

Program Description

From September 2012 through April 2013, Nurture worked closely with Hemingway Elementary School's 5th grade team and the Wellness Committee to teach "Food & Fun" nutrition and cooking classes for 5th grade students. Approximately 80 students participated.

The program included monthly nutrition lessons and activities/games along with snacks to reinforce learning and encourage students to try new foods.

The curriculum consisted of lessons selected specifically for the needs of the students in each class. See the following pages details of the specific lessons taught.



Teacher Evaluation (May 2013)

100% of teachers answered "yes" (I would like to continue Nurture lessons next year).

Scale: 1 = Not at all, 5 = A Great Deal (average response shown)

- 5.00 Overall the Nurture lessons have benefitted my students
- 5.00 Student awareness of nutrition concepts taught in the program has increased
- 5.00 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)
- 5.00 Student appreciation of the importance of proper nutrition has increased
- 4.00 Students are making correct cause-and-effect linkages between healthy and unhealthy foods and their impact on health
- 5.00 Students talk about lesson concepts on non-lesson days
- 4.00 I hear from parents or students that students talk about lesson concepts at home
- 3.00 Students are bringing healthier lunches
- 3.00 Students are eating more fruit
- 3.00 Students are eating a greater variety of fruits
- 3.00 Students are eating more vegetables
- 3.00 Students are eating a greater variety of vegetables
- 4.50 Students are incorporating lesson concepts into their day to day lives

Teacher Comments:

- "[My favorite thing about the Nurture program] is letting kids know that healthy foods can be fun and tasty," and "beginning a dialogue about nutrition with kids that otherwise may not have [occurred]."
- "[Students say their favorite thing about the Nurture program is] getting to taste healthy foods that they otherwise wouldn't have tried," and "learning how to make healthy things themselves [as with the] fruit sports drink."
- "[Parents say their favorite part of the Nurture program was] the kids would bring home healthy ideas and share things that they learned in class."

5th Grade Program Results-Quantitative Data

Survey Questions	Responses*	Sept 2012	May 2013
Which of these is a “go” food that provides long lasting energy?	Chips, Cookies, <u>Yogurt</u> , Ice cream	92%	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>	73%	97%
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	74%	99%
I eat breakfast every day	No response a. 1-2 x week b. 3-4 x week c. 5-6 x week d. Everyday	7% 5% 3% 9% 76%	3% 3% 4% 5% 85%
Circle the cereal that will give you the most energy.	(Three nutrition labels shown.)	79%	90%
Circle the product that has the most whole grains.	(Three ingredients lists provided.)	52%	93%
How much of your plate should contain fruits and vegetables?	All, <u>½</u> , ¼, none	50%	84%
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>	78%	97%
Circle the beverage you should drink most often.	100% Juice, Soda, <u>Water</u> , Sports Drink, Milk	79%	92%
I believe that kids like me benefit a lot from the Food and Fun program:	Yes No No response		95% 4% 1%

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

5th Grade Program Results-Qualitative Student Feedback (May 2013)

My favorite thing about the program was*:

*sample of responses shown

“Learning how many sugar cubes were in the Mountain Dew.”
 “Eating some of your delicious snacks.”
 “The games.”
 “Tasting new things in the morning and learning about what’s good for me and not good for me.”
 “Learning how to tell what was in it (the food)”.
 “The oatmeal.”
 “I really liked the go/slow foods. I think it was fun when we did the relay because you had to figure out if (the food card) was a “go” or “slow” food before you got to the box. You got exercise, and learned.”
 “then we looked at the soda and the tooth.”

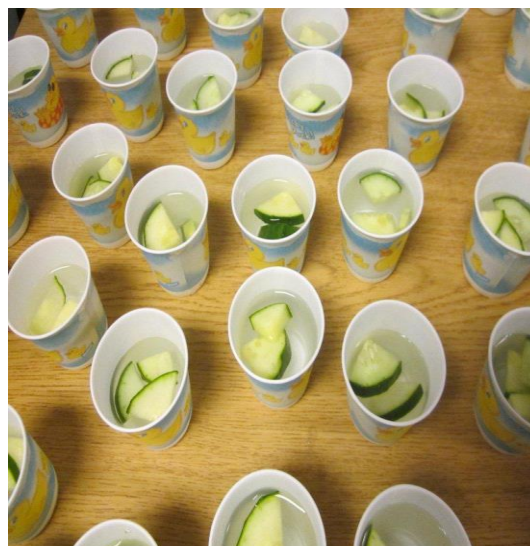


“Trying new snacks.”
 “Learning about sugars in drinks and food.”
 “I liked comparing nutrition labels.”
 “Learning about how to be healthy and not eat too much sugar.”
 “When we guessed how many sugar cubes was in a food.”
 “Learning about MyPlate and the recipe competition.”
 “Giving the drinks medals (Water: Gold, Milk: Silver, Juice: Bronze).”
 “The food-it was so good.”
 “Learning about all the sneaky things companies put in their food. And of course-the snacks!”
 “Everything!”
 “When we had the veggie water.”
 “Everyone learned things about food that they didn’t before, and now I hope that they are making better choices.”
 “All the different activities and learning about foods!”

The most important thing I learned from Food and Fun was:

* sample of responses shown

“Slow food and go food.”
 “Eating healthy and picking right choices.”
 “Rea the Nutrition Facts to decide if the food is healthy.”
 “To make sure that I eat healthy things, so my body will have energy.”
 “The cereal exercise was very useful because I learned that cereal should have less than 9 grams of sugar and more than 3 grams of fiber. Now, whenever I get cereal I look for 9 grams or less sugar and 3 grams or more of fiber.”



“How much of each thing you’re supposed to eat and what’s healthy for you.”
 “That breakfast should be eaten every day!”
 “To always drink lots of water and eat good food.”
 “Don’t eat lots of sugar and soft drinks.”
 “To eat healthy!!!!”
 “I learned about how soda would give you some hyper energy but then later you get an energy crash! Oh! And I also did the soda experiment with the teeth.”
 “About whole grains flour vs. enriched flour.”

5th Grade Program -Take-Aways from Quantitative and Qualitative Data

Lesson topics covered:

- “Go” Foods vs. “Slow Foods”
- Sensational Snacks
- The Importance of Breakfast
- Cereal Detectives (Reading Labels)
- Whole Grains
- Better Beverages
- MyPlate



A response from a student evaluation shows how Nurture’s positive vocabulary around food really gets kids excited:

“I like the ‘Go’ and ‘Slow’ food [concept]. I made three posters for (1) Go foods, (2) Slow foods and (3) Go & Slow foods [understanding the concept that some foods can either be “Go” or “Slow” depending on how they are prepared]. When I find pictures of food, I put them on the posters. I LOVED IT ALL!”

The program also brings about actionable results. A student reports: “It [the program] has helped me. [The most important thing I learned was] to look at nutrition labels! Like for breakfast, I have no more than 9 grams of sugar.”

Take-aways from program evaluation:

- Vocabulary around “Go” foods vs. “Slow” foods is already becoming part of the culture around food at the school*
- Major gains were seen in 5th graders’ ability to make better choices for snack combinations
- Students made major gains in knowledge around whole grains, a topic that can be tricky even for adults
- Major gains were also seen in students’ ability to read labels; Students enjoy having the ability, through careful study of Nutrition Facts and ingredients lists, to know the “real story” about the quality of foods
- Students were introduced to MyPlate and easily captured the key concepts of this new icon
- Students thoroughly enjoyed their lessons and believe that kids benefit a lot from the Food & Fun program



