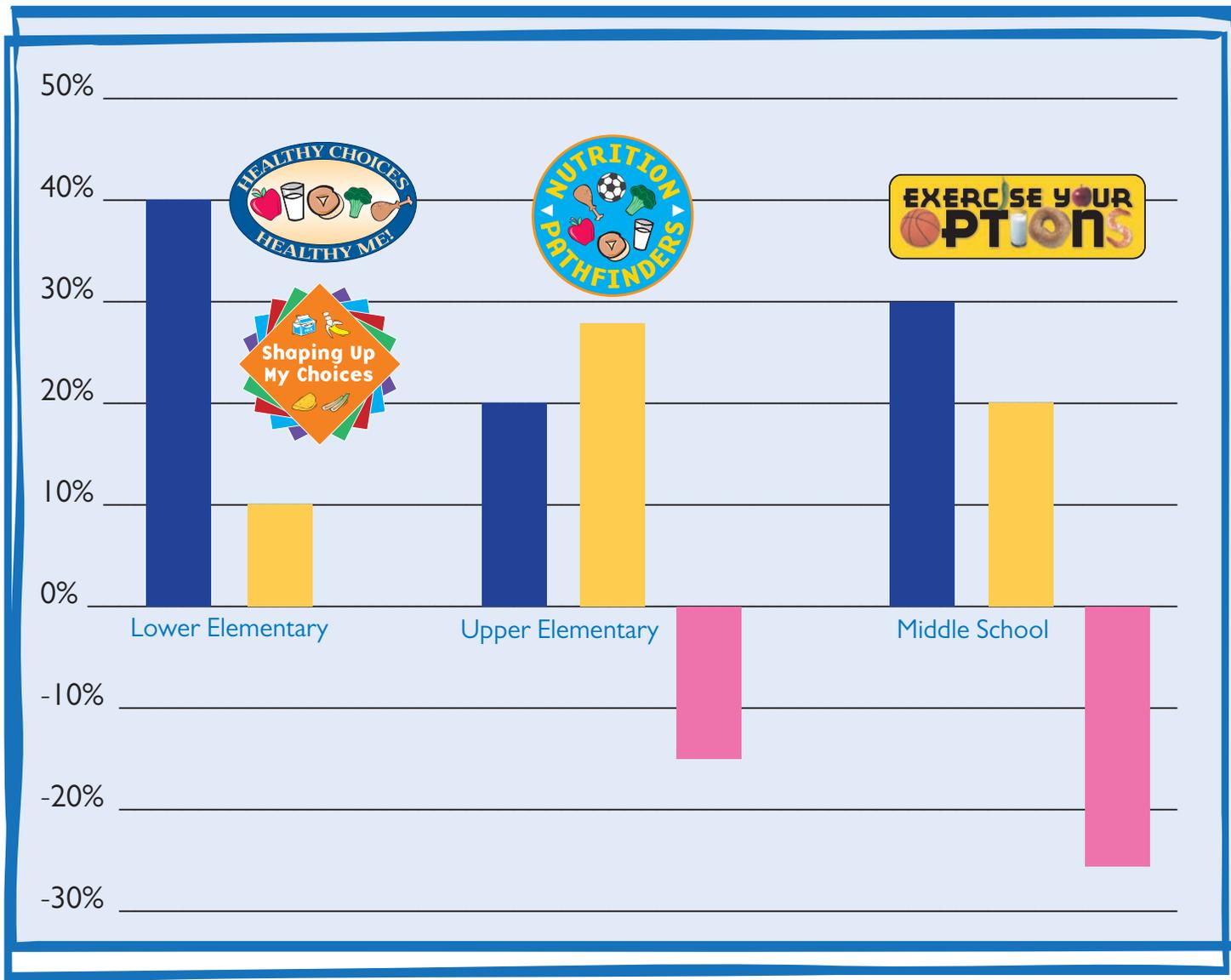


California Students Making Changes in Nutrition Knowledge and Food Choices



School-based evaluations include over 4,000 students and 150 teachers in formative and summative testing.

Elementary and Middle School Programs demonstrated a moderate to high **public health impact**.

Students reported eating more foods from the food groups and fewer "extra" foods.



■ Food Knowledge ■ Food-Group Consumption ■ "extra" Foods

Learn more at HealthyEating.org/Schools/

Notable Changes	Knowledge and Attitudes	Behaviors	Evaluation Project Teacher Comments
1 st Grade 	Approximately 40% increase in food-group knowledge.	Consumed more quality foods at breakfast and snacks.	<p>“It was just so teacher friendly! I had no problems planning my lessons. It was also easy for the students, and they comprehended the lessons.”</p> <p>“It gives practical application for the skills of classification and categorization.”</p>
3 rd Grade 	Approximately 40% increase in knowledge of food groups and main nutrients.	<p>Healthier food choices included more vegetables, fruits, 100% juice and milk compared to control group.</p> <p>Less “extra” foods and beverages.</p>	<p>“It really got the students thinking about what they were eating at snack time. It was hands-on and practical. Kids were talking to each other about good nutrition.”</p> <p>“I liked the family homework; was a double benefit because it reinforced in students mind[s] and the parents learned something new.”</p>
4 th Grade 	<p>20% improvement in food knowledge maintained three months after lessons compared to control.</p> <p>Improved attitude that there are health benefits of changing their food choices.</p>	<p>More grains, 30% more milk products.</p> <p>Fewer “extra” foods like soda, sports drinks and french fries.</p>	<p>“[Student] working knowledge is more well rounded with regards to how much and what food is best for them and their families.”</p> <p>“I noticed students bringing in healthier snacks to school. Also, ... some of the parents gave positive feedback about how their child used “3 out of 5” and “5 out of 5” food groupings in the conversations at the dinner table. That really amazed me!”</p>
Middle School 	Approximately 30% increase in knowledge of recommended servings, portion sizes, general nutrition, and physical activity significantly improved. After lessons 19% report reading food labels.	<p>Increase in breakfast intake compared to control group. Increase all food group intake except fruit.</p> <p>Nearly a 25% drop in “extra” food intake.</p>	<p>“We just had the California State writing test, and (prior) I asked the students what they needed to get ready. One student said they needed to eat breakfast, and explained why. They remembered the EYO breakfast lesson!”</p>

