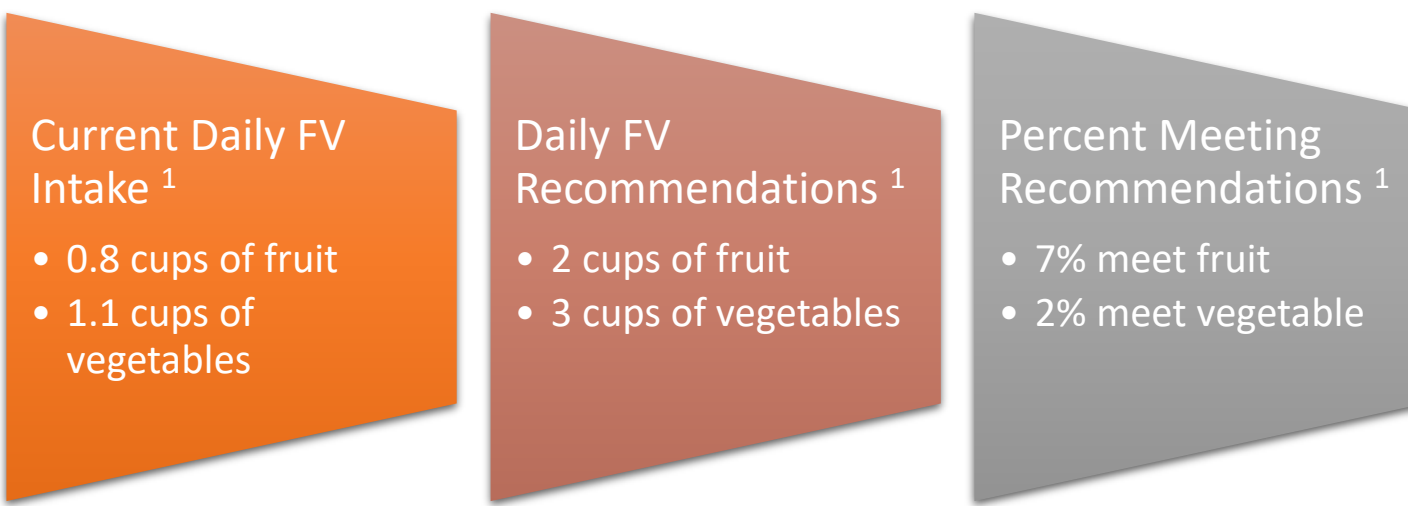


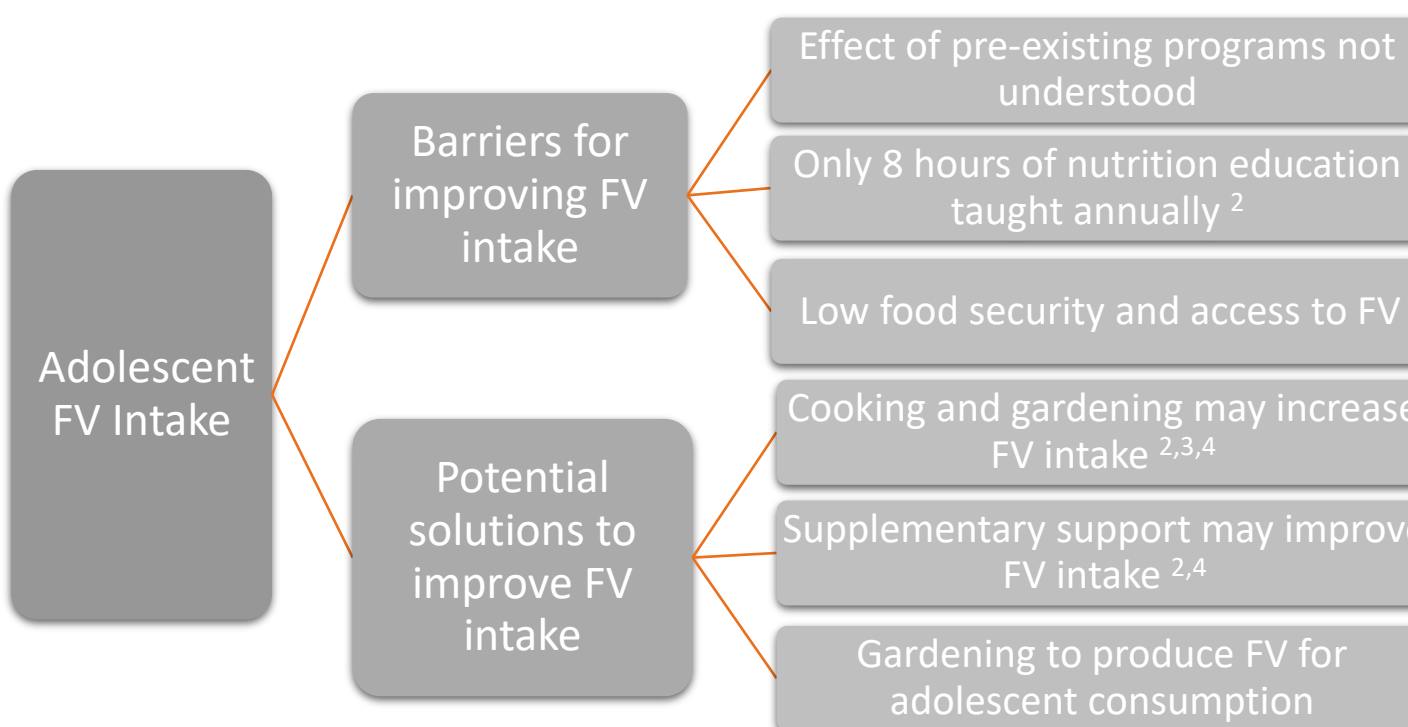
Miranda Badolato, Kristina Cajiao, Sierra Woodruff, Karla Shelnett, Lisa House, Anne Mathews

BACKGROUND

Adolescent Fruit and Vegetable (FV) Intake Patterns



Guide to Understanding Adolescent FV Intake

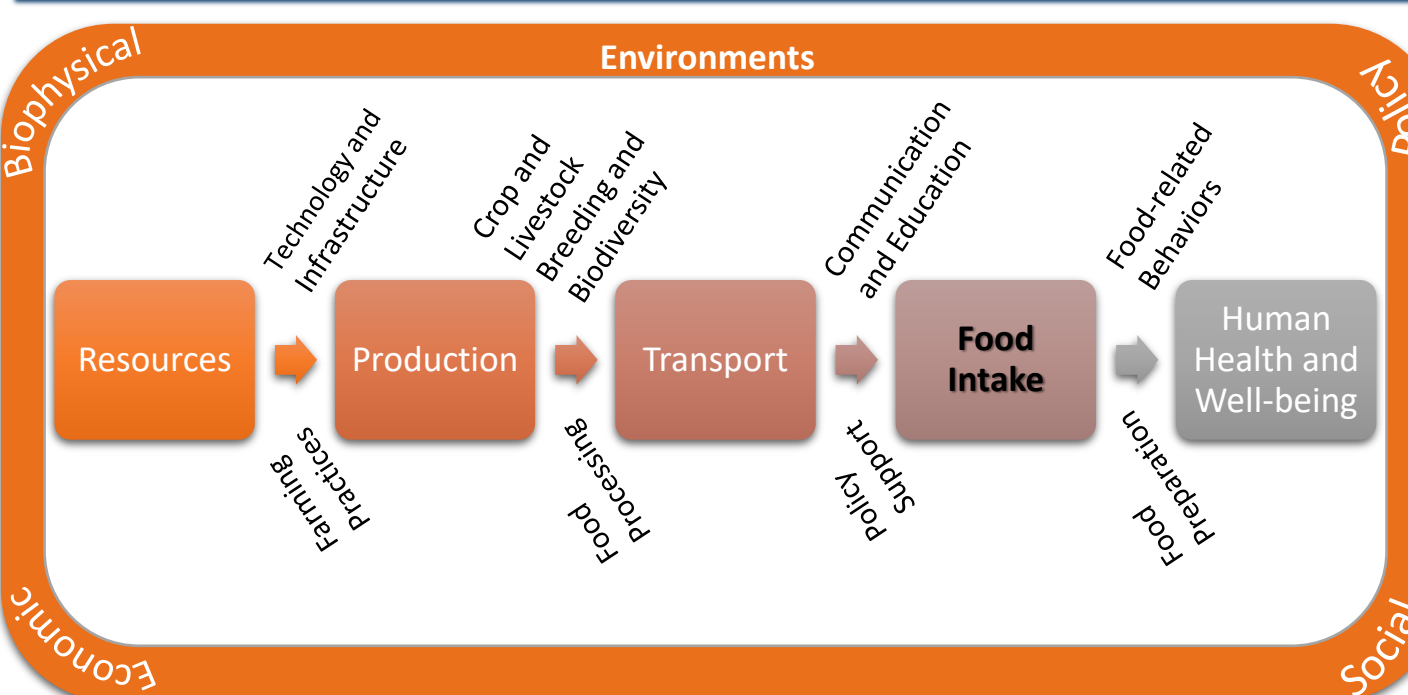


Objective:

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



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

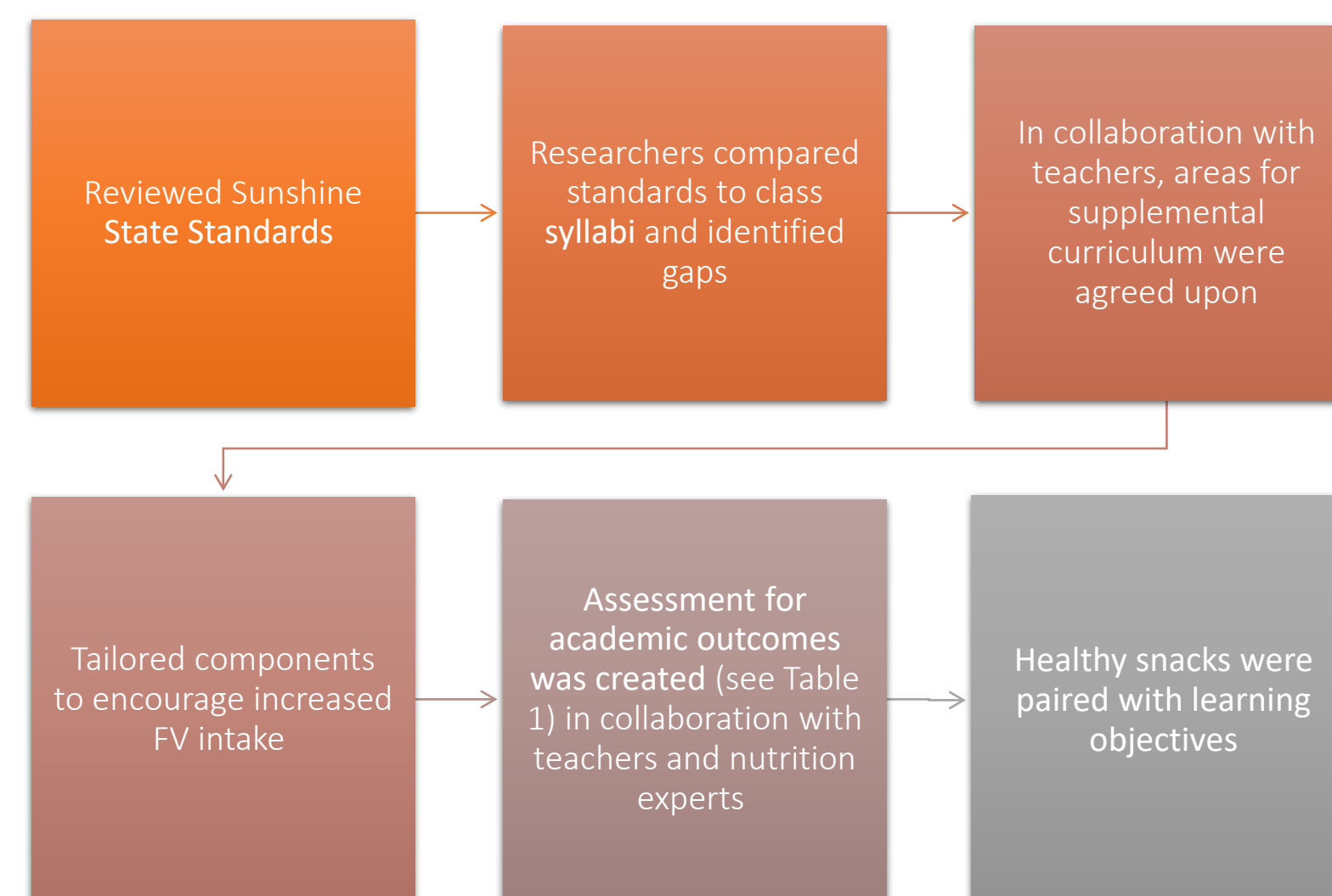
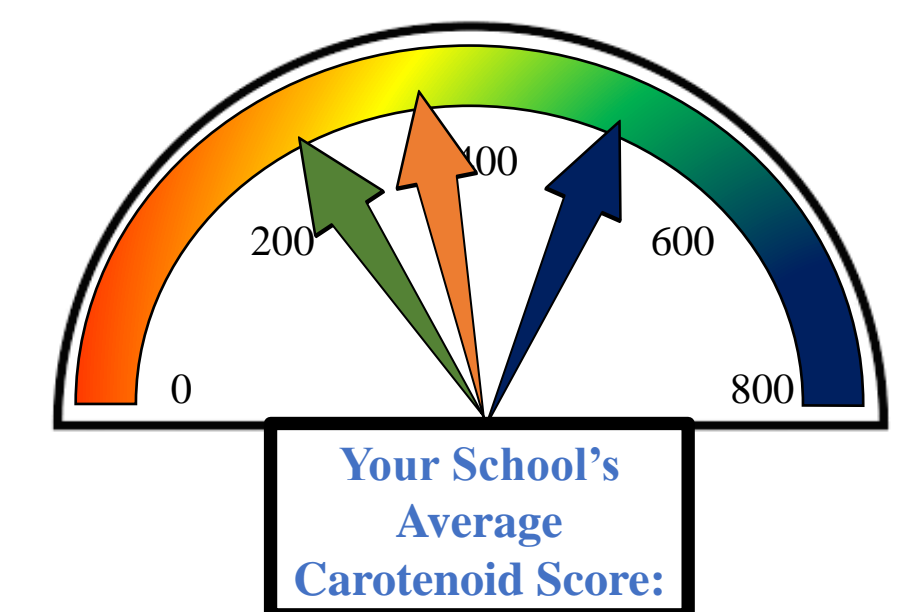


Figure 4. SCS Classroom Competition Poster



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