

University of Missouri Extension's Youth Evaluation Tools

FY '05

FY '05 youth evaluation tools for the University of Missouri Extension's Family Nutrition Program (FNP) include the following:

- Program Information for Groups/Classrooms, FNP ONLY
- Teacher Feedback form
- Tasting Foods form
- Pre- and post-tests specific to one curriculum, *Kids in the Kitchen*
- 2 slightly modified Teacher Feedback forms, one for use with *Kids in the Kitchen* and one for use with Show-Me Nutrition curricula presented via Teachers' Kits

The Program Information for Groups/Classrooms documents number of students that participated in FNP during the program year, as well as demographics and information about curricula provided. The Teacher Feedback form captures student and teacher response to the program and their behavior changes after receiving the program. The Tasting Foods form documents the healthy foods that are offered during taste-tests as an integral part of FNP lessons, and how many students chose to taste them. The Kids in the Kitchen pre- and post-tests measure understanding of basic nutrition, food safety, and cooking concepts.

Tools for FY '04 varied slightly from FY '05 tools listed above. Impact data available on tools used in FY '04 follows.

FY '04 Impact Data

Program Information for Groups/Classrooms, FNP Only

Number of participants for FY 2004:	211,048
Total direct educational contacts*:	979,045
Indirect educational contacts (parent newsletters)	393,858
Total educational contacts	1,372,903
Number of groups that participated: 6,178	
143 alternative or special education groups	
296 groups outside of the school setting	
Average number of visits per group:	6
Number of youth participants, pre-K through grade 12:	198,481 (94%)
Number of adult participants:	12,567 (6%)
Participants per race/ethnicity:**	
Caucasian	82%
African American	12%
Native American	0.5%
Hispanic	3%
Asian	0.5%
Other	2%
Participants per gender:	
Male	48%
Female	52%

*(Number of participants in 1 group) x (number of visits for the group) = (educational contacts for 1 group).

Sum of (educational contacts for all groups) = total direct educational contacts.

** Race/ethnicity is estimated.

Teacher Feedback

The '**Teacher Feedback**' form was given to all classroom teachers whose classes received FNP. The form was given to classroom teachers on the last day of class, filled out immediately, and collected by the nutrition educator.

Two thousand six hundred thirty-four (2,634) teachers gave us feedback.

- 98% want the program again
- 97% said the program was excellent or good
- Most enjoyable parts of the program: activities, and tasting food!
- 98% (2,586 teachers) reported one or more changes in students after FNP.

Student changes reported by teachers	
Student changes	Percent of teachers who reported each type of student change
More aware of nutrition	94%
Make healthier meal and/or snack choices	58%
Eat breakfast more often	41%
More willing to try new foods	64%
Improved hand washing	82%
Improved food safety other than hand washing	32%
Increased physical activity	38%

Teachers' changes (self-reported)	
Percent of teachers who made each type of change	Of those teachers who made the change, the percentage who model or talk about the change in front of students
83% More aware of nutrition	54%
77% Make healthier meal and/or snack choices	47%
52% Eat breakfast more often	26%
60% More willing to try new foods	32%
72% Improved hand washing	46%
65% Improved food safety other than hand washing	30%
58% Increased physical activity	31%
67% Make/offer healthier food choices for students	

*Evaluation data was collected on students who participated in a variety of curricula from Pre-Kindergarten through Grade 12.

Tasting Foods

The ‘**Tasting Foods**’ form was filled out by FNP educators for any three taste-tests held during the program year. Research tells us that children can taste foods 10 or more times before they accept them. That's why FNP offers tasting as a key part of the nutrition education experience. Students tasted thousands of foods across the state. On the average, 94% of students tasted the foods offered.

Grades 4-6 Pre/Post Test

Students in grades 4 through 6 who received the Show-Me Nutrition Curricula completed a pre and a post test with questions about how often they ate breakfast, how often they washed their hands before they ate, and how often they played actively. The pre-test was given before receiving the curriculum, and the post-test was given after the last lesson of the curriculum. A subset of responses was analyzed including 1978 pre-tests and 1479 post-tests. Post test responses showed improvement in all three areas as follows.

Question	Answers	Percent of students who gave this answer on the pre-test	Percent of students who gave this answer on the post-test
I eat breakfast.	Most days.	66%	70%
I wash my hands before I eat.	Most of the time.	60%	62%
I play actively.	Most days.	78%	82%

Future Plans:

Update existing evaluation tools and develop new tools to capture additional impact as needed.

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