

Program Description

From September 2013 through April 2014, Nurture and Gooding's Nutrition Services Director worked together to teach "Food and Fun" nutrition education classes for 4th graders at Gooding Elementary School.

The program topics included "Go" vs. "Slow" foods, "The Importance of Breakfast," "Sensational Snacks," Whole Grains, Sugar Exploration, "My Plate", and "Better Beverages." Recipes tasted include student-made salsa, pumpkin parfait with yogurt and pomegranate seeds, various types of cheese with roasted chickpeas and kale chips, millet and oats, slow-cooked apple crisp with yogurt, and a "green machine" smoothie.



Quantitative Data

Students were tested on their knowledge/skills across eight 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 4th grader participants in the program. We saw an improvement in this metric as well, from 42% at the start of the program to 90% at the conclusion.



Qualitative Feedback

The following are teacher and student comments about what they liked best about the program.

Students liked:

- trying all the new foods;
- learning about what food is good for you and what is not good for you;
- learning about diabetes;
- learning fun exercises we can do at our seats;
- trying new foods and learning new things about health.

Teachers liked:

- the enthusiasm of the lessons;
- that exercise was a part of each discussion;
- that students are now asking questions about common snack foods;
- the range of nutrition concepts that was covered;
- the visual display of how many sugar cubes are in popular drinks.

4th Grade September and April Student Assessment Results (Gooding 2013/14 School Year)

Survey Questions	Responses*	Sept 2013	April 2014
Which of these is a “go” food that provides long lasting energy?	Chips, Cookies, <u>Yogurt</u> , Ice cream	76%	96%
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>	53%	86%
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	68%	80%
I eat breakfast every day	a. 1-2 x week b. 3-4 x week c. 5-6 x week d. Everyday	19% 11% 13% 64%	8% 5% 4% 83%
Circle the cereal that will give you the most energy.	(Only nutrition labels shown.)	66%	82%
Circle the product that has the most whole grains.	(Only 3 ingredients lists provided.)	35%	68%
How much of your plate should contain fruits and vegetables?	All, <u>1/2</u> , 1/4, none	56%	76%
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>	68%	85%
Circle the beverage you should drink most often.	100% Juice, Soda, <u>Water</u> , Sports Drink, Milk	57%	81%
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% 60% 23% 19%	0% 10% 31% 59%

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