

# ★ EVALUATION of FOODPLAY ★

showing dramatic improvement in student knowledge, attitudes,  
and behaviors regarding nutrition!

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- SUMMARY:** The FOODPLAY Program intervention showed dramatic results improving the nutrition and health knowledge, attitudes, and behaviors of fourth graders throughout Massachusetts and Rhode Island.
- METHOD:** Pre- and post-test evaluations were administered to 1200 fourth graders throughout Massachusetts and Rhode Island prior to and one week following the FOODPLAY intervention.
- EVALUATION:** Sponsored by the U.S. Department of Agriculture (USDA), and Massachusetts and Rhode Island Departments of Education; Evaluated by Dr. Catherine English, Food and Nutrition Department, University of Rhode Island.

**Over 90% of Teachers and Principals gave FOODPLAY  
the highest rating of “Excellent!”**

**The majority of students reported telling their parents about what they  
learned from FOODPLAY when they got home from school!**

## **IMPROVEMENTS IN BEHAVIOR**

(Self-reported)

*One week after students participated in FOODPLAY:*

- ★ 80% reported “...eating more healthfully.”
- ★ 68% reported “...eating breakfast more often.”
- ★ 75% reported “...eating more fruits and vegetables.”
- ★ 70% reported “...eating fewer sweets.”
- ★ 69% reported “...drinking less soda.”
- ★ 68% reported “...eating less fatty food like chips and greasy fast foods”
- ★ 66% reported “...reading ingredient labels more often.”

## **IMPROVEMENTS IN KNOWLEDGE**

- ★ 225% overall increase in student knowledge of the recommended daily amount of fruits and vegetables to consume!
- ★ 90% of students correctly identified the main ingredient of a food label. (Up from 53%)
- ★ 85% correctly reported that a can of cola has ten teaspoons of sugar. (Up from 21%)
- ★ 63% were able to put all food groups in their correct place on the food pyramid. (Up from 37%)
- ★ 75% correctly knew that “Grains” is the group from which to eat the most. (Up from 18%)



1-800-FOODPLAY • info@foodplay.com  
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# ★ FOODPLAY Feedback ★

“FOODPLAY was so cool! I’m going to stop drinking soda. I’m going to start drinking water instead!”

– Louis, 2nd Grader, NM

“FOODPLAY was incredible! In my 17 years in education, I have not seen anything better!”

– Gary Gerst, Principal, Waterman Primary School, Skaneateles, NY

“I can’t say enough about what a positive experience FOODPLAY has been for our district. FOODPLAY provides fun-filled nutrition education through a wonderful theatrical performance that the children absolutely loved. Watching kids’ reactions and seeing their faces was nourishing to the soul and a great reminder of why what we do every day is so very important! FOODPLAY is an excellent return on investment as it generates enthusiasm about school nutrition programs and promotes the great foods being served in our cafeteria!”

– Yolanda Burt, MS, RD, CD-N and Brunella Ibarrola, MS, RD, CD-N,  
Food & Child Nutrition Services, Hartford Public Schools, Hartford, CT

“FOODPLAY was amazing! Difficult concepts like reading food labels and making good choices were explained in a way that children were interested in and seemed to understand!”

– Cathy Kennedy, Teacher, Gladwin Elementary, Gladwin, MI

“The performers were high energy, entertaining, and terrific at engaging the kids in learning about nutrition. It was really exciting to hear the students talk to each other about what they learned and how they were going to make an effort to make healthier choices. The resources you sent home were great for parents as well.”

– Donna Umlauf, Parent, Stall Brook Elementary, Bellingham, MA

“Thanks for the wonderful show. Now I started eating better and healthier foods. P.S. My mother says thank you, too!”

– Sasha, 3<sup>rd</sup> Grader, CT

“FOODPLAY was AWESOME! I was impressed with the messages conveyed - it is exactly what food service is trying to teach and helps students understand the new meal pattern. I definitely recommend FOODPLAY to other food service directors as the programs are worth every penny!”

– Jamye Stokes, Food Service Director, Logan County Schools, KY

“FOODPLAY is really building capacity among everyone in this community. I truly have high hopes that this education will decrease the amount of health problems and ultimately increase our student achievement and, of course, foster well-rounded individuals. Thank you, thank you, thank you!”

– Kristine Czar, Principal, Glazier Elementary, Norwalk, CA

“FOODPLAY was the best show we ever had - all the kids said so!”

– Heather, 5<sup>th</sup> Grader, NY

“FOODPLAY was fantastic - one of the best programs that has ever come to the school. They made the program so informational and their high energy made it very enjoyable. In fact, we are doing extension activities on what we learned.”

– Teacher, Velasco Elementary, Freeport, TX

“FOODPLAY had a huge impact at Oak Grove Elementary that goes well beyond the show that the kids loved. We are now putting together a Health and Wellness Committee at our school. I think every school needs one – thanks to FOODPLAY for lighting the fire under me to get the ball rolling!”

– Patty Cervenka, Parent & PTA VP of Programs, Oak Grove Elementary, Raleigh, NC

“We are huge FOODPLAY fans! The shows are right on target for the message we are trying to convey to our students. It is a great way to reach the entire student body with a minimum of expense and time.”

– Donna Martin, EdS, RD, LD, SNS, School Nutrition Director,  
Burke County Board of Education, Waynesboro, GA