

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.

This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.

UC CalFresh Teacher Observation Tool

Instructions: Thank you for the opportunity to work with your students. Your feedback is important to us. Please answer the following questions based on your observations of the students in your classroom during the past school year.

County: _____ School: _____

Grade (Choose what best fits your class): Preschool Kindergarten Grades 1-3 Grades 4-6

Number of Students: _____

Location of current school: Urban Rural Suburban

How many years have you taught school? _____

Please indicate which nutrition curriculum was used this year.

| Go, Glow, Grow | Happy, Healthy Me | Nutrition to Grow On | Power Play | Farm to Fork | TWIGS | Hunger Attack | EatFit | My Amazing Body | Good for Me and You | It's My Choice... Eat Right! Be Active! | Grow it! Try it! Like it! | Discovering Healthy Choices |
|----------------|-------------------|----------------------|------------|--------------|-------|---------------|--------|-----------------|---------------------|---|---------------------------|-----------------------------|
| | | | | | | | | | | | | |

Other (specify): _____

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

| | Strongly agree | Agree | Not sure | Disagree | Strongly disagree | Unable to discover |
|--|----------------|-------|----------|----------|-------------------|--------------------|
| 1. Compared to the beginning of the school year, more students now bring fruit and/or veggies as a snack. | | | | | | |
| 2. Compared to the beginning of the school year, more students now wash hands more often before handling food. | | | | | | |
| 3. Compared to the beginning of the school year, more students now can identify healthy food choices. | | | | | | |
| 4. Compared to the beginning of the school year, more students now are willing to try new foods offered at school. | | | | | | |
| 5. Compared to the beginning of the school, more students now choose fruits and/or veggies in the cafeteria or during classroom parties. | | | | | | |

| | A lot more often | Somewhat more often | About the same as before | Not sure/unable to respond | Not applicable or no outside food allowed in class |
|--|------------------|---------------------|--------------------------|----------------------------|--|
| 6. Compared to the beginning of the school year, I (the teacher) <i>now</i> offer healthy food choices to the students (at parties, snacks, rewards). | | | | | |
| 7. Compared to the beginning of the school year, I (the teacher) <i>now</i> encourage students to eat breakfast. | | | | | |
| 8. Compared to the beginning of the school year, I (the teacher) <i>now</i> remind families to bring healthy snacks for school parties. | | | | | |
| 9. Compared to the beginning of the school year, I (the teacher) <i>now</i> encourage the students to be physically active | | | | | |
| 10. Compared to the beginning of the school year, I (the teacher) <i>now</i> make healthier personal food choices. | | | | | |

11. How many years have you participated in our University of California youth nutrition education program before this year?

- <1 year
 1-2 years
 3-4 years
 5-6 years
 7-8 years
 9-10 years
 >10 years

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