

UNIVERSITY OF CALIFORNIA



cal fresh Nutrition Education

Dear Teacher,

This year, the University of California CalFresh Program (UC CalFresh) will work or has worked with you to provide nutrition and physical activity lessons. Our goal is to teach children about healthy eating habits to help them stay healthy and perform well in school. Our program is funded by USDA and is free to your school.

To find out how well our lessons work, we plan to ask your students how they like the healthy foods offered in class. We also plan to ask you about changes that you have seen. For example, *can more students identify healthy food choices or for younger children can they identify two or more vegetables*. If you were to participate in a UC CalFresh training, we might also ask you to complete a feedback survey. The surveys are very brief and will not take more than 10 minutes to complete. However, completing the surveys is completely voluntary and will in no way affect your classrooms participation in the UC CalFresh program.

If you have any questions about the surveys, just ask us!

Name of your local UC CalFresh educator: _____

Phone number: _____

You may also contact our UC CalFresh State Director:

Kamaljeet Khaira, University of California at Davis, One Shields Ave, Davis CA 95616
(530) 752-0555

If you have any concerns or complaints about our UC CalFresh Nutrition evaluation, you may also contact the Institutional Review Board, University of California at Davis at (916) 703-9151, from 8:00 a.m. to 5:00 p.m., Monday through Friday, or by writing to the Institutional Review Board, CTSC Bldg., Suite 1400, Rm. 1429, 2921 Stockton Blvd., Sacramento, California 95817.

Physical Activity – Teacher Observation Tool

The UC CalFresh program staff thank you for contributing to our evaluation efforts. Your feedback is important to us and will be used to improve our program. Please answer the following questions based on your observations of the students in your class during the past school year.

School/Site: _____ County: _____

Number of students in class today: _____ students
 (enter number in digits as in 10)

Grade: (choose what best fits your class) <ul style="list-style-type: none"> <input type="checkbox"/> Preschool <input type="checkbox"/> Grades K-2 <input type="checkbox"/> Grades 3-5 <input type="checkbox"/> Grades 6-8 <input type="checkbox"/> Multiple/mixed grades 	Please mark all curricula used this year: <table style="width: 100%; border: none;"> <tr> <td><input type="checkbox"/> Go, Glow, Grow</td> <td><input type="checkbox"/> My Amazing Body</td> <td><input type="checkbox"/> EatFit</td> </tr> <tr> <td><input type="checkbox"/> Good for Me and You</td> <td><input type="checkbox"/> TWIGS</td> <td><input type="checkbox"/> Hunger Attacks</td> </tr> <tr> <td><input type="checkbox"/> Grow it! Try it! Like it!</td> <td><input type="checkbox"/> Power Play</td> <td><input type="checkbox"/> CATCH</td> </tr> <tr> <td><input type="checkbox"/> Happy Healthy Me</td> <td><input type="checkbox"/> Nutrition to Grow On</td> <td><input type="checkbox"/> Other (specify): _____</td> </tr> <tr> <td><input type="checkbox"/> Farm to Fork</td> <td><input type="checkbox"/> Discovering Healthy Choices</td> <td>_____</td> </tr> <tr> <td><input type="checkbox"/> It's My Choice...Eat Right! Be Active</td> <td><input type="checkbox"/> Cooking up Healthy Choices</td> <td>_____</td> </tr> <tr> <td></td> <td><input type="checkbox"/> Healthy Choices in Motion</td> <td>_____</td> </tr> </table>	<input type="checkbox"/> Go, Glow, Grow	<input type="checkbox"/> My Amazing Body	<input type="checkbox"/> EatFit	<input type="checkbox"/> Good for Me and You	<input type="checkbox"/> TWIGS	<input type="checkbox"/> Hunger Attacks	<input type="checkbox"/> Grow it! Try it! Like it!	<input type="checkbox"/> Power Play	<input type="checkbox"/> CATCH	<input type="checkbox"/> Happy Healthy Me	<input type="checkbox"/> Nutrition to Grow On	<input type="checkbox"/> Other (specify): _____	<input type="checkbox"/> Farm to Fork	<input type="checkbox"/> Discovering Healthy Choices	_____	<input type="checkbox"/> It's My Choice...Eat Right! Be Active	<input type="checkbox"/> Cooking up Healthy Choices	_____		<input type="checkbox"/> Healthy Choices in Motion	_____
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	<input type="checkbox"/> Healthy Choices in Motion	_____																				
(For schools, not ECE sites) I am responsible for providing physical education (PE) for my class: <ul style="list-style-type: none"> <input type="checkbox"/> Yes, all of the PE <input type="checkbox"/> Yes, some of the PE <input type="checkbox"/> No / never 	I am responsible for supervising students during outdoor play times (recess, am/pm breaks, lunch, etc.): <ul style="list-style-type: none"> <input type="checkbox"/> Yes, regularly <input type="checkbox"/> Yes, occasionally <input type="checkbox"/> No / never 																					

Please answer the following questions based on your observations of the students in your class during the past school year.

Compared to the beginning of the school year, <u>more students now...</u>	Examples / Notes	Strongly agree	Agree	Not sure	Disagree	Strongly disagree	Unable to discover or N/A
1. ...enjoy doing physical activities.							
2. ...ask to repeat specific physical activities introduced during the year.	<i>CATCH activities, Go Noodle, etc.</i>						
3. ...ask for additional opportunities for physical activity.							
4. ...participate in physical activity.							
5. ...spend at least 50% of PE time in moderate to vigorous physical activity.	<i>N/A for ECE sites</i>						
6. ...meet the State PE or DRDP physical activity standards.	<i>ECE DRDP = Desired Results Developmental Profile</i>						

Please answer the following questions reflecting on your interactions with your class during the past school year.

Compared to the beginning of the school year, I (the teacher) <i>now</i> ...	Examples / Notes	A lot more often	Somewhat more often	About the same as before	Not sure or N/A
7. ...am enthusiastic about physical activity.					
8. ...encourage all students to be actively involved during PE/structured play times.					
9. ...create a physical activity environment that supports students at <u>all ability levels</u> .					
10. ...use brain breaks or active energizers with my class.	<i>N/A for ECE sites</i>				
11. ...use the playground to teach academic concepts through movement.					
12. ...promote physical activity opportunities outside of the school day.					

Please add any explanations or comments about your responses to the questions above.

(Name specific physical activities requested, describe successful strategies to engage students in PA, list popular brain breaks, explain improvements in achieving PA standards, etc.)