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Introduction

The CalFresh Healthy Living, University of California (CFHL, UC) evaluation surveys, administration protocols, and links to the data entry portals for each tool (Appendix, Table 13) are available on the CFHL, UC Evaluation webpages (see links below).

- [Adult Evaluation Tools](#)
- [Youth Evaluation Tools](#)
- [Family-Centered Evaluation Tools](#)
- [PSE Needs and Environmental Assessments](#)

When selecting evaluation tools, please consider your curriculum delivery period.

- If you deliver **series-based** direct education over 4 or more weeks, please **use a pre/post survey** to capture behavioral outcomes. Administer pre-surveys before the first class and post-surveys following the last class or at the end of the school year when interventions include PSE efforts.
- If delivering **single sessions/workshops** or a series-based education over fewer than 4 weeks, **use ITCs** to assess short-term outcomes immediately following the single session.

Please contact the State Office Evaluation Team to clarify any questions you have about CFHL, UC recommended evaluation approaches and tools.

Adult Nutrition Education Evaluation

Curricula:

- [*Eat and Play Together*](#)
- [*Eat Healthy, Be Active Community Workshops*](#)
- [*Eat Smart, Live Strong*](#)
- [*Eating Smart Being Active*](#)
- [*Families Eating Smart and Moving More*](#) (6-lesson series)
- *Food Smarts*
- [*Fresh from the Garden*](#)
- [*MyPlate for My Family*](#)

Adult Evaluation Tools – select as appropriate

- ✓ **Adult Taste Test Tool (A-TTT)** - for food tastings
- ✓ **Food Behavior Checklist + Physical Activity (FBC+PA) pre/post survey** - REQUIRED if series of 4+ nutrition education lessons delivered over 4+ weeks
- ✓ **Intent to Change (ITC)** - if single session, workshop, or series delivered over <1 month/4 weeks; see Appendix Tables 3-9 and curricula links above to identify which ITCs to use with each lesson

Adult Food Resource Management Education Evaluation

Curricula:

- [*Families Eating Smart and Moving More*](#) (4-lesson series)
- [*Making Every Dollar Count*](#)
- [*Plan, Shop, Save and Cook*](#)

Adult Evaluation Tools – select as appropriate

- ✓ **Adult Taste Test Tool (A-TTT)** - for food tastings
- ✓ **Plan, Shop, Save & Cook (PSSC) pre/post survey** - if series of 4+ lessons delivered over 4+ weeks
- ✓ **Intent to Change (ITC)** - if single session, workshop, or series delivered over <1 month/4 weeks; see Appendix Tables 10-12 and curricula links above to identify which ITCs to use with each lesson

Family-Centered Nutrition Education Evaluation

Curricula:

- *Healthy Happy Families*

Adult Evaluation Tools – select as appropriate

- ✓ **Adult Taste Test Tool (A-TTT)** - for food tastings with adults
- ✓ **Healthy Happy Families (HHF) pre/post survey** - if series of 6+ lessons or a 4-lesson series of lessons #1-#3 and #6, #7, or #8 delivered over 4+ weeks

Youth Evaluation Tools – select as appropriate

Taste Test Tools

- ✓ **Preschool Tasting Tool (PreK TTT)** - for food tastings with preschool children
- ✓ **Teacher Tasting Tool (TTT)** - for food tastings with school-age students

Teacher Survey (PreK to 3rd grade)

- ✓ **Teacher Observation Tool (TOT)** - for series-based nutrition education delivered over 3+ months with young students especially in Pre-K to 3rd grade

Youth Nutrition Education Evaluation

Preschool and Elementary School in PreK, TK, K-3rd grade

Curricula:

- *Building a Healthy Me* (K)
- *CATCH ECE Activity Box* (Pre-K)
- *CATCH PE K-2 & 3-5* (K-3rd Grade)
- *CATCH Kids CLUB K-5 Activity Boxes* (K-3rd Grade)
- *Discover MyPlate: Nutrition Education for Kindergarten* (K)
- *Eating Healthy from Farm to Fork* (K-3rd Grade)
- *Go Grow Glow* (3-5 years old, 1st-2nd Grade)
- *Good for You and Me* (Grade 2)
- *Grow It! Try It! Like It!* (Pre-K)
- *Happy Healthy Me* (Pre-K & K)
- *Healthy Choices, Healthy Me* (1st-2nd Grade)
- *It's My Choice...Eat Right! Be Active!* (Grade 3)
- *Learn! Grow! Eat! Go!* (2nd-3rd Grade)
- *My Amazing Body* (Grade 1)
- *Power Play! Community Youth Organization Kit* (K-3rd Grade)
- *Serving Up MyPlate: A Yummy Curriculum* (1st-3rd Grade)
- *Shaping Up My Choices* (Grade 3)
- *TWIGS* (K-3rd Grade)

Youth Evaluation Tools – select as appropriate

Taste Test Tool

- ✓ **Preschool Tasting Tool (PreK TTT)** - for food tastings with preschool children
- ✓ **Teacher Tasting Tool (TTT)** - for food tastings with school-age students

Teacher Survey (PreK to 3rd grade)

- ✓ **Teacher Observation Tool (TOT)** - for series-based nutrition education delivered over 3 or more months with younger students especially in Pre-K to 3rd grade
- ✓ **Physical Activity Teacher Observation Tool (PA TOT)** - for series-based structured physical activity education (such as CATCH) delivered over 3 or more months with younger students especially in Pre-K to 3rd grade

Elementary, Middle, and High School in 4th and higher grades

Curricula: See Tables 1 and 2 below.

Youth Evaluation Tools – select as appropriate

Taste Test Tools

- ✓ **Teacher Tasting Tool (TTT)** - for food tastings with school-age students

Student Surveys (4th and higher grades)

- ✓ **What Did You Learn? (WDYL)** - for series delivery of at least 2 lessons with grades 4th and higher
- ✓ **Eating and Activity Tool for Students (EATS) pre/post survey** - for series of 6 or more lessons of direct education only delivered over 4 or more weeks or 5 or more lessons of both DE and PSE strategies implemented over the school year with grades 4th and higher; to identify which EATS modules to use with each curriculum see Table 1 for elementary school students and 2 for middle and high school students

Table 1. EATS Module(s) Relevant to Each Youth Curricula for Elementary School students in 4th and higher grades

| NAME OF CURRICULUM | EATS MODULE(S) |
|---|----------------|
| <i>CATCH PE 3-5 Activity Box (4th-5th Grade)</i> | PA |
| <i>CATCH Kids Club K-5 Activity Box (4th-5th Grade)</i> | PA |
| <i>Cooking Academy (4th-6th Grade)</i> | FV |
| <i>Cooking Up Healthy Choices (4th-6th Grade)</i> | FV, PA |
| <i>Dig In! (5th-6th Grade)</i> | FV |
| <i>Discovering Healthy Choices (4th-6th Grade)</i> | FV, PA |
| <i>Great Garden Detective Adventure (3rd-4th Grade)</i> | FV |
| <i>Healthalicious (4th-6th Grade)</i> | FV, PA |
| <i>Healthy Choices in Motion (4th-6th Grade)</i> | FV, PA |
| <i>Jr Master Gardeners (3rd – 5th Grade)</i> | FV |
| <i>Learn! Grow! Eat! Go! (2nd – 5th Grade)</i> | FV, PA |
| <i>Nutrition Pathfinders (4th-5th Grade)</i> | FV, PA |
| <i>Nutrition To Grow On (4th-6th Grade)</i> | FV |
| <i>Power Play! Community Youth Organization Kit (4th-5th Grade)</i> | FV, PA |
| <i>Power Play! School Idea & Resource Kit (4th-5th Grade)</i> | FV, PA |
| <i>Power Up for Learning (4th-5th Grade)</i> | PA |
| <i>Serving Up MyPlate: A Yummy Curriculum (4th-6th Grade)</i> | FV, PA |
| <i>Team Up for Good Health (4th-6th Grade)</i> | FV, PA |
| <i>TWIGS (4th-8th Grade)</i> | PA |
| <i>Up4It – Level 1 (4th-5th Grade)</i> | FV, SSB/W, PA |

Notes: FV = Fruit and Vegetables, SSB/W = Sweetened Beverages / Water, PA = Physical Activity

Table 2. EATS Module(s) Relevant to Each Youth Curricula for Middle and High School students

| NAME OF CURRICULUM | EATS MODULE(S) |
|--|----------------|
| <i>CATCH PE 6-8 Activity Box</i> (6 th -8 th Grade) | PA |
| <i>CATCH Kids Club 6-8 Activity Box</i> (6 th -8 th Grade) | PA |
| <i>Choice, Control & Change</i> (6 th -8 th Grade) | FV, PA |
| <i>Eat Move Win</i> (High School) | FV, PA |
| <i>EatFit</i> (6 th -8 th Grade) | FV, SSB/W, PA |
| <i>Exercise Your Options</i> (Middle School) | FV, PA |
| <i>Food Smarts for Kids</i> (Middle and High School) | FV |
| <i>Money Talks / Hunger Attacks</i> (Teen) | FV, SSB/W |
| <i>Nutrition Voyage: The Quest to Be Our Best</i> (7 th -8 th Grade) | FV, PA |
| <i>Rethink Your Drink High School Lessons</i> (High School) | SSB/W |
| <i>Up4It – Level 2</i> (6 th -8 th Grade) | FV, SSB/W, PA |

Notes: FV = Fruit and Vegetables, SSB/W = Sweetened Beverages / Water, PA = Physical Activity

Youth Engagement Evaluation

Youth Evaluation Tools – select as appropriate

- ✓ **Eating and Activity Tool for Students (EATS) pre/post survey** - for series of 6 or more lessons of direct education only delivered over 4 or more weeks or 5 or more lessons of both DE and PSE strategies implemented over the school year with grades 4th and higher; to identify which EATS modules to use with each curriculum see Table 1 for elementary school students and 2 for middle and high school students
- ✓ **Teens as Teacher (TAT) - retrospective survey**
- ✓ **Youth Leader Survey (YLS) - retrospective survey**
- ✓ **Youth Participatory Action Research (YPAR) Student Survey - retrospective survey** (Note: Pre/post version also available)
- ✓ **YPAR Project Assessment - optional**

Policy, Systems, and Environment (PSE) Evaluation

PSE Evaluation Tools – select as appropriate

- ✓ **Smarter Lunchrooms Scorecard** - for Smarter Lunchrooms behavioral economics PSE efforts
- ✓ **Smarter Mealtimes Scorecard** - for Smarter Mealtimes behavioral economics PSE efforts
- ✓ **Site-Level Assessment Questionnaire (SLAQ)** - for comprehensive site assessment data to inform program planning and evaluation in schools (elementary and secondary), out-of-school (afterschool programs), and early care and education sites
- ✓ **CFHL, UC's School Garden Assessment** - for identifying and tracking areas of improvement in school garden programming
- ✓ **CATCH Lesson Observation Tool (CATCH LOT)** - for identifying training and technical assistance needs and to build capacity among CATCH champions
- ✓ **Playground Stencil Assessment pre/post environmental scan and teacher surveys** - for assessing changes to the playground and student's physical activity levels as well as teaching staffs' training, practices, and promotion of physical activity

CFHL, UC Smart Objectives for Surveys

The following section includes SMART Objectives to provide targets for program outcomes. The UCCE Advisors, a UC Davis Nutrition Specialist, and the State Office collaborated to develop the original targets. The State Office now partners with the CFHL, UCCE Evaluation Workgroup (EWG) to update these targets. The State Office will continue to reassess the SMART Objectives in coordination with the CFHL, UCCE EWG to ensure they continue to be appropriate and achievable. Updates to the SMART Objectives are marked with **red font**.

Adult Evaluation Tools

✓ **Food Behavior Checklist + Physical Activity (FBC+PA) pre/post survey**

SMART Objectives: By September 30, at least

1. 50% will increase their frequency of using the "Nutrition Facts" on the food label to choose foods.
2. 40% will increase the variety of fruit consumed daily.
3. 40% will increase the variety of vegetables consumed daily.
4. 20% will report greater food security (not running out of food at the end of the month).
5. 35% will increase the days reporting 30+ minutes of moderate and vigorous PA.
6. 35% will increase the days reporting muscle strengthening activities.

✓ **Plan, Shop, Save & Cook (PSSC) pre/post survey**

SMART Objectives: By September 30, at least

1. 40% will increase their frequency of meal planning.
2. 40% will increase their frequency of using a grocery list when shopping.
3. 50% will increase their frequency of using the "Nutrition Facts" on the food label to choose foods.
4. 35% will increase their frequency of comparing food unit prices.
5. 30% will report that when deciding what to feed their family, they think about healthy food choices.
6. 30% will report greater food security (not running out of food at the end of a month).

✓ **Healthy Happy Families (HHF) pre/post survey**

SMART Objectives: By September 30, at least

1. 25% of the parents will report that their children eat meals more often with an adult
2. 25% of the parents will report that they do not intervene with how much their children should eat.
3. 25% of the parents will report that their children eat meals and/or snacks on a regular schedule more often.

4. 25% of parents will report offering their child foods previously rejected more often.

✓ **Intent to Change (ITC)**

SMART Objectives: By September 30, at least

1. 50% will report intention to increase their frequency of using the "Nutrition Facts" on the food label to choose foods.
2. 50% will report intention to increase their frequency of eating fruit.
3. 50% will report intention to increase the variety of vegetables consumed daily.
4. 50% will report intention to increase their frequency of planning meals before going to the store.
5. 50% will report intention to increase their frequency of making a list before going to the store.
6. 50% will report intention to increase their frequency of comparing unit prices before choosing foods.
7. 50% will report intention to decrease the frequency drinking sweet beverages.
8. 50% will report intention to increase their frequency of engaging in moderate physical activity (*PA Minutes/Hours ITC*).

Youth Evaluation Tools

Taste Test Tools

✓ **Teacher Tasting Tool (TTT)**

SMART Objectives: By September 30, on average

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

✓ **Large Group Taste Test Tool (LG-TTT)**

No SMART Objectives

✓ **Preschool Tasting Tool (PreK-TTT)**

No SMART Objectives

Teacher Surveys (PreK to 3rd grade)

✓ **Teacher Observation Tool (TOT)**

SMART Objectives: By September 30, at least

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

✓ **Physical Activity Teacher Observation Tool (PA TOT)**

No SMART Objectives

Student Surveys (4th and higher grades)

✓ **Eating and Activity Tool for Students (EATS) pre/post survey**

SMART Objectives: By September 30, at least

1. 30% will increase their frequency of eating fruit yesterday.
2. 30% will increase their frequency of eating vegetables yesterday.
3. 30% will decrease their frequency of drinking sweetened beverages yesterday.
4. 35% will increase their days with 60+ minutes of physical activity last week.

✓ **What Did You Learn? (WDYL)**

No SMART Objectives

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is equal opportunity provider. For important nutrition information, visit www.CalFreshHealthyLiving.org.

Appendix

Intent to Change by Lesson Table for Each Adult Curriculum

Table 3. Intent to Change Questions – Eat and Play Together

| | |
|----------|----------------------------------|
| Lesson A | Physical Activity (PA) - Minutes |
| Lesson B | Sweet Beverage and PA - Minutes |
| Lesson C | Food Label and PA - Minutes |
| Lesson D | PA - Minutes |

Table 4. Intent to Change Questions – Eat Healthy, Be Active Community Workshops

| LESSONS | ITC QUESTIONS FOR EACH LESSON |
|--|---|
| Enjoy Healthy Food That Tastes Great | Sweet Beverage - <i>only use ITC when conducting <u>Activity #2</u></i> |
| Quick, Healthy Meals and Snacks | Make a List |
| Eating Healthy on a Budget | Meal Planning and Make a List |
| Tips for Losing Weight and Keeping it Off | Sweet Beverage |
| Making Healthy Eating Part of Your Total Lifestyle | Food Label and Vegetables |
| Physical Activity is Key to Living Well | PA - Hours |

Table 5. Intent to Change Questions – Eat Smart, Live Strong

| LESSONS | ITC QUESTIONS FOR EACH LESSON |
|--------------------------------|--|
| Reach Your Goals, Step by Step | Fruit, Vegetables, and PA - Minutes |
| Challenges and Solutions | Fruit, Vegetables, and PA - Minutes |
| Colorful and Classic Favorites | Fruit, Vegetables, and PA - Minutes |
| Eat Smart, Spend Less | Fruit, Vegetables, Unit Prices, and PA - Minutes |

Table 6. Intent to Change Questions – Eating Smart Being Active

| LESSONS | ITC QUESTIONS FOR EACH LESSON |
|--------------------------------------|--|
| Get Moving | PA - Minutes |
| Plan, Shop, Save | Food Label, Make a List, and Unit Prices |
| Vary Your Veggies... Focus on Fruits | Fruit, Vegetables, and Meal Planning |
| Make Half Your Grains Whole | Food Label |
| Build Strong Bones | Food Label |
| Go Lean with Protein | Food Label |
| Make a Change | Sweet Beverages and Food Label |
| Celebrate | Meal Planning |

Table 7. Intent to Change Questions – Families Eating Smart and Moving More: 6-lesson series focused on Nutrition, Physical Activity, and Food Resource Management

| LESSONS | ITC QUESTIONS FOR EACH LESSON |
|------------------------------------|-------------------------------|
| Choosing More Fruit and Vegetables | Fruits, Vegetables |
| Move More Throughout the Day | PA - Hours or Minutes |
| Making Smart Drink Choices | Sweetened Beverages |
| Plan: Know What's for Dinner | List, Meals |
| Shop for Value, Check the Facts | Label |
| Fix It Fast, Eat at Home | List, Meals |

Table 8. Intent to Change Questions – Fresh from the Garden

| LESSONS | ITC QUESTIONS FOR EACH LESSON |
|-------------|-------------------------------|
| All Lessons | Vegetables |

Table 9. Intent to Change Questions – MyPlate for My Family

| LESSONS | ITC QUESTIONS FOR EACH LESSON |
|---|-------------------------------|
| My Plate Family Meals | Meal Planning |
| How Much Food and Physical Activity? | Meal Planning |
| Vegetables and Fruits- Simple Solutions | Fruit, Vegetables |
| Family Time Active and Fun! | PA - Hours |

Table 10. Intent to Change Questions – Families Eating Smart and Moving More: 4-lesson series focused on Food Resource Management

| LESSONS | ITC QUESTIONS FOR EACH LESSON |
|------------------------------------|-------------------------------|
| Choosing More Fruit and Vegetables | Fruits, Vegetables |
| Plan: Know What's for Dinner | List, Meals |
| Shop for Value, Check the Facts | Label |
| Fix It Fast, Eat at Home | List, Meals |

Table 11. Intent to Change Questions – Making Every Dollar Count

| LESSONS | ITC QUESTIONS FOR EACH LESSON |
|-------------------------|--------------------------------------|
| Setting Goals | No Question - just Demographics card |
| Making Choices | No Question - just Demographics card |
| Stretch Your Dollars | No Question - just Demographics card |
| Budgeting Basics | No Question - just Demographics card |
| Paying Bills on Time | No Question - just Demographics card |
| When You Can't Pay Cash | No Question - just Demographics card |
| Saving Money on Food | Meal Planning |
| Food Advertising | No Question - just Demographics card |

Table 12. Intent to Change Questions – Plan, Shop, Save and Cook

| LESSONS | ITC QUESTIONS FOR EACH LESSON |
|-------------------|-------------------------------|
| Meal Planning | Make a List |
| Using Food Labels | Food Label |
| Saving Money | Unit Prices |
| Cooking a Meal | Meal Planning |

Evaluation Tools and Location of Data Entry Portals

Table 13. Evaluation Tools and Location of Data Entry Portals

| EVALUATION TOOL | DATA ENTRY PORTAL* see website for links to portals |
|---|--|
| Teacher Observation Tools – TOT, PA TOT | Qualtrics |
| Taste Test Tools – Adult TTT, Youth TTT, PreK TTT, Large Group TTT | Qualtrics |
| Youth Engagement Surveys – YPAR, Teens as Teacher, Youth Leader | Qualtrics |
| Intent to Change Surveys | PEARS |
| Pre/Post Surveys – FBC+PA, PSSC, HHF | PEARS |
| What Did You Learn? (WDYL) | PEARS |
| Adult Qualitative Feedback Survey – <i>for local UCCE team use</i> | No portal |
| Smarter Lunchrooms and Smarter Mealtimes Scorecards | Qualtrics |
| CFHL, UC's School Garden Assessment Tool | Save in Box |
| CATCH Lesson Observation Tool | Qualtrics |
| Stencil Assessment – playground scan, teacher survey | Qualtrics |
| Site Level Assessment Questionnaires (SLAQs) | Survey123 |

Notes: *See [Evaluation webpage](#) for links to the survey/assessment data entry portals.