

U.S. DEPARTMENT OF EDUCATION
NATIONAL CENTER FOR EDUCATION STATISTICS
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**NUTRITION EDUCATION IN
U.S. PUBLIC SCHOOLS, K-12**
FAST RESPONSE SURVEY SYSTEM

This survey is authorized by law (20 U.S.C. 1221e-1). While you are not required to respond, your cooperation is needed to make the results of this survey comprehensive, accurate, and timely.

DEFINITIONS FOR THIS SURVEY:

Nutrition education - refers to curricula, courses, lesson plans and units, and activities designed to provide instruction with regard to the nutritional value of foods and the relationship between food and human health. Nutrition education can also be provided through nonclassroom activities and events such as special assemblies and health fairs, etc.

School health program - a program that may include school health education and physical education; school-linked or school-based health services designed to prevent, detect, and address health problems; psychological assessment and counseling to promote child development and emotional health; healthful school food service selections; schoolsite health promotion for faculty and staff; and integrated school and community health promotion efforts.

Nutrients - the nourishing components in food, such as vitamins, minerals, proteins, carbohydrates, fats, etc.

Nutrition-related area - academic subject areas related to nutrition (e.g., home economics, science, health, physical education, dietetics).

Cooperative Extension Service - a public-funded, nonformal educational system that links the U.S. Department of Agriculture, land-grant universities, and counties. Its purpose is to diffuse practical information on subjects relating to agriculture, home economics, and rural energy.

Materials - lesson plans, curriculum guides, posters, pamphlets, and multimedia, etc., designed to improve health, achieve positive change in dietary habits, and emphasize the relationship between diet and health.

NA - grade is not taught in this school.

AFFIX LABEL HERE

IF ABOVE INFORMATION IS INCORRECT, PLEASE MAKE CORRECTIONS DIRECTLY ON LABEL.

Name of person completing form: _____ Title: _____

Telephone: _____ Fax: _____ E:mail: _____

Best days and times to reach you (in case of questions): _____

PLEASE RETURN COMPLETED FORM TO:

WESTAT
1650 Research Boulevard
Rockville, Maryland 20850
Attention: 900131-Celebuski

IF YOU HAVE ANY QUESTIONS, CONTACT:

Carin Celebuski
800-937-8281, ext. 3986
Fax: 301-294-3992
E:mail: celebuc1@westat.com

The time required to complete this information collection is estimated to average 30 minutes per response, including the time to review instructions, search existing data resources, gather and maintain the data needed, and complete and review the information collection. **If you have any comments concerning the accuracy of the time estimate(s) or suggestions for improving this form, please write to:** U.S. Department of Education, Washington, DC 20202-4651.

Please refer to the definitions on the cover page for words in bold type.

1. Does your school offer **nutrition education** for students in the following ways? (Circle "yes" or "no" for each line.)

	Yes No	
a. Integrated within the total school curriculum	1	2
b. Within a school health program	1	2
c. Within the health curriculum	1	2
d. Within the science curriculum	1	2
e. Within the home economics curriculum	1	2
f. Through the school meals program	1	2
g. Through nonclassroom activities, assemblies, or events	1	2

2. Are the following nutrition topics covered in any grade at your school? If yes, to what extent is the topic covered? (Circle "yes" or "no" for each topic. If "yes" for topic, circle extent of coverage.)

	Covered?		Extent of coverage		
	Yes	No	Mentioned	covered somewhat	Covered thoroughly
Knowledge					
a. Dietary guidelines and goals	1	2	1	2	3
b. Food guide pyramid	1	2	1	2	3
c. Nutrients and their food sources	1	2	1	2	3
d. Relationship between diet and health	1	2	1	2	3
e. Link between diet and diseases such as hypertension, heart disease, and cancer	1	2	1	2	3
f. Signs and symptoms of eating disorders and health risks of diets, pills, binging, and purging	1	2	1	2	3
g. Healthy weight control	1	2	1	2	3
Motivation and attitudes					
h. Influences on food choices, such as habits, advertising, beliefs, and cultural preferences	1	2	1	2	3
i. Association between eating and stress	1	2	1	2	3
j. Body image	1	2	1	2	3
k. Changing eating habits (e.g., willingness to try new foods)	1	2	1	2	3
Behaviors					
l. Finding and choosing healthy foods	1	2	1	2	3
m. Developing a personal nutrition plan	1	2	1	2	3
n. Keeping a food diary	1	2	1	2	3
o. Reading food labels	1	2	1	2	3
p. Interpreting nutritional information from food labels	1	2	1	2	3
q. Preparing healthy food	1	2	1	2	3
Other topics (specify)					
r. _____	1	2	1	2	3
s. _____	1	2	1	2	3

3. Using the letters corresponding to the topics in question 2 above, report the 3 topics that represent the general focus of **nutrition education** at your school. Topics with main focus: i. _____ ii. _____ iii. _____

4. Indicate the grades in your school in which nutrition is taught and whether each grade has nutrition education requirements (e.g., from your district or your state). (Circle "yes" or "no" for taught, or "NA" for grades not in your school. Then circle "yes" or "no" for required.)

	Is nutrition taught in this grade at your school?			Is nutrition education required in this grade by your district or state?	
	Yes	No	NA	Yes	No
Kindergarten	1	2	NA	1	2
1st grade	1	2	NA	1	2
2nd grade	1	2	NA	1	2
3rd grade	1	2	NA	1	2
4th grade	1	2	NA	1	2
5th grade	1	2	NA	1	2
6th grade	1	2	NA	1	2
7th grade	1	2	NA	1	2
8th grade	1	2	NA	1	2
9th grade	1	2	NA	1	2
10th grade	1	2	NA	1	2
11th grade	1	2	NA	1	2
12th grade	1	2	NA	1	2

5. Who has the primary responsibility for the coordination of **nutrition education** at your school? (*Circle one.*)

- One person for the whole school..... 1 (*TITLE OF COORDINATOR _____*)
- Several teachers, a group or committee..... 2 (*Skip to question 7*)
- No one, each teacher on his/her own..... 3 (*Skip to question 7*)
- Someone outside the school (e.g., from the district)... 4 (*Skip to question 7*)

6. Indicate the education and training in nutrition and **nutrition-related areas** that the **nutrition education** coordinator at your school has completed. (*Circle "yes" or "no" for each column of each line.*)

	Nutrition		Nutrition-related area	
	Yes	No	Yes	No
a. Graduate degree	1.....21.....21.....21.....2
b. Bachelor's degree (major or minor)	1.....21.....21.....21.....2
c. Associate's degree (major or minor)	1.....21.....21.....21.....2
d. College-level coursework	1.....21.....21.....21.....2
e. Inservice or other training	1.....21.....21.....21.....2

7. Does your school receive packaged **materials**, lesson plans, or other **nutrition education** resources from any of the following sources? Are **materials** from these sources used in your school to teach nutrition education? (*Circle "yes," "no," or "don't know" for each source. If "yes" to source, circle "use all or most," "use some," or "use none."*)

	Source?			If yes to source		
	Yes	No	Don't know	Use all or most	Use some	Use none
a. Cooperative Extension Service	1.....29.....1.....2.....31.....2.....31.....2.....31.....2.....3
b. Colleges or universities.....	1.....29.....1.....2.....31.....2.....31.....2.....31.....2.....3
c. Professional or trade associations (e.g., the American Heart Association)	1.....29.....1.....2.....31.....2.....31.....2.....31.....2.....3
d. Food industry or commodities group (e.g., the Dairy Council)	1.....29.....1.....2.....31.....2.....31.....2.....31.....2.....3
e. USDA Food and Nutrition Information Center.....	1.....29.....1.....2.....31.....2.....31.....2.....31.....2.....3
f. State Nutrition Education Training (NET) program	1.....29.....1.....2.....31.....2.....31.....2.....31.....2.....3
g. State education agency	1.....29.....1.....2.....31.....2.....31.....2.....31.....2.....3
h. National Food Service Management Institute	1.....29.....1.....2.....31.....2.....31.....2.....31.....2.....3
i. American School Food Service Association	1.....29.....1.....2.....31.....2.....31.....2.....31.....2.....3
j. School library	1.....29.....1.....2.....31.....2.....31.....2.....31.....2.....3
k. OTHER (<i>specify</i>)	1.....29.....1.....2.....31.....2.....31.....2.....31.....2.....3

8. Are the following **materials** and resources used in your school to teach nutrition? (*Circle "yes" or "no" for each line. For "g" and "h" specify the number in the 1994-95 school year.*)

	Yes	No
a. Materials developed by teachers in your school	1	2
b. Materials developed for a specific grade level	1	2
c. State-mandated materials	1	2
d. State-recommended materials	1	2
e. Materials developed by district-level curriculum coordinator	1	2
f. Health or science textbooks	1	2
g. Guest speakers	1	2 (<i>NUMBER IN 1994-95 _____</i>)
h. Health fairs	1	2 (<i>NUMBER IN 1994-95 _____</i>)
i. OTHER (<i>specify</i>)	1	

9. Does your school meals program provide **nutrition education** or coordinate with classroom and administrative efforts in the following ways? (*Circle "yes" or "no" for each line.*)

	Yes	No
a. Sponsors tasting parties	1	2
b. Provides cafeteria/kitchen tours	1	2
c. Meal service follows generally healthy eating practices	1	2
d. Provides any type of nutrient information on cafeteria line	1	2
e. Serves meals to correspond with classroom activities (e.g., menus from countries studied in social studies, menus to support special weeks such as "citrus week")	1	2
f. School food services staff provide education in the classroom	1	2
g. Student advisory group provides input to the meal service	1	2
h. Sponsors "school lunch week" where parents eat with students and participate in other activities	1	2
i. School food service director has parents and students pretest new foods for the cafeteria	1	2
j. School has a cafeteria bulletin board with nutrition displays	1	2
k. Provides nutrition input to parent/student newsletters	1	2
l. OTHER (<i>specify</i>)	1	

Please provide comments or information on other **nutrition education** practices at your school on the reverse side.

