarters of students correctly matched rice to grain compared to two-thirds on the pre-test.
- Over three-quarters of students were most likely to play outside or play sports during their free time compared to a little over half in October.
- Over half of students would choose water when thirsty compared to one-third of students in October.
- Almost all the students liked the lessons a lot or thought most of them were good.
- Most students selected two or more for the question "How many times did you eat fruit yesterday?"
- Over half the students selected two or more for the question "How many times did you eat vegetables yesterday?"

Some Comments from Students:

"Go foods are good for you and give you lots of energy." "Try to eat something healthy every day."

"You need a fruit, veggie, protein, dairy and grain for breakfast, lunch and dinner."

"Something can be healthy, but when you cook it a special way, it is not healthy."

Level Three – Third Grade Students

Topics Focused on:

- How to make balanced breakfasts using MyPlate as a guide
- How to distinguish between hunger and appetite and use signals from your body to guide eating and drinking decisions
- How to use nutrition labels and ingredient lists to guide cereal and beverage selections – focus on sugar and fiber
- Why it's important to limit screen time and be physically active

Results Based on Paired Student Pre & Post Tests*:

- 76% of students chose to drink water when thirsty in the May post test. 54% of students chose water in the October pre test.
- In May, 81% of students correctly identified water as the beverage they should have the most of, up from 62% on the pre-test.
- 78% of students indicated a preference for sports or playing outside during free time in May, in comparison to only 54% in October.
- 89% of students could read nutrition labels and correctly identify the cereal that will provide the best energy.
- Ability to match Appetite to the correct description improved from 54% to 81%.
- 97% of students could match Thirst to its description and 84% could match Hunger on the post-test.
- Most students selected two or more for the question “How many times did you eat fruits yesterday?”
- Two-thirds of students selected two or more for the question “How many times did you eat vegetables yesterday?”

Some Comments from Students:

One thing I learned from the Nurture lessons was:

“That if you just ate a good, big meal and you still feel hungry that probably means you are thirsty.”

“If you eat slow foods, it will get you going at first, but then you will be tired.”

“Some of the things I thought were go food were really slow foods.”

“You need to drink and eat nutrients.” “Go foods are awesome.” “That dietary fiber is important.”

“To eat healthy! You get more active that way.” “You need 60 minutes of exercise a day.”

“How to decide on which cereal was the healthiest by dietary fiber and sugar.”

My favorite part of the Nurture lesson was:

“When we look at the drinks and labeled them 1 – 6.” [Most to least healthy]

“Working together with my group to decide what was healthy and what wasn't.”

“MyPlate reviews because I learned more foods that go in those categories.”

“I got to learn a lot about staying fit and eating right.”

Nutrition Facts

Serving Size 1/2 cup (57g)
Servings Per Container 15

Amount Per Serving	Granola with 1/2 Cup Fat	Granola Free Milk
Calories	240	290
Calories from Fat	70	70
	% Daily Value**	
Total Fat 8g*	12%	12%
Saturated Fat 0.5g	3%	3%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 90mg	4%	7%
Total Carbohydrate 37g	12%	15%
Dietary Fiber 4g	16%	16%
Sugars 18g		
Protein 5g		
Vitamin A	0%	6%
Vitamin C	0%	2%
Calcium	4%	15%
Iron	10%	10%

* Third grade evaluation data were analyzed in greater depth than other grades. These more rigorous methods are to be applied to all grades next year. (Significance level $\alpha=0.10$.)