



★ EVALUATION of FOODPLAY ★

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

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%)



★ FOODPLAY Feedback ★

"Rave reviews! FOODPLAY presents sound nutrition messages in a thoroughly entertaining way, captivating children's attention throughout the whole show, and triggering school-wide excitement to create healthier school environments. Highly recommended!"

– Joan Nachmani, MS, CNS, SFNS, Director of Nutrition Education, School District of Philadelphia

"FOODPLAY is a great investment to help youngsters improve health now and prevent disease later in life!"

– Barbara Ruhs, MS, RD, Director, Neighborhood Nutrition, Cambridge, MA

"A great performance was had by all! ...I would recommend this wonderful play to every elementary school across the nation! Let's teach our children at a young age how to eat healthfully before it is too late."

– Lori Fafard, Assistant Principal, Taft Elementary School, Uxbridge, MA

"FOODPLAY is one of the most entertaining yet educational programs that I have seen. My students and staff raved about the program and I am sure that the message is one which will stay with them for a long time."

– Carmen Morales, Principal, Cordero Molina School, Camden, NJ

"Especially rewarding were the discussions in hallways and classrooms after the show and how students planned on making nutritional changes for the future. I recommend your program wholeheartedly to any school!"

– Diane Carreiro, Principal, Memorial School, Winchendon, MA

"...OUTSTANDING!!! The nutrition messages were age appropriate and creatively presented. The humor was timely, the messages were clearly stated, and student involvement peaked everyone's interest."

– Mary B. Patrick, Teacher, Huckleberry Hill School, Lynnfield, MA

"I've seen a number of shows designed to teach these concepts. Yours was by far the best! It was lively and never seemed to have a "down" moment. Your presentation touched all the grades and levels present."

– Kathy Kuehn, K.D. Teacher, Malone School, Rockaway, NJ

"As a teacher and parent, I can't recommend FOODPLAY enough..."

– Sharlene Daly, Teacher, Memorial School, Milford, MA

"You had no problem keeping 400 young students attentive with your humor, juggling, and antics, while teaching important nutrition information, FOODPLAY IS A MUST!"

– Donna Bunnell, Teacher, Orange Elementary Schools, Orange, MA

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

– Sasha, 3rd Grader, CT

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

– Heather, 5th Grader, NY

"The part I liked best was all of it!"

– Jillian, 3rd Grader, PA