

Program Description

From October 2013 through April 2014, Nurture worked to teach “Food and Fun” nutrition education classes for 5th graders at Hemingway 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, “green machine” smoothie, and cucumber- infused water.



Quantitative Data

Students were tested on their knowledge/skills across nine 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 5th grader participants in the program. We saw an improvement in this metric as well, from 48% at the start of the program to 76% at the conclusion.



Qualitative Feedback

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

Teachers liked:

- Introducing kids to “new” varied foods through the snacks;
- Good visuals with powerpoints;
- Having outside “authority” adds meaning to the topics;
- It’s great having someone come in with well-prepared lessons, activities, and snacks to get the kids excited about good nutrition.

100% of students believe “that students benefit a lot from the Food and Fun program.”

Here’s what students thought was important:

- To eat healthier and drink water so you don’t get dehydrated;
- The right foods will make me feel great;
- My least favorite thing is that you only came once a month!
- To not eat so much sugar and how to check for things on the labels;
- To respect my body and look at nutrition labels before I eat something.
- My favorite thing was the activities. They got me awake and ready for the day.
- I loved tasting all the nutritious and delicious snacks and knowing that I was eating something healthy.
- I used to have soda twice a week, now I have it twice a month. So many things helped me to be healthier!

5th Grade September and April Student Assessment Results (Hemingway 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	83%	100%
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>	62%	98%
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%	100%
I eat breakfast every day	a. 1-2 x week b. 3-4 x week c. 5-6 x week d. <u>Everyday</u>	11% 0% 18% 69%	0% 6% 7% 87%
Circle the cereal that will give you the most energy.	(Only nutrition labels shown.)	66%	96%
Circle the product that has the most whole grains.	(Only 3 ingredients lists provided.)	47%	77%
How much of your plate should contain fruits and vegetables?	All, <u>1/2</u> , 1/4, none	33%	89%
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>	87%	96%
Circle the beverage you should drink most often.	100% Juice, Soda, <u>Water</u> , Sports Drink, Milk	64%	98%
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	4% 48% 26% 22%	2% 22% 18% 58%

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