

### **Program Description**

Nurture taught 20-minute nutrition and wellness lessons monthly from October – May to every student (K-5). Topics included MyPyramid, Break the Fast, The Importance of Fruits and Vegetables, Fitness is Fun, Sensational Snacks, Better Beverages, and two months of activity-oriented lessons.

Eighteen classes received a seed starting lesson to promote the Moraine Township Pantry Garden and to encourage the students to eat more vegetables.



Handouts and parent education sessions extended the reach to the entire family.

### **Overall Results**

A poll of Oak Terrace teachers given in April found the following:

- 100% of teachers said their students were more knowledgeable about healthy eating.
- 100% of teachers said their students were more willing to try new fruits and vegetables.
- 74% of teachers said their students were bringing healthier snacks to school more often.
- 56% of teachers said their students were eating healthier lunches/breakfasts more often.

### **Comments from Teachers**

- “I think this program has been enormously beneficial to my students. It’s critical that students be taught about nutrition and exercise and the need to make good choices about what they eat.”
- [My favorite part was the] “...Useful, manageable information which the students can utilize daily.”
- “It was interactive. The kids enjoyed looking up the information on the cereal boxes.”
- “My best suggestion would be to continue with the short, energy-packed, information-packed lessons.”
- “The activities and visuals for our ELL [English Language Learners] students are excellent!”
- [My favorite part was the] “...The activity – very engaging. Kids were allowed to talk and accomplish a task.”

### **Parent Education Session on Fruits and Vegetables and Better Beverages – 63 families attended**

Many participants expressed interest in taking more Nurture classes. Participants were very engaged asking questions such as:

- “Is Gatorade okay? What about when playing sports?”
- “Where is fiber located on the nutrition label?”
- “Does fruit lose nutrients as it ages?”

**Oak Terrace Student Survey Results: Students in 2<sup>nd</sup> – 5<sup>th</sup> grades completed the survey**

October = 277 students      May = 254 students

The following questions showed the biggest change:

**October 2010**      **May 2011**

**Pick the snack that would give you the most long lasting energy**

Candy bar and soda pop	9%	7%
Cookies and milk	22%	5%
Whole grain crackers with cheese and apple	63%	85%
Potato chips and sports drink	6%	3%

**A healthy meal contains (check all correct answers)**

Protein, fruit/vegetable, whole grains, milk, cheese or yogurt	26%	56%
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**Eating foods like candy or chips**

Is good for you	8%	2%
Can slow you down over time	75%	91%
Gives you long lasting energy	18%	6%

