



Dear Teacher,

This year, CalFresh Healthy Living, University of California (UC) 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 CalFresh Healthy Living, UC 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 CalFresh Healthy Living, UC.

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

Name of your local CalFresh Healthy Living, UC educator: _____

Phone number: _____

You may also contact our CalFresh Healthy Living, UC State Director: Kamaljeet Khaira, University of California at Davis, 1651 Alhambra Blvd, Suite 130, Sacramento, CA 95816 (916) 450-2800

If you have any concerns or complaints about our CalFresh Healthy Living, UC 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.



Teacher Observation Tool (TOT)

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.

School/Site: _____ **County:** _____

Number of Students: _____ students

How many years have you taught school?

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

Grade: <i>(choose what best fits your class)</i> <input type="checkbox"/> Preschool <input type="checkbox"/> TK/Kinder <input type="checkbox"/> Grades 1-3 <input type="checkbox"/> Grades 4-6	Please indicate which nutrition curriculum was used in this class: <table><tr><td><input type="checkbox"/> CATCH</td><td><input type="checkbox"/> Good for Me and You</td><td><input type="checkbox"/> It's My Choice...Eat Right! Be Active</td><td><input type="checkbox"/> Power Play!</td></tr><tr><td><input type="checkbox"/> Cooking Academy</td><td><input type="checkbox"/> Great Garden Detectives</td><td><input type="checkbox"/> Learn it, Grow it, Taste it!</td><td><input type="checkbox"/> SPARK</td></tr><tr><td><input type="checkbox"/> Discover MyPlate</td><td><input type="checkbox"/> Grow it! Try it! Like it!</td><td><input type="checkbox"/> Learn, Grow, Eat, Go</td><td><input type="checkbox"/> TWIGS</td></tr><tr><td><input type="checkbox"/> Discovering Healthy Choices</td><td><input type="checkbox"/> Happy Healthy Me</td><td><input type="checkbox"/> Let's Eat Healthy</td><td><input type="checkbox"/> UP4it</td></tr><tr><td><input type="checkbox"/> EatFit</td><td><input type="checkbox"/> Harvest of the Month</td><td><input type="checkbox"/> My Amazing Body</td><td><input type="checkbox"/> Other (<i>specify</i>): _____</td></tr><tr><td><input type="checkbox"/> Farm to Fork</td><td></td><td><input type="checkbox"/> Nutrition To Grow On</td><td>_____</td></tr><tr><td><input type="checkbox"/> Go, Glow, Grow</td><td></td><td></td><td>_____</td></tr></table>	<input type="checkbox"/> CATCH	<input type="checkbox"/> Good for Me and You	<input type="checkbox"/> It's My Choice...Eat Right! Be Active	<input type="checkbox"/> Power Play!	<input type="checkbox"/> Cooking Academy	<input type="checkbox"/> Great Garden Detectives	<input type="checkbox"/> Learn it, Grow it, Taste it!	<input type="checkbox"/> SPARK	<input type="checkbox"/> Discover MyPlate	<input type="checkbox"/> Grow it! Try it! Like it!	<input type="checkbox"/> Learn, Grow, Eat, Go	<input type="checkbox"/> TWIGS	<input type="checkbox"/> Discovering Healthy Choices	<input type="checkbox"/> Happy Healthy Me	<input type="checkbox"/> Let's Eat Healthy	<input type="checkbox"/> UP4it	<input type="checkbox"/> EatFit	<input type="checkbox"/> Harvest of the Month	<input type="checkbox"/> My Amazing Body	<input type="checkbox"/> Other (<i>specify</i>): _____	<input type="checkbox"/> Farm to Fork		<input type="checkbox"/> Nutrition To Grow On	_____	<input type="checkbox"/> Go, Glow, Grow			_____
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<input type="checkbox"/> Go, Glow, Grow			_____																										

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.						

Teacher Observation Tool (TOT)

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

	A lot more often	Somewhat more often	About the same as before	Not sure / 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.