

Program Description

In 2011-2012 Nurture created and piloted a new Elementary Nutrition & Wellness Program for first - fifth grade students. It included unique materials for each grade and was taught October - May. Topics were introduced monthly by Nurture teachers in 20-minute lessons. Many of the lessons were supplemented by Oak Terrace physical education and classroom teachers with activities provided by Nurture. Monthly parent handouts recapped the lessons with tips on how to reinforce the concepts at home and recipes the students could try at home. Approximately 400 Oak Terrace students participated.

Sixteen classes also received a seed starting lesson to encourage the students to eat more vegetables and so they could experience growing food themselves.



First Grade - Four Classrooms

The focus areas were

- “Go” foods (nourishing foods providing long lasting energy) and “slow” foods (little nutritional value or high in sugar, unhealthy fats, or salt)
- Fruits and vegetables
- Energy balance
- Exercise

Average 1st Grade Classroom Teachers’ Ratings Showing Greatest Program Impact, May 2012

Scale: 1 = Not at all, 5 = A Great Deal

- 4.75 Overall the Nurture lessons have benefitted my students
- 5.00 Student awareness of nutrition concepts taught in the program has increased
- 3.67 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)
- 4.00 Students are bringing healthier snacks
- 3.75 Students are eating more or all of the fruits offered in class
- 4.25 Students are eating a greater variety or all of the fruits offered in class
- 3.75 Students are eating more of all of the vegetables offered in class
- 4.50 Students are eating a greater variety or all of the vegetables offered in class
- 3.67 Students are exercising more at school
- 3.67 Students are incorporating lesson concepts in their day to day lives

1st Grade Classroom Teachers’ Favorite Things about the Elementary Program

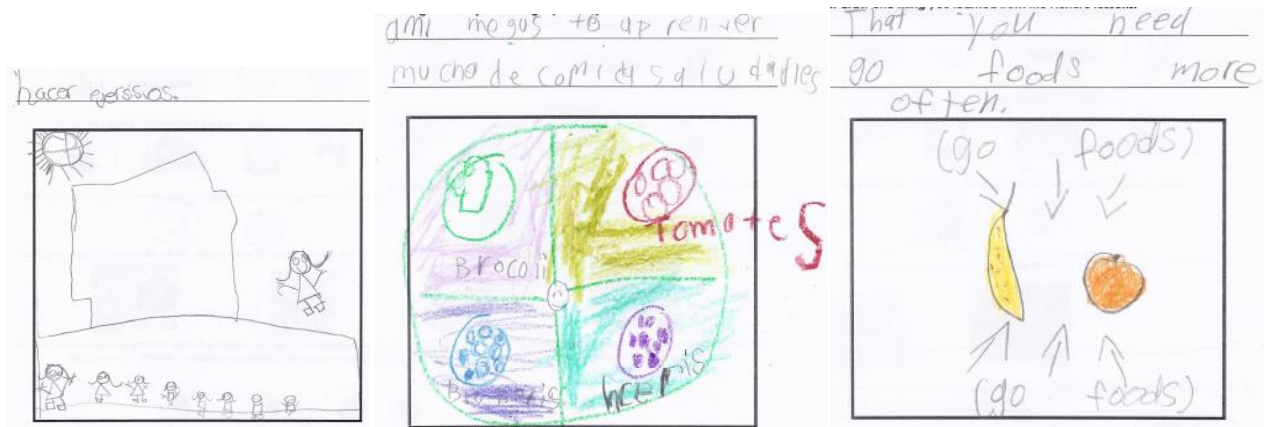
- “It takes a piece on once a month and is very focused. It also builds on each lesson passed.”
- “The relation between go/slow foods and what is healthy. It was clear how food is like fuel.”
- “Review of previous lesson. Simple, attainable vocabulary for age group and for English language learners. Creative writing/drawing opportunity (cartoon).”
- “Balance beam showing how to be balanced with food and exercises.”

*For knowledge questions, the correct answer is underlined, shows % of students choosing this.

1 st Grade October and May Student Assessment Results		Responses*	Oct	May
Which of these foods is a “go” food?	<u>Orange</u> , French Fries, Cookies, Candy Bar		89%	95%
Which of these foods is a “slow” food?	Yogurt, Banana, Sub Sandwich, <u>Candy Bar</u>		83%	92%
Where does food come from?	Grocery Store, <u>Farm</u>		33%	62%
How much of your plate should contain fruits and vegetables?	All, <u>1/2</u> , 1/4, none		54%	59%
Which activity do you do most often?	Play video games		22%	8%
	Watch TV		13%	5%
	Play outside		17%	40%
	Read a book		49%	47%
Which kind of snack do you choose most often?	Fruit		92%	90%
	Candy		8%	10%
What did you think of the Nurture lessons?	I liked them a lot			77%
	Most of them were good			9%
	Some of them were good			10%
	I didn’t like them			4%

Write or draw one thing you learned from the Nurture lessons (Some translated from Spanish)

- “I learned to go out and run in the grass.”
- “We learned how cereal gets made.”
- “Eating healthy food is good for your body.”
- “I liked them a lot because I liked when we did yoga.”
- “Planting and I learned about healthy foods.”
- “I like vegetables. They are my favorite.”
- “Eating candy is not healthy.”
- “You need five glasses of water a day because most of your body is made of water.”



*For knowledge questions, the correct answer is underlined, shows % of students choosing this.

Second Grade - Four Classrooms

The focus areas were

- Eating a rainbow to get a variety of phytochemicals
- MyPlate and the food groups
- Healthy snacking
- Exercise and yoga



Average 2nd Grade Classroom Teachers' Ratings Showing Greatest Program Impact, May 2012

Scale: 1 = Not at all, 5 = A Great Deal

- 3.50 Overall the Nurture lessons have benefitted my students
- 3.75 Student awareness of nutrition concepts taught in the program has increased
- 3.50 Student appreciation of the importance of proper nutrition has increased
- 3.75 Students are making correct cause-and-effect linkages between healthy and unhealthy foods and their impact on health.
- 4.00 Students are bringing healthier snacks
- 3.75 Students are eating more or all of the fruits offered in class
- 4.00 Students are eating a greater variety or all of the fruits offered in class

2nd Grade Classroom and P.E. Teachers' Comments on the Elementary Program

- "I like how you come in and teach the lessons. They are grade level appropriate."
- "They made a connection between nutrition and PE class."
- [My favorite thing about the Nurture program is it creates] "Awareness"

<u>2nd Grade October and May Student Assessment Results</u>	<u>Responses*</u>	<u>Oct</u>	<u>May</u>
How much of your plate should contain fruits and vegetables?	All, <u>1/2</u> , 1/4, none	49%	72%
Which of these is a "go" food that provides long lasting energy?	Chips, Cookies, <u>Yogurt</u> , Ice cream	77%	98%
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>	61%	56%
How many minutes of physical activity should you have every day to have a healthy body?	15, 30, <u>60</u> , 90	16%	32%
Which food group do these foods belong to?	Lettuce = Vegetable	78%	90%
	Rice = Grain	46%	52%
	Grapes = Fruit	75%	95%
	Yogurt = Dairy	45%	81%
	Seeds & Nuts = Protein	32%	44%
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		47%	85%

*For knowledge questions, the correct answer is underlined, shows % of students choosing this.

2nd Grade October and May Student Assessment Results - Behavioral	Responses:	Oct	May
During your free time which activity are you most likely to do?	Play video games	13%	5%
	Watch TV	3%	2%
	Play outside	23%	54%
	Read a book	37%	3%
	Play a sport	24%	37%
I have energy to play	None of the time	5%	2%
	Some of the time	19%	14%
	Most of the time	18%	30%
	All of the time	58%	55%
I enjoy eating “go” foods	None of the time	2%	6%
	Some of the time	23%	21%
	Most of the time	32%	20%
	All of the time	43%	53%
What did you think of the Nurture lessons?	I liked them a lot		62%
	Most of them were good		18%
	Some of them were good		17%
	I didn’t like them		3%

**One thing I learned from the Nurture lessons was / My favorite part of the Nurture lessons was
(Some translated from Spanish)**

- “Healthy snacks are good for you.”
- “If you touch your neck you can feel your heart beat.”
- “Do not eat a lot of food that is not healthy.”
- “When we learned about getting a lot of energy.”
- “Go foods are awesome!”
- “When we planted corn, lettuce, and beans.”
- “When we painted MyPlate.”



*For knowledge questions, the correct answer is underlined, shows % of students choosing this.

Third Grade - Five Classrooms

The focus areas were

- MyPlate and the food groups
- Breakfast and identifying “go” cereals
- Beverages and hydration
- Exercise and limiting screen time



Average 3rd Grade Classroom Teachers' Ratings Showing Greatest Program Impact, May 2012

(Based on four teachers since the 5th started halfway through the school year.)

Scale: 1 = Not at all, 5 = A Great Deal

- 4.00 Overall the Nurture lessons have benefitted my students
- 4.00 Student awareness of nutrition concepts taught in the program has increased
- 4.25 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)
- 3.75 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.
- 3.75 Students talk about lesson concepts on non-lesson days.
- 3.50 I hear from parents or students that students talk about lesson concepts at home
- 3.75 Students are bringing healthier snacks
- 3.75 Students are bringing healthier lunches
- 3.75 Students are eating more or all of the fruits offered in class
- 4.50 Students are eating a greater variety or all of the fruits offered in class
- 4.25 Students are eating more or all of the vegetables offered in class
- 4.25 Students are eating a greater variety or all of the vegetables offered in class
- 4.25 Students are exercising more at home
- 4.00 Students are exercising more outside school
- 3.50 Students are incorporating lesson concepts into their day to day lives

3rd Grade Classroom and P.E. Teachers' Comments on the Elementary Program

- [The lessons] “Made the kids think about nutrition.”
- [It] “related to real life.”
- [Parents say their favorite part of the program was: Their children] “learning about ‘viewing time’.”
- [Parents say their favorite part of the program was] “moms eat healthier, cook healthier foods, and exercise more.”
- [PE comment] “I was impressed with what they all knew. They really seemed like they liked the Nurture lesson in the classroom.”

*For knowledge questions, the correct answer is underlined, shows % of students choosing this.

3rd Grade October and May Student Assessment Results		Responses*	Oct	May
How much of your plate should contain fruits and vegetables?	All, <u>1/2</u> , 1/4, none		56%	67%
How many minutes of physical activity should you have every day to have a healthy body?	15, 30, <u>60</u> , 90		34%	45%
Which food group do these foods belong to?	Lettuce = Vegetable		91%	92%
	Rice = Grain		67%	71%
	Grapes = Fruit		94%	95%
	Yogurt = Dairy		47%	80%
	Seeds & Nuts = Protein		40%	56%
What does each food group do for your body?				
Fruit & Veggies contains vitamins & minerals that help you stay healthy & help you heal if you get a cut or bruise			26%	43%
Protein is the building block that helps form strong muscles, hair and nails			29%	44%
Grain gives your body energy			33%	27%
Calcium contains calcium and vitamins that help build strong bones and teeth			40%	56%
Circle the beverage you should drink most often.	100% Juice, Soda, <u>Water</u> , Sports Drink, Milk		69%	82%
Circle the cereal that will give you the most energy. (Only nutrition labels shown.)			68%	88%
During your free time which activity are you most likely to do?	Play video games		4%	4%
	Watch TV		9%	4%
	Play outside		35%	49%
	Read a book		18%	11%
	Play a sport		34%	33%
I have energy to play	None of the time		3%	4%
	Some of the time		14%	13%
	Most of the time		29%	41%
	All of the time		54%	42%
I enjoy eating “go” foods	None of the time		2%	2%
	Some of the time		26%	22%
	Most of the time		26%	42%
	All of the time		46%	35%
When you come home from school, which beverage are you most likely to drink?	100% Juice		20%	13%
	Soda		3%	9%
	Water		56%	70%
	Sports Drink		8%	0%
	Milk		14%	8%
I eat breakfast	Never		3%	3%
	1 – 2 times/week		12%	12%
	3 – 4 times/week		3%	6%
	5 – 6 times/week		6%	3%
	Everyday		76%	77%
What did you think of the Nurture lessons?	I liked them a lot			53%
	Most of them were good			28%
	Some of them were good			12%
	I didn't like them			7%

*For knowledge questions, the correct answer is underlined, shows % of students choosing this.

One thing I learned from the Nurture lessons was / My favorite part of the Nurture lessons was
(Some translated from Spanish)

- “When we helped the three kids.” (Case study on meals, beverages, and movements to help increase energy.)
- “When you are in front of the TV, you don’t know what you are putting in your mouth.”
- “How to read a cereal box.” “When you go to a store, look for a nutritious cereal.”
- “You need a good breakfast.”
- “Sports drinks have lots of unhealthy ingredients.”
- “You do not need to eat a lot of sugar because it is bad for your heart.”
- “Spinach in a smoothie is very good and cannot be tasted.”
- “I learned how to do different exercises.”
- “Learning not to watch too much TV.”



Fourth Grade - Five Classrooms

The focus areas were

- Whole grains
- Balanced meals
- Sleep
- Exercise

Average 4th Grade Classroom Teachers’ Ratings Showing Greatest Program Impact, May 2012

Scale: 1 = Not at all, 5 = A Great Deal

- 3.60 Overall the Nurture lessons have benefitted my students
- 3.80 Student awareness of nutrition concepts taught in the program has increased
- 4.00 Students are eating more or all of the fruits offered in class
- 3.60 Students are eating a greater variety or all of the fruits offered in class
- 3.80 Students are eating more or all of the vegetables offered in class
- 4.00 Students are eating a greater variety or all of the vegetables offered in class
- 3.67 Students are incorporating lesson concepts into their day to day lives

4th Grade Classroom and P.E. Teachers’ Favorite Things about the Elementary Program

- “Nurture lessons are presented in a child-friendly, easy to understand manner. They convey ideas and concepts about nutrition and exercise that are essential for children to learn but which are not addressed in our curriculum.”
- “I like that the kids learn these important concepts.”
- “Broader perspective of healthy life choices.”
- “Hand-on. Good coordination between the graphics and the manipulatives.”
- “The content was interesting.”
- “They had fun.”



*For knowledge questions, the correct answer is underlined, shows % of students choosing this.

4th Grade October and May Student Assessment Results		Responses*	Oct	May
Circle the beverage you should drink most often.	100% Juice, Soda, <u>Water</u> , Sports Drink, Milk		71%	86%
Circle the product that has the most whole grains. (Only 3 ingredients lists provided.)			41%	89%
Circle the item below that is NOT a benefit of eating whole grains.	They provide long lasting energy		18%	19%
	They have more vitamins and fiber than processed grains		25%	13%
	<u>They help build strong bones</u>		15%	11%
	They help you feel full.		43%	57%
Which of the following foods is not a whole grain? Oatmeal, 100% Whole Wheat Bread, Brown Rice, <u>Macaroni</u>			78%	87%
How many hours of sleep should most 4 th graders get?	6 – 8 hours, <u>9 – 11 hours</u> , 12 – 16 hours		51%	72%
What activity should be avoided one hour before going to bed?	Reading, <u>Watching TV</u> , Taking a bath, Listening to soft music		60%	75%
During your free time which activity are you most likely to do?	Play video games		15%	9%
	Watch TV		4%	6%
	Play outside		32%	36%
	Read a book		22%	14%
	Play a sport		26%	35%
I have energy to play	None of the time		1%	0%
	Some of the time		18%	13%
	Most of the time		43%	47%
	All of the time		38%	40%
When you come home from school, which beverage are you most likely to drink?	100% Juice		18%	11%
	Soda		6%	3%
	Water		57%	69%
	Sports Drink		7%	7%
	Milk		12%	10%
What did you think of the Nurture lessons?	I liked them a lot			42%
	Most of them were good			23%
	Some of them were good			20%
	I didn't like them			15%

One thing I learned from the Nurture lessons was / My favorite part of the Nurture lessons was
(Some translated from Spanish)

- “When we did an activity like looking at the cereal box to find the whole grain.”
- “Eating more whole grains can boost energy.”
- “When we got to see all the different whole grains.”
- “If you have a good lunch, you will have more energy.”
- “When we made our own healthy lunch with a partner.”
- “Juices can slow you down.”
- “I need to drink milk three times a day.”
- “Sleep so your mind can relax.”
- “What is good for your body will make you feel good.”



*For knowledge questions, the correct answer is underlined, shows % of students choosing this.

Fifth Grade - Four Classrooms

The focus areas were

- Portion control
- Fast food choices
- Understanding advertising messages
- Exercise and stress management



Average 5th Grade Classroom Teachers' Ratings Showing Greatest Program Impact, May 2012

(Based on three teachers since the 4th went on maternity leave in late winter.)

Scale: 1 = Not at all, 5 = A Great Deal

- 3.33 Student awareness of nutrition concepts taught in the program has increased
- 3.00 Students are making correct cause-and-effect linkages between healthy and unhealthy foods and their impact on health.
- 3.50 Students are bringing healthier snacks
- 3.50 Students are bringing healthier lunches
- 4.00 Students are eating more or all of the fruits offered in class
- 4.00 Students are eating a greater variety or all of the fruits offered in class
- 4.00 Students are exercising more at school
- 3.50 Students are exercising more outside school

5th Grade Classroom and P.E. Teachers' Favorite Things about the Elementary Program

- [Regarding a supplemental classroom activity] "I like the math connection - this was a great extension. I was able to teach conversions which we haven't gotten to yet, and then add a graphing component for those who wanted a challenge. Nice resource!"
- [I liked] "The connection with other activities taught by classroom and PE teachers."
- "Some of the lessons were interesting."
- "Physical activity, hands-on, visuals."
- "Opportunity to use conversions and ratios; attention to portion; comparison."
- "Love Four Square."



*For knowledge questions, the correct answer is underlined, shows % of students choosing this.

5 th Grade October and May Student Assessment Results		Responses*	Oct	May
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>			91%	89%
There are 3 types of sugar. Match each type of sugar with its description				
Fructose is a “natural” sugar. It is found in fresh fruits and vegetables.			45%	36%
Lactose is found in dairy products such as milk, yogurt, and cheese			66%	85%
Sucrose is “added” sugar. It is found in candy, soda, pastries, and other processed foods.			43%	34%
What is the difference between a portion size and a serving size?				
A serving size is the amount of food you consume in one sitting such as an entire bowl, whereas a portion size is a set amount of food, such as ½ cup. <u>A serving size is a set amount of food, such as 1/2 cup, whereas a portion size is the amount of food you consume in one sitting, such as an entire bowl.</u> There is no difference, they mean the same thing.			42%	69%
In the last 30 years, portions sizes have: Gotten much smaller, Stayed the same, <u>Gotten much larger</u>				
Which of the following is NOT a strategy for controlling portion sizes?			19%	26%
Put your meals on smaller plates or in smaller bowls. Drink a glass of water 20 minutes before eating. <u>Don't eat between meals.</u> Put snacks on a plate instead of eating out of the bag.				
During your free time which activity are you most likely to do?		Play video games	13%	20%
		Watch TV	2%	10%
		Play outside	41%	42%
		Read a book	17%	8%
		Play a sport	26%	20%
I have energy to play		None of the time	0%	9%
		Some of the time	8%	13%
		Most of the time	41%	46%
		All of the time	51%	32%
I enjoy eating go foods.		None of the time	4%	2%
		Some of the time	58%	52%
		Most of the time	23%	25%
		All of the time	15%	21%
When you come home from school, which beverage are you most likely to drink?		100% Juice	6%	17%
		Soda	4%	2%
		Water	64%	69%
		Sports Drink	4%	4%
		Milk	22%	9%
What did you think of the Nurture lessons?		I liked them a lot		17%
		Most of them were good		32%
		Some of them were good		38%
		I didn't like them		13%

*For knowledge questions, the correct answer is underlined, shows % of students choosing this.

**One thing I learned from the Nurture lessons was / My favorite part of the Nurture lessons was
(Some translated from Spanish)**

- “Try to eat more fruits and veggies instead of sweets.”
- “I learned how to eat healthy how to relax and how to exercise.”
- “My favorite part of the Nurture lessons was the foods from different cultures.”
- “How advertisements make you want to eat the food in the advertisements.”
- “When we used pasta to show the serving size.”
- “Strategies that help you eat less.”



*For knowledge questions, the correct answer is underlined, shows % of students choosing this.