

Development of a Short Nutrition Education Intervention for High School **Students Enrolled in a Culinary or Agriscience Program**



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BACKGROUND

Adolescent Fruit and Vegetable (FV) Intake Patterns

Current Daily FV Intake ¹

- 0.8 cups of fruit
- 1.1 cups of vegetables

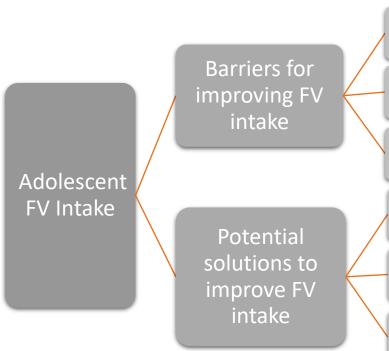
Daily FV Recommendations

- 2 cups of fruit
- 3 cups of vegetables

Percent Meeting ecommendations ^{*}

- 7% meet fruit
- 2% meet vegetable

Guide to Understanding Adolescent FV Intake



nly 8 hours of nutrition education

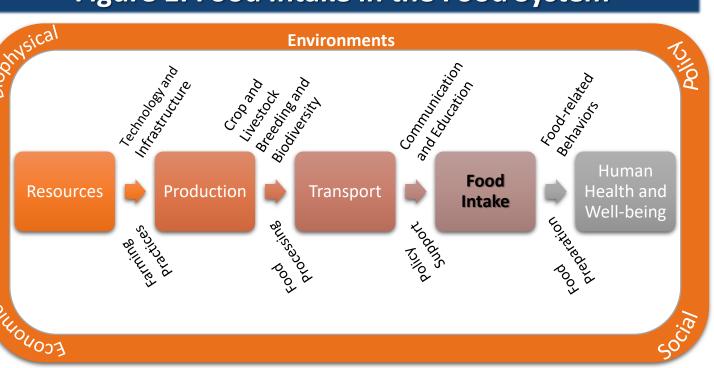
Objective:

To develop a short nutrition education intervention to enhance culinary and agriscience high school (HS) students' nutrition education and subsequently increase their FV intake.





Figure 1. Food Intake in the Food System⁵



METHODS

Figure 2. Nutrition Education Modules



Activity: Know, Wonder, Learn chart

Snack: Berries with Greek yogurt

Story Submission:

Introduce us to your classroom space by sharing places or items that have meaning to you. What is something in this space that is new to you?



MyPlate **FV** Consumption Veggie Meter

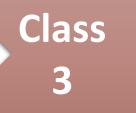
Activity: Build Your Own Plate

Hummus with Peppers and Carrots

Snack:

Story Submission:

What is a vibrantly colored food that you have cooked with or grown in this class that you had never eaten before? How will you add it to your diet?



Topics: Problem Solving Healthy Eating SMART Goals

Activity: Problem Solving Worksheet

Snack: Roasted Carrots **Story Submission:**

What is a goal you want to set to better your health and nutrition? Is it trying new fruits and veggies regularly? Cooking more meals each week instead of eating out?



Topics: The Food Label Culinary and Agriscience Careers

Volunteerism

Activity: Semester Recap Kahoot

Snack: **Roasted Chickpeas**

Story Submission:

How can you use your new knowledge beyond the classroom? How, if at all, has this class influenced your future career or educational plans?

Table 1. Outcomes to be Assessed

Anthropometric Data (Height, Weight, Skin Carotenoid Status (SCS))

Short Healthy Eating Index (sHEI) (Diet Quality Assessment)

Youth Food Security Status

Nutrition Knowledge

General Health & Eating Self Efficacy

Agriculture Literacy

Critical Thinking Skills

Motivation to Learn About Growing or Preparing Food Assessment

Stages of Change for FV Intake

General Demographics

Student Volunteer Interest and History

Youth Gardening Experience

Figure 3. Intervention Development Process

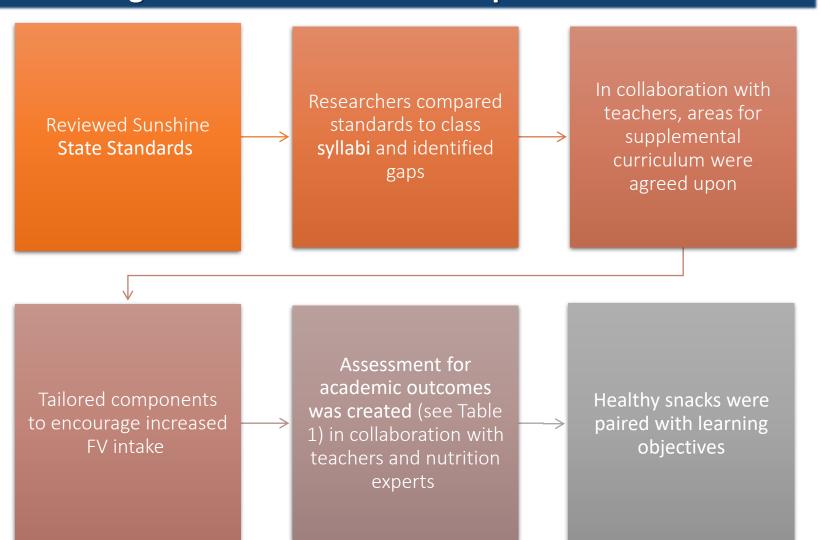
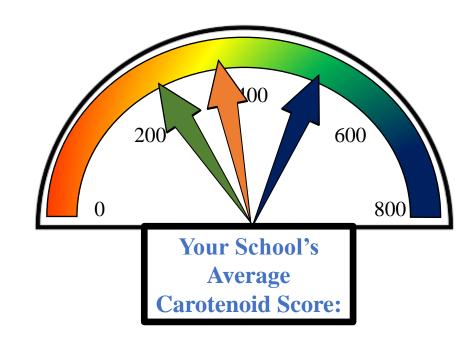


Figure 4. SCS Classroom Competition Poster



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