

# **Youth Outcomes, Core Areas and Impact Indicators**

## **EFNEP/FSNE Youth Evaluation Project**

September 2006

### **Outcome: Youth choose foods according to MyPyramid recommendations**

#### **• Nutrition Knowledge/Attitudes (NUK)**

1. Youth know how to choose foods according to MyPyramid and Dietary Guidelines [DQ-01]
2. Youth know how to choose food with less fat [DQ-02]
3. Youth know how to choose food with less added sugar [DQ-02]
4. Youth can name MyPyramid food groups and/or can identify foods in each group [DQ-01]
5. Youth know how to choose healthful snacks &/or beverages [DQ-01]
6. Youth can identify the source (plant or animal) of selected foods [DQ-01]
7. Youth have a more positive attitude toward healthful foods and/or are willing to try new foods [DQ-01]
8. Youth are more aware of nutrition and its importance to their health [DQ01]
9. Youth set goals to improve their dietary practices [DQ-05]

#### **• Nutrition Behaviors (NUB)**

1. Youth eat nearer to recommended amounts of fat/sugar/calories [DQ-14]
2. Youth increase frequency of eating breakfast [DQ-17]
3. Youth eat nearer to recommended amounts from Grains group [DQ-08]
4. Youth eat nearer to recommended amounts from the Vegetable group [DQ-09]
5. Youth eat nearer to recommended amounts from the Fruit group [DQ-10]
6. Youth eat nearer to recommended amounts from Milk group [DQ-11]
7. Youth eat nearer to recommended amounts from Meat & Beans group [DQ-12]
8. Youth eat nearer to recommended MyPyramid amounts (food groups unspecified) [DQ-15]
9. Youth make healthful choices for snacks &/or beverages [DQ-15]
10. Youth make progress toward reaching their goals to improve dietary practices [DQ-15]

### **Outcome: Youth improve their physical activity practices**

#### **• Physical Activity Knowledge/Attitudes (PHK)**

1. Youth know the benefits of physical activity & how to include it in life [DQ-04]
2. Youth are more aware of physical activity and its importance to their health [DQ-04]
3. Youth set goals to improve their level of physical activity [DQ-07]

#### **• Physical Activity Behaviors (PHB)**

1. Youth engage in regular physical activity (biking, hiking, sports) [DQ-18]
2. Youth increase participation in physically active games and play [DQ-19]
3. Youth reduce time spent in sedentary activities [DQ-20]
4. Youth are physically active at least 60 minutes each day [DQ-21]
5. Youth make progress toward reaching their goals to improve their physical activity [DQ-18]

### **Outcome: Youth use safe food handling practices**

#### **• Food Safety Knowledge/Attitudes (FSK)**

1. Youth know how to wash hands properly [FS-01]
2. Youth know how to keep kitchen area clean [FS-02]
3. Youth know how to avoid cross-contamination [FS-04]
4. Youth know how to keep foods at safe temperatures [FS-05]
5. Youth know how to avoid foods from unsafe sources [FS-06]
6. Youth are more aware of the importance of safe food handling [FS-01]

#### **• Food Safety Behaviors (FSB)**

1. Youth wash their hands properly and when necessary [FS-13]
2. Youth keep the kitchen work area clean [FS-14]
3. Youth handle foods to avoid cross-contamination [FS-16]
4. Youth keep foods at safe temperatures [FS-17]
5. Youth avoid foods from unsafe sources [FS-18]

### **Outcome: Youth make good choices when spending money for food**

#### **• Food Resource Management Knowledge/Attitudes (FRK)**

1. Youth know how to plan meals, make shopping list, look for good prices [FR-02]
2. Youth know how to compare sources and prices when food shopping [FR-03]
3. Youth are more aware of the importance of using good food resource management practices [FR-02]
4. Youth set goals to improve their food resource management practices [FR-10]

- **Food Resource Management Behaviors (FRB)**

1. Youth use good meal planning/food shopping practices [FR-11]
2. Youth make progress toward reaching their goals to improve their food resource management practices [FR-11]

**Outcome: Youth acquire the skills to prepare nutritious, affordable foods**

- **Food Preparation Knowledge/Attitudes (FPK)**

1. Youth know how to follow a recipe correctly and safely [FR-07]
2. Youth know how to use knives and other kitchen tools correctly and safely [FR-07]

- **Food Preparation Behaviors (FPB)**

1. Youth make some foods from basic ingredients using recipes [FR-15]
2. Youth use knives and other kitchen tools correctly and safely [FR-15]

**Outcome: Other**

- **Other Knowledge (OTK)**

- **Other Behaviors (OTB)**

Notation in brackets is reference to related Impact Indicator in Revised CNE Logic Model (12/05)