

Husky Nutrition Programs

Husky Reads: Process Evaluation Report

SNAP-Ed Annual Report, FY 2018

Name: Husky Reads

Type of Evaluation: Process Evaluation

Questions

- Are lessons delivered with fidelity?
- Do classroom teachers agree that lessons are enjoyable for the children?
- Do classroom teachers agree that lessons are age appropriate?
- Do classroom teachers agree that lessons are effective (increased children's knowledge of healthy food options, willingness to try new foods and recognition of MyPlate)?

Approach:

The FFY 2018 fidelity checks used lesson-specific observation-based checklists and a feedback survey administered to the classroom teacher. Fidelity observation checklist topics assessed program duration, delivery of learning objectives and talking points, and engagement of children during the book, activity and taste testing. Specifically, the checklist includes items to assess whether the following types of talking points and learning objectives are conveyed:

- Weekly Recap of MyPlate – food groups by name and color
- Previous lesson recap – brief review of the food group, including health benefits, and types of food
- Recognize food group by name, color, and first letter
- Identifying types of foods in a food group
- Health benefit of food group
- Varies with the lesson, (e.g. Where dairy comes from, exercise types)

The checklist also asks if linkages were made to learning objectives and talking points when presenting the book and activity, if food safety standards are met during the tasting, and about delivery (e.g., engaging the children, conveying a positive attitude, acting as role model for trying food, and age-appropriate delivery).

The teacher survey measures the classroom teacher's perspective on whether the child enjoyed the lesson, if it was age appropriate, and if the lesson increased children's knowledge of healthy food options, willingness to try new foods, and recognition of MyPlate.

During the FFY 2018 Husky Reads summer program cycle, the evaluation team completed 38 fidelity check observations. These observations occurred during delivery of four of the 10 weekly lessons during the period from July 25 through August 15, 2018. The four lessons addressed were Fruit, Dairy, Grains, and Protein & Exercise. Coordination of the fidelity check schedule took into account the variety of lessons, sites, classrooms, nutrition educators, and timing of program delivery.

Planned use: Results from the fidelity check are intended to inform areas where nutrition educators may benefit from additional training to deliver lessons and to identify aspects of the written lesson plan that may benefit from revision.

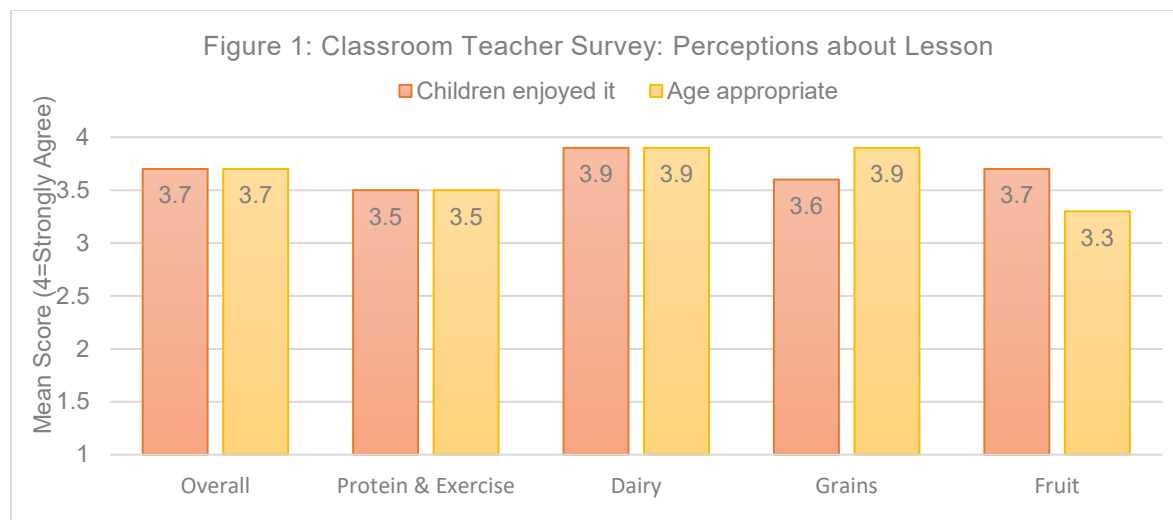
Prior evaluation: No previous fidelity check reports available.

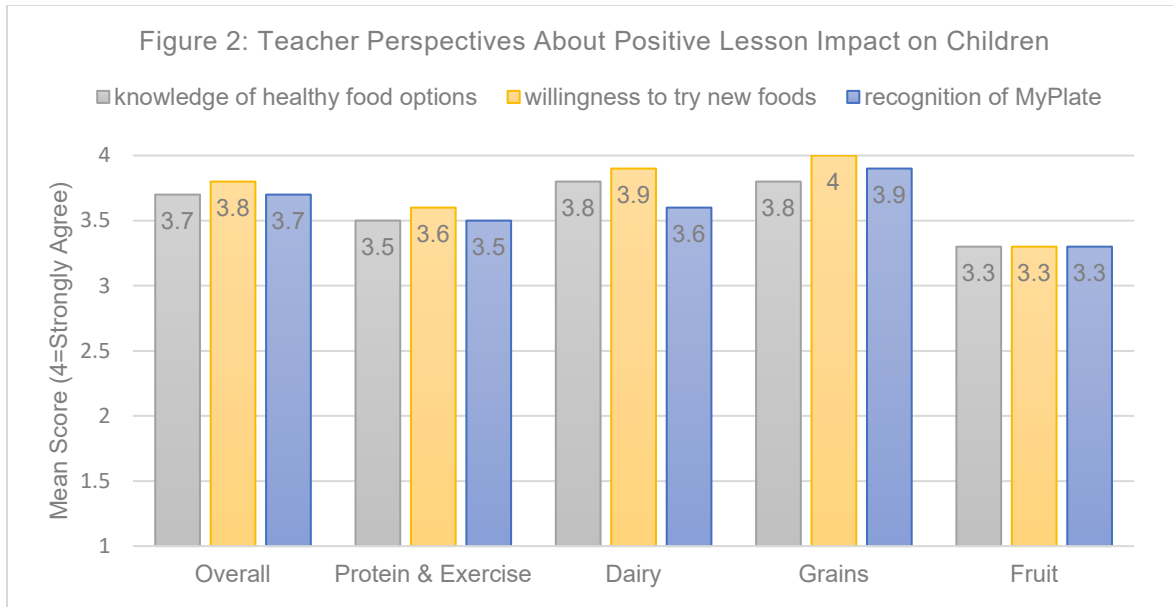
Use of SNAP-Ed Priority Indicators: not applicable.

Results.

Based on the 38 fidelity check observations, lesson delivery was consistent with the design. Although lesson delivery was consistent with design, fidelity checks led to the identification of a few opportunities to improve the lesson plans. During several observations across different lessons, nutrition educators delivering the lesson did not make active linkages between 1) the book and learning objectives and/or 2) the activity and learning objectives. In addition, the time spent delivering the lessons sometimes varied. Specifying how to make linkages between the book and activity to the learning objectives or key talking points and adding delivery length recommendations for each stage of the lesson may be an important step to strengthening and further standardizing programming.

On the teacher survey, teacher responses affirm the age appropriateness, perceived effectiveness and children’s enjoyment of the Husky Reads lessons. Teachers completing the survey agreed or strongly agreed that the given lesson increased children’s knowledge of healthy food options, increased children’s willingness to try new foods, and increased children’s recognition of MyPlate.





Teachers were also asked for any other feedback they would like to share with the Husky Reads team about their students experience with the program. Some teachers took this opportunity. The following comments reflect the perceived value of the Husky Reads program:

- *We appreciate the lessons and activities with us. When we talk with our children about nutrition and MyPlate, they always said: "The teacher from Husky told me." They have a lot knowledge about the different groups because you helped them to learn about it. Thank you very much.*
- *It is a fun, engaging way for the children to try new foods and learn about their bodies / healthy eating. My students really enjoyed the experience.*
- *I love the fact that from now on whenever we serve lunch, the students would comment on the food and they would mention what they learned about what's healthy to eat and what's not.*