

# Eat Well + Move



Date

## Instruction Guide

FY 2014-15

1. Circle kids being active.



# Eat Well + Move Instruction Guide



## Purpose of *Eat Well + Move* survey

- ▶ Learn about effectiveness of K-2 curriculum using national learning objectives
- ▶ Meet national Expanded Food and Nutrition Education Program's (EFNEP) youth outcome evaluation requirement
- ▶ Audience: Participating EFNEP youth/students in grades K-2

## Purpose of *Eat Well + Move* Instruction Guide

- ▶ Provide information for the *Eat Well + Move* survey
- ▶ Answer volunteer/teacher questions
- ▶ Promote consistency of data collection and entry
- ▶ Assist with training of new hires
- ▶ Audience: EFNEP Youth Educators and Supervisors

## How to use the *Eat Well + Move* survey

- ▶ Use one *Eat Well + Move* survey as a pre-test and a second *Eat Well + Move* survey as a post-test per enrolled youth participant
- ▶ Use with all participating classes/groups
- ▶ Use the first survey prior to the first lesson and the second survey after the last lesson

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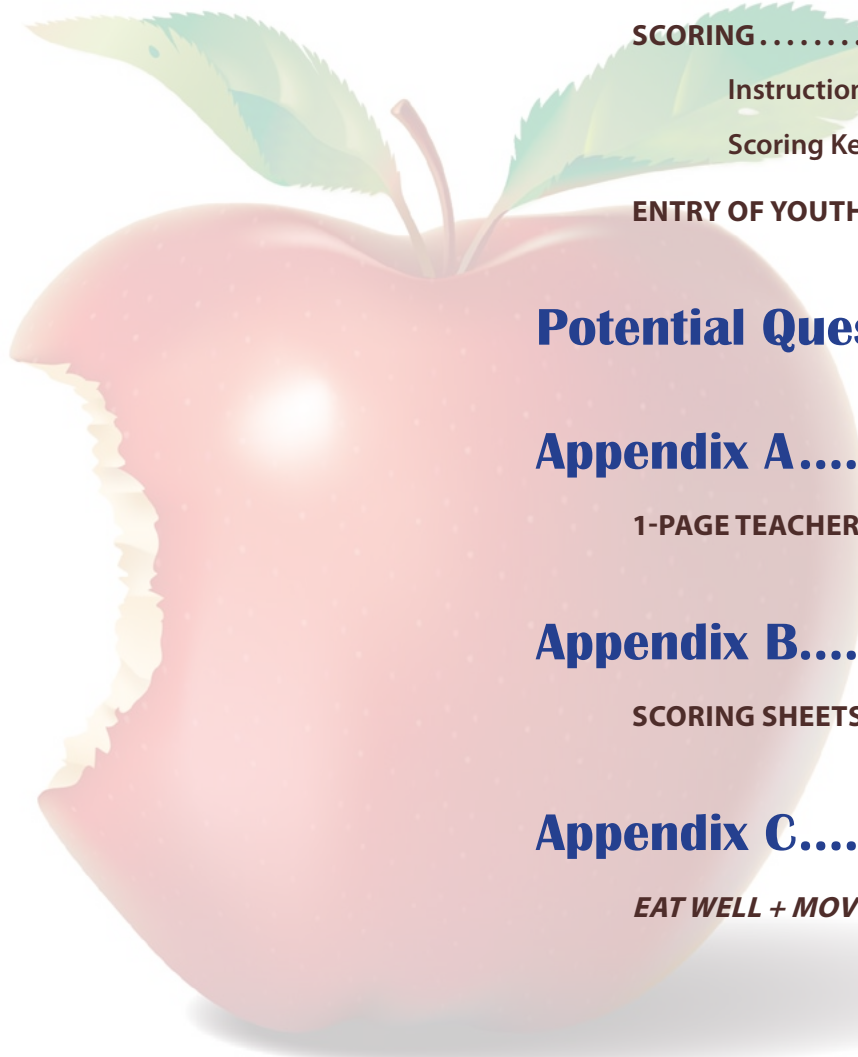
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# Background Information

**Why do we have a new name for the K-2 evaluation form?** The new survey name is a result of discussions and feedback received from California EFNEP educators and the national EFNEP Youth Evaluation Committee with the intention to have a child-friendly name. The name reflects the survey's subject matter content and is intentionally not the name of specific curricula.

**Why do we have a revised form for the K-2 evaluation tool?** During the last two years, the national committee received feedback from EFNEP coordinators, evaluators, educators and data entry staff. They provided feedback based on their expertise and on the experiences implementing the evaluation tools with participants. The revised form also took into consideration the feedback from the survey administered during the 2014 National EFNEP Conference to identify topics with the potential to have the biggest impact at this young age. Taking those suggestions into consideration, the Committee\*:

- ▶ reduced total questions from 10 to 6.
- ▶ decreased and standardized the number of responses to 4 options.
- ▶ revised the pictures to assure consistency of style and relative proportions to one another within one question.
- ▶ substituted some pictures with more appropriate ones for this age group.
- ▶ rephrased questions to improve readability.
- ▶ simplified color and design elements.

Additionally, during the 2014 EFNEP Conference coordinators identified the topics evaluated in the survey as potentially providing the biggest impact for this young age.

**Readability.** The goal is to improve readability of data collection forms. Given the literacy skills of this age group the questions were simplified by (1) removing unnecessary text; (2) replacing 3, 4 and 5 syllable words with 1 or 2 syllable words; (3) rephrasing items; and (4) eliminating the interrogative question format.

**Instruction Guide.** Making the evaluation form easier to read also makes the *Eat Well + Move Instruction Guide* more important to the data collection process. As words are simplified or removed, directions are placed in the



\* "Committee" refers to the national EFNEP Youth Evaluation Committee.

instruction guide. For this reason it is very important for the educators to read and follow this instruction guide. We encourage you to use this guide when administering *Eat Well + Move* to your EFNEP youth participants.

**Administering *Eat Well + Move*.** Each state with EFNEP programming is expected to use National EFNEP evaluation surveys/checklists\*\*. Who actually administers the tool will depend on your program and how you work with your partners. The committee recommends that Youth Educators administer the evaluation surveys/checklists. However, there may be instances where teachers or teacher assistants are required to administer the youth evaluation surveys/checklists due to schools' operational testing procedures.

National EFNEP's expectation is for each Youth Educator to use youth evaluation surveys/checklists with all youth participants enrolled. *Eat Well + Move* has been developed in English and translated to Spanish.

The youth evaluation surveys/checklists can be used in a group setting and are intended to be administered with a series of lessons. Rather than different evaluation surveys/checklists for each curriculum, these questions were selected based on the goals and objectives of EFNEP.

Universities may find that this survey is useful to other community-based Nutrition Education Programs for low-income audiences such as SNAP-Ed.

**Script.** The committee is providing a sample script to introduce the evaluation surveys/checklists to students. We suggest administering the evaluation surveys/checklists in a standardized way to ensure comparability of results. Here are general instructions on how to administer the evaluation surveys/checklists:

- ▶ For K-2, read the statements/questions to the students.
- ▶ Do not rephrase questions; read a question aloud exactly as written.
- ▶ The pre-evaluation (entry) surveys/checklists should be administered to all youth groups at the beginning of the first day of a given series, preferably as part of the first lesson.
- ▶ The post-evaluation (exit) surveys/checklists should be administered on the last day of the series.



\*\* WebNEERS identifies the evaluation survey as a checklist

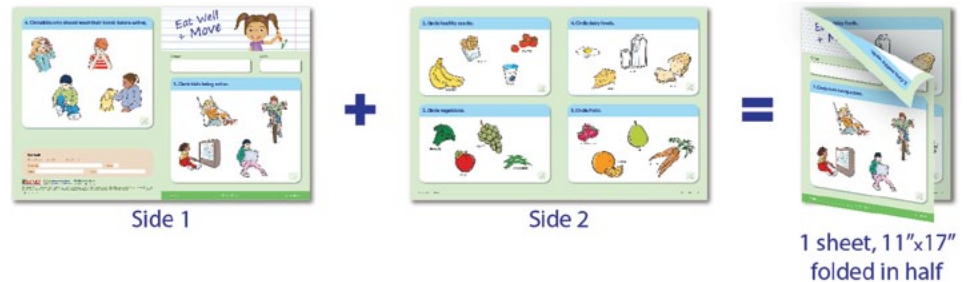


# Printing Instructions

## Preferred Printing

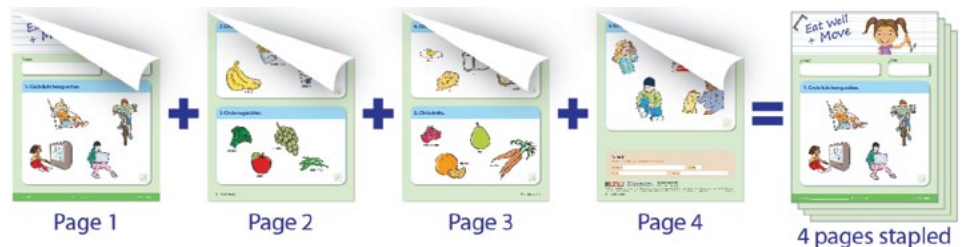
When considering print options, select an uncoated paper. This ensures that students are able to use pencils. Note: Pencils do not write on coated paper, also referred to as semi-gloss.

The *Eat Well + Move* survey is designed to be printed in full process color through a professional printing press on 11"x17" paper, double sided, folded to 8½"x11". The file is designed with a .125" bleed on each edge to allow the color to run off the edge of the page. This is the preferred printing option as this option is the easiest for both the student and the educator to use. It is important for this survey to be printed in full color to increase the student's ability to recognize the pictures. Both color and shape help students understand the content of the pictures [refer to Visual Information Processing Theories].



## Alternate Printing

If printing on 11"x17" is not available, printing on 8.5"x11" is possible. For this size of page print only single-sided and staple the pages in the upper left corner. If it is necessary to print in black and white, please use the black and white PDF file provided.



It is not recommended to print at a reduced size, smaller than 8.5"x11" pages or with multiple pages print on 8.5"x11" paper.



# Educator Instructions

There are two ways the Youth Educator might get this information/data from youth participants:

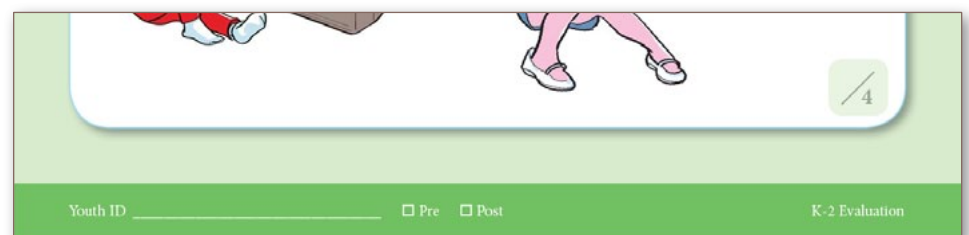
- ▶ **Committee's Preferred Method.** Youth Educator administers pre and post evaluation surveys/checklists directly to the enrolled youth: one survey, at Lesson 1 (before any nutrition education instruction), and a second survey after the last lesson of nutrition education. The Educator uses the script located on pg. 8-9.
- ▶ **Secondary Method.** Youth Educator trains the enrolled volunteer/teacher to administer the surveys/checklists to the enrolled youth and provides the 1-page teacher/volunteer script found in Appendix A of this instruction guide. This person administers the survey at Lesson 1 (before any nutrition education instruction), and a second survey after the last lesson of nutrition education.



## Using *Eat Well + Move*

This survey will probably take 10-30 minutes to administer to a classroom of students. A class of 2nd graders who read may finish the survey in 10-15 minutes. A class of Kindergarteners who have yet to learn to read may take as long as 20-30 minutes.

### FRONT COVER



There is a dark green section at the bottom of the front cover. Youth Educators will find a line for a "Youth ID". This code is used for data entry purposes. "Youth Identifier" is a required field in the WebNEERS system and can be used in place of a student's name. Youth Educators may find it helpful to have a system to generate custom and meaningful IDs. The suggested method for creating a "Youth Identifier/Youth ID" uses 6 characters.



The first 2 characters are the educator’s initials, the second 2 will be the student’s initials, and the last 2 will each be a number unique to the particular youth group.

For example:

- ▶ Youth Identifier: SWJR01
  - Youth Educator: *Sarah Wilson*
  - Student: *James Ramirez*
  - The *first* youth outcome data entered for this youth group

Note: A youth identifier can only be used once within a group. You can, however, have the same youth identifier in more than one youth group.

In this same dark green section Youth Educators can check the box next to “Pre” for the student’s first completion of *Eat Well + Move*, otherwise known as the pre-test. When the student completes *Eat Well + Move* after the last lesson, the Youth Educator should check the box next to “Post”.

## BACK COVER

**For Staff**  
This tool is for students in kindergarten, 1<sup>st</sup> or 2<sup>nd</sup> grade.

Curriculum  Grade

School  Teacher

University of California Agriculture and Natural Resources

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4 | K-2 Evaluation

The back cover, while optional, may be helpful for Youth Educators when organizing sets of *Eat Well + Move*.

Educators write in the name of the curriculum a volunteer/teacher used with their students. Additionally, Educators can add the school name and teacher name in the white boxes.

## EDUCATOR’S SCRIPT

The script is an example of what you might say to students as you take them through the *Eat Well + Move* survey for the pre-test (entry) and post-test (exit). You may read the script word for word until you are comfortable with the text. Be sure to read the script at a slow pace and take pauses often. Because this is for program evaluation, it is important to follow the script.







### Pre-test (entry) script

Today I need your help. We are going to complete a survey. There are six questions about food and exercise. I will read a question and you will mark your answers.

### Post-test (exit) script

You may remember doing this survey. (Hold up a sample of *Eat Well + Move*.) You will be answering this survey again. Your answers this time may be different from the first time. There are six questions about food and exercise. I will read a question and you will mark your answers.

Pass out *Eat Well + Move* survey.

Please write your name or ID# on the front page in the first white box.

Wait for students to write name.

Write the date in the next white box. The date is written on the board. Today's date is \_\_\_\_ (say current date). If you have any questions, please raise your hand.

Wait for students to write the date.

## Q1

Question 1 is about being active and moving your body. Can you find question 1?... (Point to each picture.) There are pictures of a girl swinging,... a boy riding his bike,... a girl watching TV,... and a girl playing on her computer. .... 'Circle the pictures that show kids being active.' Circle as many pictures that you think are kids being active and moving their bodies.

Wait for students to finish.

## Q2

Now open your booklet and look for question 2. Question 2 is about healthy snacks. Can you find question 2?... (Point to each food picture.) Look at the snack pictures. There are pictures of french fries,... small tomatoes,... bananas,... and yogurt. .... Now 'Circle the healthy snacks.' Circle as many pictures that you think are healthy snacks.

Wait for students to finish.



**Q3**

Question 3 is about vegetables. Can you find question 3?... (Point to each food picture.) There are pictures of broccoli,.... grapes,.... an apple.... and green beans. .... Now 'Circle vegetables.' Circle as many pictures that you think are vegetables.

Wait for students to finish.

**Q4**

Question 4 is about dairy foods. Can you find question 4?... (Point to each food picture.) There are pictures of a fried egg,.... milk,.... cheese.... and bread. .... Now 'Circle dairy foods.' Circle as many pictures that you think are dairy foods.

Wait for students to finish.

**Q5**

Question 5 is about fruit. Can you find question 5?... (Point to each food picture.) There are pictures of strawberries,.... a pear,.... an orange.... and carrots. .... Now 'Circle fruits.' Circle as many pictures that you think are fruit.

Wait for students to finish.

**Q6**

Now turn to the last page and look for question 6. .... Question 6 is about when you should wash your hands before eating. Can you find question 6?... (Point to each picture.) There are pictures of a girl brushing her hair,.... a boy blowing his nose,.... a boy tying his shoe,.... and a girl petting a dog. .... 'Circle when you should wash your hands before eating.' Circle as many pictures that you think are kids who should wash your hands before eating.

Wait for students to finish.

Please put your pencils down when you are done. I will collect your papers.

Walk around room and collect surveys making sure the student's name and the date are on each booklet.

Thank you for helping today.



# Scoring

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Pre-test (entry) and post-test (exit) information is collected to generate youth outcome evaluation data. In order to have this data, Youth Educators collect and score the pre and post-tests by hand before entering results into WebNEERS.

























This scoring method applies only to this K-2 checklist. What is unusual about this checklist is each picture is worth a point. This means some pictures get a point for leaving them un-circled. Educators are encouraged to read the instructions closely because the scoring method can be confusing.

## INSTRUCTIONS

Correct responses are noted in Table 1 and on the answer key in the Appendix B. Each question has a maximum of 4 points. Each picture on the survey is considered its own question and worth a possible 1 point. This means that each picture needs to be scored. It also means that a correct response may be circling a picture (e.g., circling the "Apple" as a healthy snack) or not circling a picture (e.g., not circling "Cake" as a healthy snack). "Yes" and "No" in the table below represent the correct responses. "Yes" is an item that should be circled; "No" is an item that should not be circled. For each question, determine the total number of correct responses and enter that value in WebNEERS.



**Table 1.** Correct responses for EFNEP youth evaluation survey *Eat Well + Move* for grades K-2

1. Circle kids being active.				
				
Circled	Yes	Yes	No	No
2. Circle healthy snacks.				
				
Circled	No	Yes	Yes	Yes
3. Circle vegetables.				
				
Circled	Yes	No	No	Yes
4. Circle dairy foods.				
				
Circled	No	Yes	Yes	No
5. Circle fruits.				
				
Circled	Yes	Yes	Yes	No
6. Circle kids who should wash their hands before eating.				
				
Circled	Yes	Yes	Yes	Yes

## TRAINING EXAMPLES

### Example 1

For example, if a student circled pictures 1,2, and 3 for Question 1, the student's score for Question 1 would be 3 as shown in the example below.

#### 1. Circle kids being active.



Correct response	Yes	Yes	No	No
Student's response	Yes	Yes	Yes	No
Number of points for correct responses by student	1	1	0	1
<b>Total correct responses entered into WebNEERS</b>				<b>3</b>

### Example 2

If all responses are incorrect, enter 0 into WebNEERS.

For example, if a student circled picture 1 for Question 2, the student's score for Question 2 would be 0 as shown in the example below.

#### 2. Circle healthy snacks.



Correct response	No	Yes	Yes	Yes
Student's response	Yes	No	No	No
Number of points for correct responses by student	0	0	0	0
<b>Total correct responses entered into WebNEERS</b>				<b>0</b>

### Example 3

Questions without pictures circled are not considered a non-response.

For example, if a student circled no pictures for Question 3, the student's score for Question 3 would be 2 as shown in the example below.

#### 3. Circle vegetables.



Correct response	Yes	No	No	Yes
Student's response	No	No	No	No
Number of points for correct responses by student	0	1	1	0
<b>Total correct responses entered into WebNEERS</b>				<b>2</b>

We understand youth participants sometimes skip a question when completing a checklist, but in an effort to have consistency across state data, we are asking you to score "blank" or "un-answered" questions as shown in Example 3.





## SCORING KEY

Youth Educators may use Table 1 to score surveys/checklists, or may choose to use the full size scoring key (Appendix B or [download from online here](#)). Print a copy to have on hand for scoring and data entry. [Small sample images shown here.]



# Entry of Youth Outcome Data into WebNEERS

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Complete data entry instructions are available as a separate downloadable PDF file by clicking [here](#).

Youth outcome data is entered for each youth participant. Youth Educators need to set up a youth group with entry data information in WebNEERS prior to entering pre-test (entry) and post-test (exit) scores. One method is scoring and pairing pre and post tests for each youth participant prior to data entry. A second method is entering pre-test (entry) surveys/checklists on one occasion and returning to WebNEERS to input the post-test (exit) survey/checklist scores at a later date.

# Potential Questions

Youth Educators may receive questions from teachers/volunteers regarding how to complete the *Eat Well + Move* survey.

**Table 2.** Potential volunteer/teacher questions and corresponding responses recommended by Nutrition Education Specialist

Potential Questions from Teacher/Volunteer	Recommended Youth Educator response
Does my class have to complete the <i>Eat Well + Move</i> surveys?	Yes. It is very important that we have evaluation information for our program. If requested, we can share the results for your class with you.
Do students have to do both pre and post-tests?	Yes. Each student needs to complete the survey twice. We want to compare pre and post test scores to see if a change has occurred.
My students cannot read.	Using the script should address this concern.
My students can read. Do I still need to read the questions for them?	Even if your students can read on their own, we still ask you to read the questions using the script on the handout. This helps to ensure students understand the question in the manner it was intended.
A new student joined my class in the middle of the nutrition classes. Does that student need to complete the post-test?	We would not want any child to feel excluded from the rest of the class. Therefore, encourage all students to complete the survey, regardless of when they joined the class.
Why is there no 'grain group' question this year?	The committee decided to focus the content of the evaluation tool on the most important concepts for this age group: physical activity, choosing healthy snacks, eating fruit and vegetables, eating dairy, and hand washing. The Dietary Guidelines 2010 places less emphasis on grains and recommends reducing total grain intake and refined grains. Whole grains is an important concept but cognitively inappropriate for K-2 and difficult for all age levels including adults.

<b>Potential Questions from Teacher/Volunteer</b>	<b>Recommended Youth Educator response</b>
Why do you call this evaluation Eat Well + Move?	The educators in California selected the title. They wanted a catchy name that did not sound like a test and could be used with any K-2 curricula. They wanted the name and layout to be “untest-like” [sorry, no such word].
My class is a combination of 2 <sup>nd</sup> and 3 <sup>rd</sup> graders. What should I do?	For this situation and to avoid complications, administer <i>Eat Well + Move</i> to all students in the class.
Can I use this survey with my summer camp/ after school program?	Yes.
Why should I do this survey?	Using this survey will give you insights on what your class learned and where additional emphasis may be needed.
What should I do for after school programs where grades 1 <sup>st</sup> -5 <sup>th</sup> are mixed?	If possible, use grade appropriate checklists with groups of students from your mixed grade level program.
<b>Educator adds other questions here.</b>	





# Teacher/Volunteer Script

v4



*Thank you* for being part of youth nutrition education!

Each student needs to complete a pre-test and post-test using the *Eat Well + Move* survey. Below you will find a script of what to say as you take students through *Eat Well + Move*. Please read the survey questions as written. If you have questions please contact me, your Nutrition Educator at \_\_\_\_\_.

## PRE-TEST (ENTRY) SCRIPT



Today I need your help. We are going to complete a survey. There are six questions about food and exercise. I will read a question and you will mark your answer.

## POST-TEST (EXIT) SCRIPT



You may remember doing this survey. (Hold up a sample of *Eat Well + Move*) You will be answering this survey again. Your answers this time may be different from the first time. There are six questions about food and exercise. I will read a question and you will mark your answer.

Pass out *Eat Well + Move* survey.

Please write your name or ID# on the front page in the first white box.

Wait for students to write name.

Write the date in the next white box. The date is written on the board. Today's date is \_\_\_\_\_ (say current date). If you have any questions, please raise your hand.

Wait for students to write the date.

**Q1**

Question 1 is about being active and moving your body. Can you find question 1?... (Point to each picture.) There are pictures of a girl swinging,... a boy riding his bike,... a girl watching TV,... and a girl playing on her computer. ... 'Circle the pictures that show kids being active.' Circle as many pictures that you think are pictures of exercise or being active.

Wait for students to finish.

## Q2

Now open your booklet and look for question 2. Question 2 is about healthy snacks. Can you find question 2?... (Point to each food picture.) Look at the snack pictures. There are pictures of french fries,.... small tomatoes,.... bananas.... and yogurt. .... Now 'Circle the healthy snacks.' Circle as many pictures that you think are healthy snacks.

Wait for students to finish.

## Q3

Question 3 is about vegetables. Can you find question 3?... (Point to each food picture.) There are pictures of broccoli,.... grapes,.... an apple.... and green beans. .... Now 'Circle vegetables.' Circle as many pictures that you think are vegetables.

Wait for students to finish.

## Q4

Question 4 is about dairy foods. Can you find question 4?... (Point to each food picture.) There are pictures of a fried egg,.... milk,.... cheese.... and bread. .... Now 'Circle dairy foods.' Circle as many pictures that you think are dairy foods.

Wait for students to finish.

## Q5

Question 5 is about fruit. Can you find question 5?... (Point to each food picture.) There are pictures of strawberries,.... a pear,.... an orange.... and carrots. .... Now 'Circle fruits.' Circle as many pictures that you think are fruit.

Wait for students to finish.

## Q6

Now turn to the last page and look for question 6. .... Question 6 is about when you should wash your hands before eating. Can you find question 6?... (Point to each picture.) There are pictures of a girl brushing her hair,.... a boy blowing his nose,.... a boy tying his shoe,.... and a girl petting a dog. .... 'Circle when you should wash your hands before eating.' Circle as many pictures that you think are when you should wash your hands before eating.

Wait for students to finish.

Please put your pencils down when you are done. I will collect your papers.

Walk around room and collect surveys making sure the student's name and the date are on each booklet.

Thank you for helping today.






# Appendix B

## Scoring Sheets

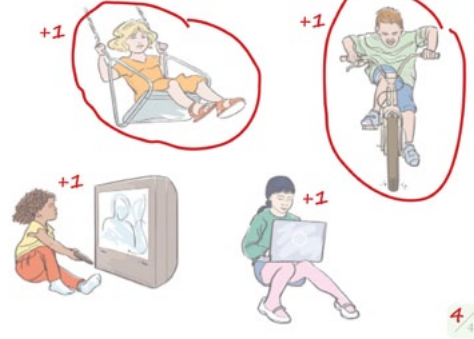
For a full size version, print the four pages after Appendix B or download the scoring sheet by clicking here.

Well Move



**Scoring Questions WebNEERS**  
 Each picture is worth 1 point.  
 Give 1 point for the correct circled answer, e.g., girl swinging circled as being active, +1 point.  
 Give 1 point for the correct un-circled answer, e.g., girl watching TV not circled as being active, +1 point.  
 Give zero points for an incorrect answer, e.g., girl swinging not circled as being active or girl watching TV circled as being active, +0 points.

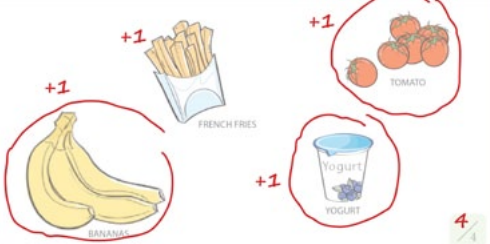
### 1. Circle kids being active.



4/4

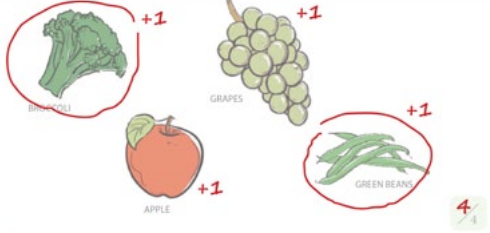
Year: \_\_\_\_\_  Pre  First  Two K-2 Evaluation

### 2. Circle healthy snacks.



4/4

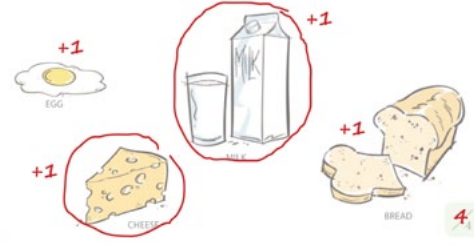
### 3. Circle vegetables.



4/4

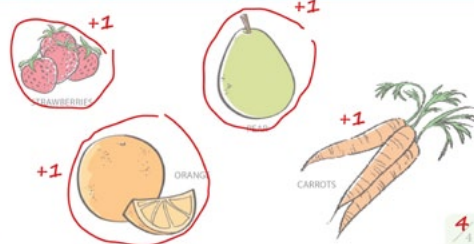
2 | K-2 Evaluation

### 4. Circle dairy foods.



4/4

### 5. Circle fruits.



4/4

### 6. Circle kids who should wash their hands before eating.



4/4

**For Staff**

This tool is for students in kindergarten, 1<sup>st</sup> or 2<sup>nd</sup> grade.

Curriculum \_\_\_\_\_ Grade \_\_\_\_\_  
 School \_\_\_\_\_ Teacher \_\_\_\_\_

# Eat Well + Move



## Scoring Questions WebNEERS

Each picture is worth 1 point.

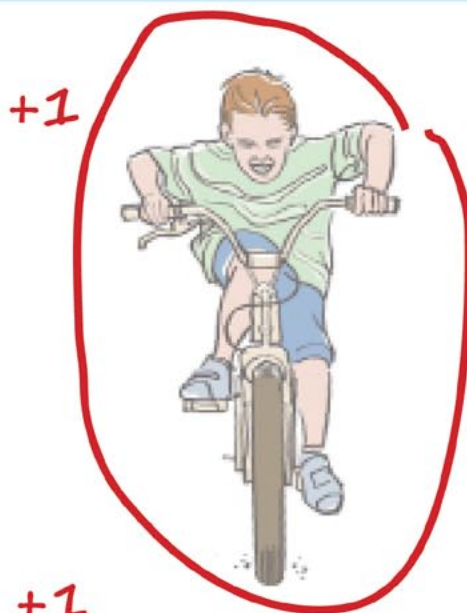
Give 1 point for the correct circled answer, e.g., girl swinging circled as being active, +1 point.

Give 1 point for the correct un-circled answer, e.g., girl watching TV not circled as being active, +1 point.

Give zero points for an incorrect answer, e.g., girl swinging not circled as being active or girl watching TV circled as being active, +0 points.

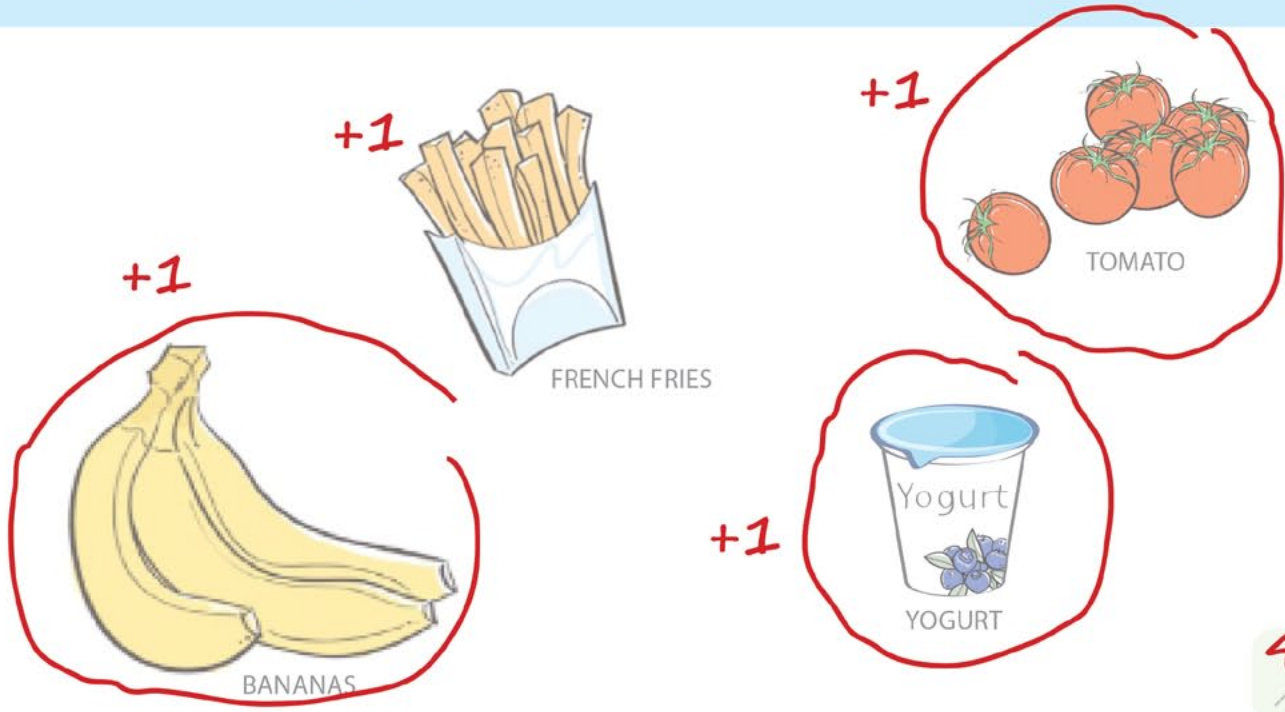
Name

## 1. Circle kids being active.



4/4

## 2. Circle healthy snacks.



**+1**

**+1**

**+1**

**+1**

FRENCH FRIES

TOMATO

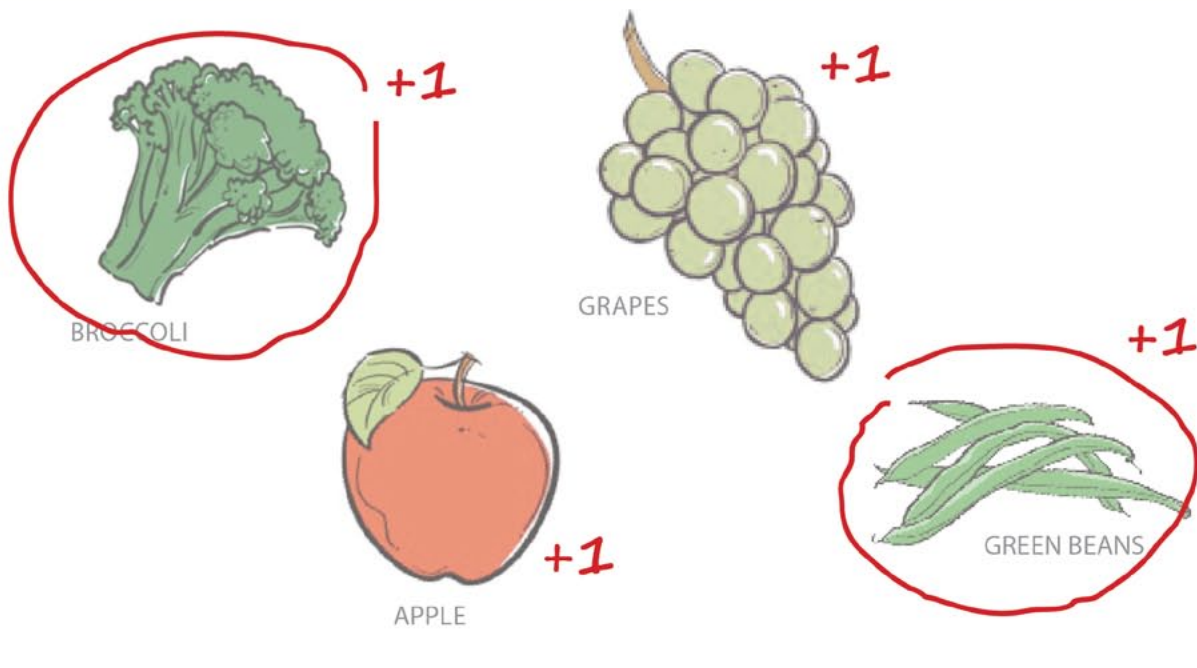
BANANAS

Yogurt

YOGURT

**4**/<sub>4</sub>

## 3. Circle vegetables.



**+1**

**+1**

**+1**

**+1**

BROCCOLI

GRAPES

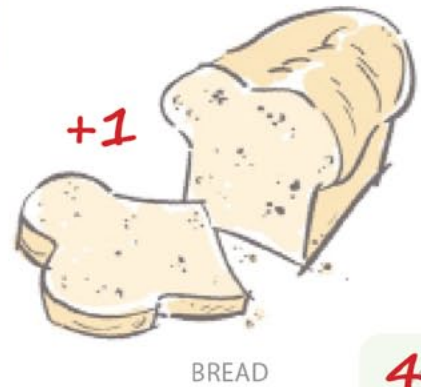
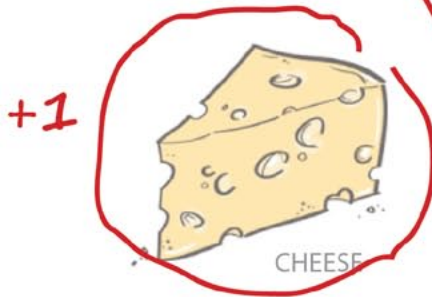
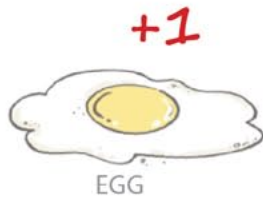
APPLE

GREEN BEANS

**4**/<sub>4</sub>

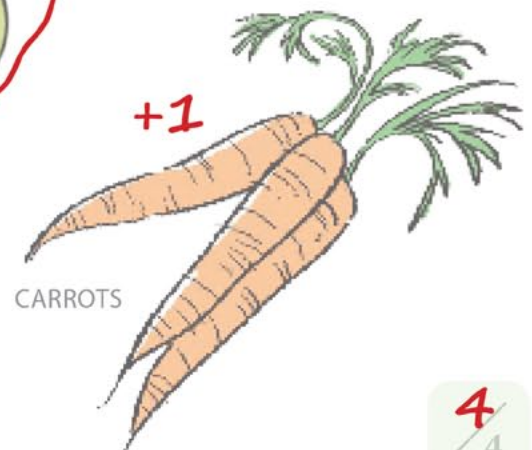
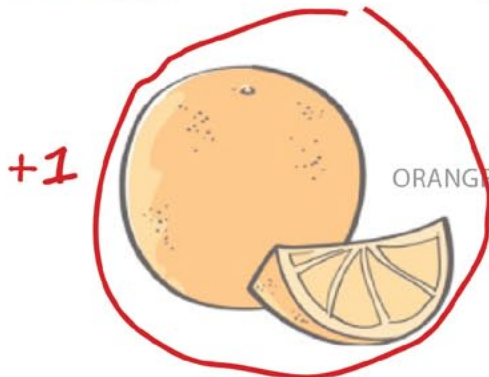
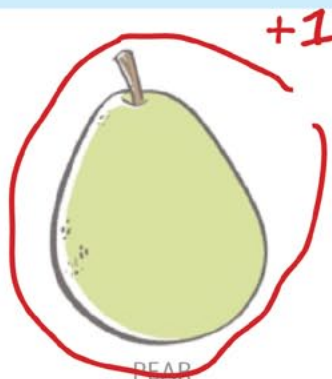


## 4. Circle dairy foods.



4/4

## 5. Circle fruits.



4/4

## 6. Circle kids who should wash their hands before eating.



4/4

### For Staff

This tool is for students in kindergarten, 1<sup>st</sup> or 2<sup>nd</sup> grade.

Curriculum

Grade

School

Teacher



# Appendix C

## Eat Well + Move Survey

For a full size version, access the download page by clicking here.

**at Well Move**

Name of ID: \_\_\_\_\_ Date: \_\_\_\_\_

**1. Circle kids being active.**

1/4

YOUTH ID: \_\_\_\_\_  Pres  1st  2nd

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**2. Circle healthy snacks.**

BANANAS FRENCH FRIES TOMATO YOGURT

2/4

**3. Circle vegetables.**

BROCCOLI GRAPES APPLE GREEN BEANS

3/4

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**4. Circle dairy foods.**

EGG CHEESE MILK BREAD

4/4

**5. Circle fruits.**

STRAWBERRIES PEAR ORANGE CARROTS

5/4

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**6. Circle kids who should wash their hands before eating.**

6/4

**For Staff**  
This tool is for students in kindergarten, 1<sup>st</sup> or 2<sup>nd</sup> grade.

Curriculum: \_\_\_\_\_ Grade: \_\_\_\_\_  
School: \_\_\_\_\_ Teacher: \_\_\_\_\_

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Leavens L, Townsend MS, Donohue S, Schneider C., Santiago O. *EFNEP Instruction Guide for K-2 Evaluation: Eat Well + Move* [27-page guide for 50 states and 6 territories. Includes instructions and background information for staff, a script/protocol, potential questions from participants and recommended responses for staff. The Guide accompanies data collection tool, Eat Well + Move.] University of California Cooperative Extension. August 2014. Graphic design: M Reed.

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