**METHODS**

that 3 cups of vegetables

Centers for Disease Control and Prevention. (2021, February 15). sharing places or items and identified 0.8 cups of fruit

What is something in this space that is new to you?


Centers for Disease Control and Prevention. (2021, January 22). Food Production

Adolescent Fruit and Vegetable (FV) Intake Patterns

Current Daily FV intake

• 0.8 cups of fruit

• 1.3 cups of vegetables

Biology

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

Hummus with Peppers and Carrots

Meal Kit Project

Community Empowerment

Know, Wonder, Learn chart

Berries with Greek yogurt

Snack: FV Consumption

Veggie Meter

Build Your Own Plate

Snack: Healthy Eating SMART Goals

Problem Solving

MyPlate

FV intake

Chapter 2

Cooking and gardening may increase FV intake 2,3,4

Supplementary support may improve FV intake 1,2

Gardening to produce FV for adolescent consumption

Class 1

Class 2

Class 3

Class 4

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

Reviewed Sunshine State Standards

Researchers compared standards to class syllabus and identified gaps.

In collaboration with teachers, areas for supplemental curriculum were agreed upon.

Tailored components to encourage increased FV intake

Assessment for academic outcomes was created (see Table 5) in collaboration with teachers and nutrition experts

Healthy snacks were paired with learning objectives

Figure 4. SCS Classroom Competition Poster

REFERENCES


School gardens enhance academic performance and dietary outcomes in children.