

UC CalFresh Nutrition Education FFY 2019
Core Curriculum and Evaluation Tools with SMART Objectives

ADULT NUTRITION EDUCATION DELIVERY

EATING SMART BEING ACTIVE

Evaluation Tools

Adult Taste Test Tool

Food Behavior Checklist – Pre/Post (if series delivery 1 month/4 weeks or greater)

SMART Objectives: By September 30, 2019,

1. At least 50% will increase their frequency of using the “Nutrition Facts” on the food label to choose foods.
2. At least 40% will increase the variety of fruit consumed daily.
3. At least 40% will increase the variety of vegetables consumed daily.
4. At least 20% will report greater food security (not running out of food at the end of the month).

Adult Physical Activity Survey – Pre/Post (if series delivery 1 month/4 weeks or greater)

SMART Objectives: Will be developed after pilot testing

Intent to Change (if mini workshop or series delivery < 1 month/4 weeks)

SMART Objectives: By September 30, 2019,

1. At least 50% will report intention to increase their frequency of using the “Nutrition Facts” on the food label to choose foods.
2. At least 40% will report intention to increase their frequency of eating fruit.
3. At least 40% will report intention to increase the variety of vegetables consumed daily.
4. At least 40% will report intention to choose smaller portions.
5. At least 30% will report intention to increase their frequency of planning meals before going to the store.
6. At least 40% will report intention to increase their frequency of making a list before going to the store.
7. At least 30% will report intention to increase their frequency of comparing unit prices before choosing foods.
8. At least 30% will report intention to increase their frequency of eating whole grains or whole grain products.
9. At least 40% will report intention to increase their frequency of drinking lower-fat milk products.
10. At least 40% will report intention to decrease the frequency drinking sweet beverages.

Eating Smart Being Active Lessons	Intent to Change Questions for Each Lesson
1. Get Moving	1. No Question- just Demographics card
2. Plan, Shop, Save	2. Food Label, Make a List, and Compare Unit Prices
3. Vary Your Veggies.... Focus on Fruits	3. Fruit, Vegetables, and Meal Planning
4. Make Half Your Grains Whole	4. Grains and Food Label
5. Build Strong Bones	5. Lower Fat Milk and Food Label
6. Go Lean with Protein	6. Portions and Food Label
7. Make a Change	7. Sweet Beverages and Food Label
8. Celebrate	8. Meal Planning

EAT SMART, LIVE STRONG

Evaluation Tools

- Food Behavior Checklist – Pre/Post** (if series delivery 1 month/4 weeks or greater)
SMART Objectives: By September 30, 2019,
 1. At least 40% will increase the variety of fruit consumed daily.
 2. At least 40% will increase the variety of vegetables consumed daily.
- Adult Physical Activity Survey – Pre/Post** (if series delivery 1 month/4 weeks or greater)
SMART Objectives: Will be developed after pilot testing
- Intent to Change** (if mini workshop or series delivery < 1 month/4 weeks)
SMART Objectives: By September 30, 2019,
 1. At least 40% will report intention to increase their frequency of eating fruit.
 2. At least 40% will report intention to increase the variety of vegetables consumed daily.
 3. At least 30% will report intention to increase their frequency of comparing unit prices before choosing foods.

Eat Smart, Live Strong Lessons	Intent to Change Questions for Each Lesson
1. Reach Your Goals, Step by Step	1. Fruit and Vegetables
2. Challenges and Solutions	2. Fruit and Vegetables
3. Colorful and Classic Favorites	3. Fruit and Vegetables
4. Eat Smart, Spend Less	4. Fruit, Vegetables, and Compare Unit Prices

FRESH FROM THE GARDEN

Evaluation Tools

- Adult Taste Test Tool**
- Intent to Change**
SMART Objectives: By September 30, 2019,
 1. At least 50% will report intention to increase the variety of vegetables consumed daily.

MYPLATE FOR MY FAMILY (Update of LOVING YOUR FAMILY FEEDING THEIR FUTURE)

Evaluation Tools

- Food Behavior Checklist – Pre/Post** (if series delivery 1 month/4 weeks or greater)
- Adult Physical Activity Survey – Pre/Post** (if series delivery 1 month/4 weeks or greater)
SMART Objectives: Will be developed after pilot testing
- Intent to Change** (if mini workshop or series delivery < 1 month/4 weeks)
SMART Objectives: By September 30, 2019,
 1. At least 50% will report intention to increase the frequency within the next week that they eat food from all 5 food groups each day.
 2. At least 40% will report intention to choose smaller portions.
 3. At least 40% will report intention to increase their frequency of eating fruit.
 4. At least 40% will report intention to increase the variety of vegetables consumed daily.
 5. At least 30% will report intention to increase their frequency of planning meals before going to the store.

MyPlate For My Family Lessons	Intent to Change Questions for Each Lesson
1. My Plate Family Meals	1. Food Groups and Meal Planning
2. How Much Food and Physical Activity?	2. Portions and Meal Planning
3. Vegetables and Fruits- Simple Solutions	3. Fruit and Vegetables
4. Family Time Active and Fun!	4. No Question- just Demographics card

MAKING EVERY DOLLAR COUNT

Evaluation Tools

Making Every Dollar Count – Retrospective

SMART Objectives: By September 30, 2019,

1. At least 50% of UC Cal Fresh MEDC graduates will report having used one of the easy ways to save money on food.
2. At least 50% of UC Cal Fresh MEDC graduates will report greater understanding of how food advertisements can influence purchases.
3. At least 50% of UC Cal Fresh MEDC graduates will report knowing more about simple, healthy meals to make at home.
4. At least 50% of UC Cal Fresh MEDC graduates will report they plan to determine if using a coupon is better than buying the store brand.
5. At least 20% will report greater food security (not running out of food at the end of the month).

Intent to Change (if mini workshop or series delivery < 1 month/4 weeks)

SMART Objectives: By September 30, 2019,

1. At least 30% will report intention to increase frequency of planning meals before going to the store.

Making Every Dollar Count Lessons	Intent to Change Questions for Each Lesson
1. Setting Goals	1. No Question- just Demographics card
2. Making Choices	2. No Question- just Demographics card
3. Stretch Your Dollars	3. No Question- just Demographics card
4. Budgeting Basics	4. No Question- just Demographics card
5. Paying Bills on Time	5. No Question- just Demographics card
6. When You Can't Pay Cash	6. No Question- just Demographics card
7. Saving Money on Food	7. Meal Planning
8. Food Advertising	8. No Question- just Demographics card

PLAN, SHOP, SAVE, & COOK

Evaluation Tools

Plan, Shop, Save & Cook – Pre/Post (4 lessons or PSSC series delivery 1 month/4 weeks or greater)

SMART Objectives: By September 30, 2019,

1. At least 40% will increase their frequency of meal planning.
2. At least 40% will increase their frequency of using a grocery list when shopping.
3. At least 50% will increase their frequency of using the “Nutrition Facts” on the food label to choose foods.
4. At least 30% will increase their frequency of comparing food unit prices.
5. At least 30% will report that when deciding what to feed their family, they think about healthy food choices.
6. At least 30% will report greater food security (not running out of food at the end of a month).

Intent to Change (if mini workshop or series delivery < 1 month/4 weeks)

SMART Objectives: By September 30, 2019,

1. At least 50% will report intention to increase the frequency within the next week that they eat food from all 5 food groups each day.
2. At least 40% will report intention to increase their frequency of making a list before going to the store.

3. At least 50% will report intention to increase frequency of using the “Nutrition Facts” on the food label to choose foods.
4. At least 30% will report intention to increase their frequency of comparing unit prices before choosing foods.
5. At least 30% will report intention to increase their frequency of planning meals before going to the store.

Plan, Shop, Save, & Cook Lessons	Intent to Change Questions for Each Lesson
1. Meal Planning	1. Food Groups and Make a List
2. Using Food Labels	2. Food Label
3. Saving Money	3. Compare Unit Prices
4. Cooking a Meal	4. Food Groups and Meal Planning

EAT HEALTHY, BE ACTIVE COMMUNITY WORKSHOPS

Evaluation Tools

- Food Behavior Checklist – Pre/Post** (if series delivery 1 month/4 weeks or greater)

SMART Objectives: By September 30, 2019,

1. At least 50% will increase their frequency of using the “Nutrition Facts” on the food label to choose foods.
2. At least 40% will increase the variety of fruit consumed daily.
3. At least 40% will increase the variety of vegetables consumed daily.
4. At least 20% will report greater food security (not running out of food at the end of the month).

- Intent to Change** (if mini workshop or series delivery < 1 month/4 weeks)

SMART Objectives: By September 30, 2019,

1. At least 40% will report intention to decrease their frequency of eating fried foods.
2. At least 30% will report intention to increase their frequency of eating whole grains or whole grain products.
3. At least 50% will report intention to increase the frequency within the next week that they eat food from all 5 food groups each day.
4. At least 40% will report intention to increase their frequency of making a list before going to the store.
5. At least 30% will report intention to increase frequency within the next week that they eat a breakfast that includes at least 3 food groups.
6. At least 30% will report intention to increase their frequency of planning meals before going to the store.
7. At least 40% will report intention to decrease the frequency drinking sweet beverages.
8. At least 40% will report intention to choose smaller portions.
9. At least 50% will report intention to increase frequency of using the “Nutrition Facts” on the food label to choose foods.
10. At least 40% will report intention to increase the variety of vegetables consumed daily.

Eat Healthy, Be Active Community Workshops Lessons	Intent to Change Questions for Each Lesson
1. Enjoy Healthy Food That Tastes Great	1. Fried Foods, Grains, and/or <u>Activity 1</u> -Food Groups/ <u>Activity 2</u> -Sweet Beverage
2. Quick, Healthy Meals and Snacks	2. Portions, Make a List
3. Eating Healthy on a Budget	3. Breakfast, Meal Planning, and Make a List
4. Tips for Losing Weight and Keeping it Off	4. Sweet Beverage and Portions
5. Making Healthy Eating Part of Your Total Lifestyle	5. Food Label and Vegetables
6. Physical Activity is Key to Living Well	6. No Question- just Demographics card

HEALTHY HAPPY FAMILIES

Evaluation Tool

Healthy Happy Families – Pre/Post

SMART Objectives: By September 30, 2019,

- After participation in at least 6 lessons or a 4 lesson series of #1-#3 and #6, #7 or #8 parents will show the following improvements:
 1. At least 25% of the parents will report that their children eat meals more often with an adult
 2. At least 25% of the parents will report that they do not intervene with how much their children should eat.
 3. At least 25% of the parents will report that their children eat meals and/or snacks on a regular schedule more often.
 4. At least 25% of parents will report offering their child novel foods or repeating exposure to previously rejected foods more often.

FAMILY-CENTERED NUTRITION EDUCATION DELIVERY

EAT & PLAY TOGETHER

Evaluation Tools

Teacher Observation Tool

SMART Objectives: By September 30, 2019,

1. At least 75% of the teachers agree or strongly agree that students are more able to identify healthy food choices after receiving UC CalFresh nutrition education.
2. At least 75% of the teachers agree or strongly agree that students are more willing to try new foods offered at school after receiving UC CalFresh nutrition education.

Teacher Tasting Tool

SMART Objectives: By September 30, 2019,

1. On average, 40% or less of the class will have previously tried the food presented during a food tasting activity; and:
2. On average, more than 75% of the class will report willingness to try the food again at school.
3. On average, more than 60% of the class will report willingness to ask for the food at home.

Adult Physical Activity Survey – Pre/Post (if series delivery 1 month/4 weeks or greater)

SMART Objectives: Will be developed after pilot testing

Intent to Change (if mini workshop or series delivery < 1 month/4 weeks)

SMART Objectives: BY September 30, 2019,

1. At least 50% will report intention to increase the frequency within the next week that they eat food from all 5 food groups each day.
2. At least 40% will report intention to decrease the frequency drinking sweet beverages.
3. At least 50% will report intention to increase frequency of using the “Nutrition Facts” on the food label to choose foods.
4. At least 30% will report intention to increase their frequency of eating whole grains or whole grain products.

Eat & Play Together Lessons	Intent to Change Questions for Each Lesson
1. Lesson A	1. Food Groups
2. Lesson B	2. Sweet Beverage

Eat & Play Together Lessons	Intent to Change Questions for Each Lesson
3. Lesson C	3. Food Label
4. Lesson D	4. Grains

HEALTHALICIOUS

Evaluation Tool

Healthalicious – Pre/Post

SMART Objectives: By September 30, 2019,

1. At least 50% of children will increase their interest in cooking.
2. At least 50% of children will increase their willingness to try new foods.
3. At least 25% of children will drink milk with dinner more often.
4. At least 25% of children will drink soda and other sweetened beverages less often.

YOUTH NUTRITION EDUCATION DELIVERY

PRE-SCHOOL

HAPPY HEALTHY ME (*Pre-K & K*)

Evaluation Tools

Teacher Observation Tool

SMART Objectives: By September 30, 2019,

1. At least 75% of the teachers agree or strongly agree that students are more able to identify healthy food choices after receiving UC CalFresh nutrition education.
2. At least 75% of the teachers agree or strongly agree that students are more willing to try new foods offered at school after receiving UC CalFresh nutrition education.

Teacher Tasting Tool

SMART Objectives: By September 30, 2019,

1. On average, 40% or less of the class will have previously tried the food presented during a food tasting activity; and:
2. On average, more than 75% of the class will report willingness to try the food again at school.
3. On average, more than 60% of the class will report willingness to ask for the food at home.

[Note: Evaluation tools have also been developed by UCCE San Joaquin for in-home delivery of Happy Healthy Me directly to parents. If interested in this approach, please contact the UC CalFresh State Office or UCCE San Joaquin County for more information.]

GO GROW GLOW (*3-5 years old; 1st-2nd Grade*)

Evaluation Tools

Teacher Observation Tool

SMART Objectives: By September 30, 2019,

1. At least 75% of the teachers agree or strongly agree that students are more able to identify healthy food choices after receiving UC CalFresh nutrition education.
2. At least 75% of the teachers agree or strongly agree that students are more willing to try new foods offered at school after receiving UC CalFresh nutrition education.

Teacher Tasting Tool

SMART Objectives: By September 30, 2019,

1. On average, 40% or less of the class will have previously tried the food presented during a food tasting activity; and:

2. On average, more than 75% of the class will report willingness to try the food again at school.
3. On average, more than 60% of the class will report willingness to ask for the food at home.

[Note: Evaluation tools have also been developed by UCCE San Joaquin for in-home delivery of Go Grow Glow directly to parents. If interested in this approach, please contact the UC CalFresh State Office or UCCE San Joaquin County for more information.]

GROW IT! TRY IT! LIKE IT! (Pre-K)

Evaluation Tools

Teacher Observation Tool

SMART Objectives: By September 30, 2019,

1. At least 75% of the teachers agree or strongly agree that students are more able to identify healthy food choices after receiving UC CalFresh nutrition education.
2. At least 75% of the teachers agree or strongly agree that students are more willing to try new foods offered at school after receiving UC CalFresh nutrition education.

Teacher Tasting Tool

SMART Objectives: By September 30, 2019,

1. On average, 40% or less of the class will have previously tried the food presented during a food tasting activity; and:
2. On average, more than 75% of the class will report willingness to try the food again at school.
3. On average, more than 60% of the class will report willingness to ask for the food at home.

CATCH ACTIVITY BOX: CATCH ECE (Pre-K)

Evaluation Tools

Physical Activity Teacher Observation Tool

SMART Objectives: Will be developed after pilot testing

ELEMENTARY SCHOOL

FARM TO FORK (K – 3rd Grade)

Evaluation Tools

Farm to Fork – Pre/Post (2nd and 3rd grade only)

SMART Objective: By September 30, 2019,

1. On average for the classroom, knowledge test scores will increase by at least 10% after the nutrition education

Teacher Observation Tool

SMART Objectives: By September 30, 2019,

1. At least 75% of the teachers agree or strongly agree that students are more able to identify healthy food choices after receiving UC CalFresh nutrition education.
2. At least 75% of the teachers agree or strongly agree that students are more willing to try new foods offered at school after receiving UC CalFresh nutrition education.

Teacher Tasting Tool

SMART Objectives: By September 30, 2019,

1. On average, 40% or less of the class will have previously tried the food presented during a food tasting activity; and:
2. On average, more than 75% of the class will report willingness to try the food again at school.

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3. On average, more than 60% of the class will report willingness to ask for the food at home.

My Amazing Body (Grade 1), Good for Me and You (Grade 2), It's My Choice...Eat Right! Be Active (Grade 3)

Evaluation Tools

Teacher Observation Tool

SMART Objectives: By September 30, 2019,

1. At least 75% of the teachers agree or strongly agree that students are more able to identify healthy food choices after receiving UC CalFresh nutrition education.
2. At least 75% of the teachers agree or strongly agree that students are more willing to try new foods offered at school after receiving UC CalFresh nutrition education.

Teacher Tasting Tool

SMART Objectives: By September 30, 2019,

1. On average, 40% or less of the class will have previously tried the food presented during a food tasting activity; and:
2. On average, more than 75% of the class will report willingness to try the food again at school.
3. On average, more than 60% of the class will report willingness to ask for the food at home.

TWIGS (K – 8th Grade)

Evaluation Tools

Teacher Observation Tool (only use TOT in pre-school & elementary)

SMART Objectives: By September 30, 2019,

1. At least 75% of the teachers agree or strongly agree that students are more able to identify healthy food choices after receiving UC CalFresh nutrition education.
2. At least 75% of the teachers agree or strongly agree that students are more willing to try new foods offered at school after receiving UC CalFresh nutrition education.

Teacher Tasting Tool

SMART Objectives: By September 30, 2019,

1. On average, 40% or less of the class will have previously tried the food presented during a food tasting activity; and:
2. On average, more than 75% of the class will report willingness to try the food again at school.
3. On average, more than 60% of the class will report willingness to ask for the food at home.

POWER PLAY (4th – 5th Grade)

Evaluation Tools

Teacher Observation Tool

SMART Objectives: By September 30, 2019,

1. At least 75% of the teachers agree or strongly agree that students are more able to identify healthy food choices after receiving UC CalFresh nutrition education.
2. At least 75% of the teachers agree or strongly agree that students are more willing to try new foods offered at school after receiving UC CalFresh nutrition education.

Teacher Tasting Tool

SMART Objectives: By September 30, 2019,

1. On average, 40% or less of the class will have previously tried the food presented during a food tasting activity; and:

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2. On average, more than 75% of the class will report willingness to try the food again at school.
 3. On average, more than 60% of the class will report willingness to ask for the food at home.

NUTRITION TO GROW ON (4th – 6th Grade)

Evaluation Tools

NTGO – Pre/Post

SMART Objective: By September 30, 2019,

1. On average for the classroom, knowledge test scores will increase by at least 10% after the nutrition education

Teacher Observation Tool

SMART Objectives: By September 30, 2019,

1. At least 75% of the teachers agree or strongly agree that students are more able to identify healthy food choices after receiving UC CalFresh nutrition education.
2. At least 75% of the teachers agree or strongly agree that students are more willing to try new foods offered at school after receiving UC CalFresh nutrition education.

Teacher Tasting Tool

SMART Objectives: By September 30, 2019,

1. On average, 40% or less of the class will have previously tried the food presented during a food tasting activity; and:
2. On average, more than 75% of the class will report willingness to try the food again at school.
3. On average, more than 60% of the class will report willingness to ask for the food at home.

LEARN! GROW! EAT! GO! (2nd – 5th Grade)

Evaluation Tools

Teacher Observation Tool

SMART Objectives: By September 30, 2019,

1. At least 75% of the teachers agree or strongly agree that students are more able to identify healthy food choices after receiving UC CalFresh nutrition education.
2. At least 75% of the teachers agree or strongly agree that students are more willing to try new foods offered at school after receiving UC CalFresh nutrition education.

Teacher Tasting Tool

SMART Objectives: By September 30, 2019,

1. On average, 40% or less of the class will have previously tried the food presented during a food tasting activity; and:
2. On average, more than 75% of the class will report willingness to try the food again at school.
3. On average, more than 60% of the class will report willingness to ask for the food at home.

DISCOVERING HEALTHY CHOICES and COOKING UP HEALTHY CHOICES (4th – 6th

Grade)

Evaluation Tools

SHCP Nutrition Knowledge Survey – Pre/Post

SMART Objective: By September 30, 2019,

1. On average for the classroom, knowledge test scores will increase by at least 10% after the nutrition education

Teacher Observation Tool

SMART Objectives: By September 30, 2019,

1. At least 75% of the teachers agree or strongly agree that students are more able to identify healthy food choices after receiving UC CalFresh nutrition education.
2. At least 75% of the teachers agree or strongly agree that students are more willing to try new foods offered at school after receiving UC CalFresh nutrition education.

Teacher Tasting Tool

SMART Objectives: By September 30, 2019,

1. On average, 40% or less of the class will have previously tried the food presented during a food tasting activity; and:
2. On average, more than 75% of the class will report willingness to try the food again at school.
3. On average, more than 60% of the class will report willingness to ask for the food at home.

CATCH ACTIVITY BOXES: CATCH PE K-2, CATCH PE 3-5, CATCH KIDS CLUB K-5 (K – 5th

Grade)

Evaluation Tools

Physical Activity Teacher Observation Tool

SMART Objectives: Will be developed after pilot testing

JUNIOR HIGH / HIGH SCHOOL

EATFIT (6th – 8th Grade)

Evaluation Tool

EatFit – Pre/Post

SMART Objectives: By September 30, 2019,

- After participation in at least 6 hours of EatFit, the students will show the following improvements:
 1. At least 25% of students will drink fruit flavored beverages or drink mixes (sometimes prompts are provided to help understand what sugared drink mixes are e.g., Kool-Aid[®], CapriSun[®], Hi-C[®], Gatorade[®], Fruitopia[®], Tang[®] or Snapple[®]) less often.
 2. At least 25% of students will drink regular soda (not sugar free/diet) less often.
 3. At least 25% of students will make an improvement in healthier snack consumption (by eating less often cakes, cookies, doughnuts, brownies, pies or similar sweet baked goods, sometimes prompts are provided to help understand for items such as Twinkies, Ho Ho's, Ding Dongs, Pop Tarts).
 4. At least 25% of students will make an improvement in healthier fast food consumption (by eating pizza with pepperoni, sausage, salami, extra cheese, or combination, or a sandwich/hamburger with mayo, cheese, butter, or creamy type of dressing less often).

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5. At least 25% of all students will make an improvement in fruit and vegetable consumption (Eat fruit or vegetable at breakfast; a vegetable at dinner; or more dark green leafy vegetables).
 6. At least 25% of students will eat breakfast more often.
 7. At least 30% of the participants will increase frequency of sports or physical activities (lasting for at least 20 minutes and vigorous enough make youth sweat and breathe hard).

MONEY TALKS / HUNGER ATTACKS *(Teen)*

Evaluation Tools

Hunger Attacks – Retrospective

SMART Objective: By September 30, 2019,

1. On average for the classroom, knowledge test scores will increase by at least 10% after the nutrition education
2. Other objectives to be added

Hunger Attacks – Pre/Post

SMART Objective: By September 30, 2019,

1. On average for the classroom, knowledge test scores will increase by at least 10% after the nutrition education
2. Other objectives to be added

CATCH ACTIVITY BOXES: CATCH PE 6-8, CATCH Kids Club 6-8 *(6th – 8th Grade)*

Evaluation Tools

Physical Activity Teacher Observation Tool

SMART Objectives: *Will be developed after pilot testing*