

## **Program Description**

From October 2013 through April 2014, Nurture worked to teach “Food and Fun” nutrition education classes for 5<sup>th</sup> graders at Woodside Elementary School.

The program topics included “My Plate Review,” “The Importance of Breakfast,” “Go and Slow Fats,” “Energy Balance,” “Fitness and Health,” “Salt,” and “Macronutrients.” Recipes tasted include slow-cooked apple/pear crisp with yogurt, pumpkin parfait with yogurt and pomegranate seeds, various types of cheese with dried fruit and kale chips, millet and oats, “green machine” smoothie, and “Paradise Freeze.”



## **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 nine metrics.** (Please see the following page for details on pre and post test results).

We also tested on a behavioral metric, asking students what “free-time” activity they were most likely to choose. There is no *correct* answer to this question; however, we are hoping for a response of either “play outside” or “read” in lieu of screen-time activities such as playing video games or watching television. We saw an improvement in this metric as well, from 45% at the start of the program to 89% at the conclusion.



## **Qualitative Feedback**

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

94% of students “liked the Nurture lessons a lot.” Here’s what students said they liked:

- trying all the new foods;
- when the teacher walked into our room I was excited every time;
- that we got to get up and move around;
- helping make the different foods and trying them;
- I never knew about trans fats before and now I tell my friends not to eat them.

Teachers liked:

- The enthusiasm of the instructors;
- Most of my students don’t learn about these concepts at home. The more they hear/experience it the better;
- The enthusiasm of my students! They really love it.

## 5th Grade September and April Student Assessment Results (Woodside 2013/14 School Year)

Survey Questions	Responses*	Correct Responses Sept 2013	Correct Responses April 2014
Circle the cereal that will provide you with the best energy.	3 choices of different nutritional labels. Looking for the cereal with <9 grams sugar and >3 grams fiber.	58%	77%
How many times did you eat fruits and vegetables yesterday?	Less than 5 servings: <b>More than 5 servings:</b>	7%	39%
Which beverage should you drink the most of?	100% juice, soda, <b>water</b> , sports drinks, milk	65%	88%
Give an example of a balanced meal made from mainly GO foods.	Students were to fill in the blank. Percentage of students that could answer correctly:	8%	87%
What is the minimum amount of time you should be physically active each day to have healthy body?	Fill in the blank : <b>60 minutes</b>	11%	62%
List three ways physical activity helps our bodies.	Fill in the blank: Possible answers: <b>Weight loss, lowers stress, healthy immune system, reduces risk of diseases, helps with learning and concentration, gives more energy, makes your heart healthy, makes you in a good mood, etc.</b>	9%	81%

Do you think GO Foods taste good? (GO Foods are foods that give you long lasting energy.)	Yes No	63% 37%	93% 7%
Look at the two nutrition labels. Which is the Slow Fat food? Why?	(2 nutritional labels shown.) <b>Label A is the Slow Fat Food because it has 14 grams of saturated fat; 3 of which are trans fats. Trans fats are slow fats.</b>	4%	56%
When comparing the amount of sodium, which is the better choice if all the other nutrients were equal?	(2 nutritional labels shown.) <b>Label B has 55 mg. sodium compared to 430.</b>	76%	89%

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