



PHYSICAL ACTIVITY IS AN
IMPORTANT PART OF BEING
HEALTHY, SO GIVE CHILDREN
OPPORTUNITIES TO MOVE AND
USE THEIR ENERGY EVERY DAY.



EVALUATION

Evaluating Cafeteria Changes

In order to determine how effective changes in the cafeteria are at improving students' healthy food selections, project evaluations should be conducted. Four brief data collection tools are included in the Cafeteria Toolkit: the Food Service Staff Survey, the Cafeteria Nutrition Environment Observation, the Student-Staff Interactions Observation, and the Student Preference and Consumption Survey. Additionally, production records can be used to monitor students' selections of various lunch components before, during, and after the project.

Instrument	Description	Time Required
Food Service Staff Survey	A pen and paper survey for food service staff	5-10 minutes
Cafeteria Nutrition Environment Observation	A brief observation of the cafeteria	5 minutes
Student-Staff Interactions Observation	A tool to observe a small number of student-staff interactions	20 minutes
Meal Component Production Records	Data already collected in cafeterias that can be used to determine increases or decreases in fruit and vegetable component selection	—
Student Preference and Consumption Survey	A pen and paper survey appropriate for 3rd-5th graders. Do not collect on a Monday since students may have difficulty recalling behaviors from the prior week	10-15 minutes

RESEARCH SHOWS THAT TEACHERS PLAY A ROLE IN SHAPING CHILDREN'S FOOD PREFERENCES.

(Hendy & Raudenbush, 2000).

WHEN SCHOOL STAFF ENTHUSIASTICALLY ENDORSE FRUITS AND VEGETABLES, STUDENTS MIGHT EAT MORE OF THEM.



EVALUATION

To assess school needs and opportunities for improvement during the planning phase, use the Cafeteria Nutrition Environment Observation and the Student-Staff Interactions Observation.

To assess positive outcomes of projects, project staff should collect data before any cafeteria changes are implemented or classroom-based nutrition education is conducted (a pre-test). Collecting data using the same instruments during and after the project will help you identify changes in attitudes and behaviors of food service staff and students.

For technical assistance with data collection and analysis, contact: Stephanie Grutzmacher at grutz@umd.edu.

It is recommended that staff avoid scheduling data collection during standardized testing, holidays, or other times when students' typical schedules are disrupted.

To strengthen the program evaluation, it is recommended that staff also collect data from schools that are not implementing any nutrition education or cafeteria improvements. Be sure that these control schools are similar to those implementing cafeteria changes in demographic make-up of the student population, size, etc.

Note that most Local Educational Agencies require a designee to pre-approve data collection plans before allowing anyone to collect data in schools. This is to ensure that 1) the rights of participants are protected, and 2) the procedures and tools are appropriate and minimize data collection burden on participants. If you plan to delegate data collection to staff at individual schools, it is recommended that you seek approval on their behalves and assemble data collection packets with instructions for their use.

HELLO! WE WANT TO LEARN ABOUT WHAT KIDS LIKE YOU EAT. SO, WE NEED YOU TO ANSWER A FEW QUESTIONS. THIS IS NOT A TEST. THERE ARE NO WRONG ANSWERS. JUST BE AS HONEST AS YOU CAN. WE WON'T TELL ANYONE WHAT YOU SAY.

1. How old are you?

- 8 years old 9 years old 10 years old 11 years old

2. Are you a boy or a girl?

- Boy Girl

3. Check the boxes to show all of the adults who live in your house.

- Mother Stepmother Father Stepfather Grandparents Guardian

4. Do you ever eat fruit for lunch? Check 1 box.

- Always or almost always Sometimes Never or almost never

5. Do you ever eat vegetables for lunch? Check 1 box.

- Always or almost always Sometimes Never or almost never

6. What kind of lunch did you have yesterday? Check 1 box.

- I brought a bag lunch I bought lunch in the cafeteria I did not eat lunch at school yesterday

7. Did you eat any vegetables yesterday? Check 1 box. Include cooked or raw vegetables, baked or mashed potatoes, and salads. Do NOT count French fries and potato chips.

- No, I did not eat any vegetables Yes, I ate vegetables 1 time
 Yes, I ate vegetables 2 times Yes, I ate vegetables 3 or more times

8. Did you eat any fruits yesterday? Check 1 box. Do not count fruit juice.

- No, I did not eat any fruits Yes, I ate fruits 1 time
 Yes, I ate fruits 2 times Yes, I ate fruits 3 or more times

**KEEP
GOING!
YOU ARE
DOING
GREAT!**



STUDENT SURVEY CONTINUED

9. Did you drink any 100% fruit juice yesterday? Check 1 box. Fruit juice can be orange juice, apple juice, or grape juice. Do not count fruit punch, sports drinks, Kool-Aid, or other fruit-flavored drinks.

- No, I did not drink any fruit juice Yes, I drank fruit juice 1 time
 Yes, I drank fruit juice 2 times Yes, I drank fruit juice 3 or more times

10. How many days did you eat vegetables last week? Check 1 box. Do not count French fries and potato chips.

- I did not eat vegetables any day last week I ate vegetables 1-3 days last week
 I ate vegetables 4-6 days last week I ate vegetables every day last week

11. How many days did you eat fruit last week? Check 1 box. Do not count fruit juice.

- I did not eat fruit any day last week I ate fruit 1-3 days last week
 I ate fruit 4-6 days last week I ate fruit every day last week

12. I can choose to eat fruits and vegetables in the school cafeteria if I want.

- Yes, I can Maybe I can No, I can't

13. I can prepare my favorite fruits and vegetables at home, if I want.

- Yes, I can Maybe I can No, I can't

14. How many students in your grade eat vegetables every day? Check 1 box. Do not count French fries and potato chips.

- None of them Some of them About half of them Most of them All of them

15. How many students in your grade eat fruit every day? Check 1 box. Do not count fruit juice.

- None of them Some of them About half of them Most of them All of them

STUDENT SURVEY CONTINUED

16. Tell us how you feel about the foods below. Circle 1 face for each food.

😊 means, "I like this food a lot" ☹️ means, "I don't like this food"

😐 means, "I like this food a little" ? means, "I don't know if I like this food"

FOOD	Like a lot	Like a little	Don't like	Not sure
Oatmeal and granola	😊	😐	☹️	?
Whole grain cereal (Flakes, O's, Mini Wheats)	😊	😐	☹️	?
Whole grain noodles	😊	😐	☹️	?
Vegetables	😊	😐	☹️	?
Fruit	😊	😐	☹️	?
Apples	😊	😐	☹️	?
Bananas	😊	😐	☹️	?
Berries and cherries	😊	😐	☹️	?
Broccoli and cauliflower	😊	😐	☹️	?
Carrots	😊	😐	☹️	?
Corn	😊	😐	☹️	?
Cucumbers	😊	😐	☹️	?
Grapes	😊	😐	☹️	?
Lettuce	😊	😐	☹️	?
Oranges and clementines	😊	😐	☹️	?
Peas, green beans, and lima beans	😊	😐	☹️	?
Peaches and nectarines	😊	😐	☹️	?
Pears	😊	😐	☹️	?
Pineapple	😊	😐	☹️	?
Spinach	😊	😐	☹️	?
Squash, zucchini, and pumpkin	😊	😐	☹️	?
Tomatoes, salsa, and tomato sauce	😊	😐	☹️	?
Watermelon and cantaloupe	😊	😐	☹️	?
Yams and sweet potatoes	😊	😐	☹️	?

YOU DID IT! THANK YOU FOR YOUR HELP!

PROJECT REFRESH
TOOLKIT FOOD SERVICE STAFF SURVEY
 TEAM NUTRITION 2010

As a food service staff member, you play a key role in the care of the children at this school. We need your thoughts about what children are currently eating and how you feel about serving fruits and vegetables in the school cafeteria. If you choose to volunteer, please complete this survey to tell us about your opinions and experiences. *THANKS!*

1. It is important to encourage students to eat plenty of fruits and vegetables each day. Check 1 box.

- Disagree Not sure Agree

2. It is my responsibility to encourage students to choose fruits and vegetables at lunch. Check 1 box.

- Disagree Not sure Agree

3. Children who eat fruits and vegetables at school are healthier than children who do not eat fruits and vegetables at school. Check 1 box.

- Disagree Not sure Agree

4. What children eat at home is more important than what they eat at school. Check 1 box.

- Disagree Not sure Agree

5. Are you able to encourage students to choose fruits and vegetables in the cafeteria line? Check 1 box.

- Yes, I am Maybe I am No, I am not I don't work on the cafeteria line serving food

6. Think about the barriers that might make it hard to serve fruits and vegetables at your school. Please circle whether you agree or disagree with the following reasons which may make it difficult to serve fruits and vegetables at your school.

a. I don't have enough time	Disagree	Not sure	Agree
b. Not enough fruits and vegetables to serve	Disagree	Not sure	Agree
c. Fruits and vegetables are too expensive	Disagree	Not sure	Agree
d. Foods with fruits and vegetables are harder to prepare	Disagree	Not sure	Agree
e. Children don't like fruits and vegetables as much as other foods	Disagree	Not sure	Agree
f. Not enough parent support	Disagree	Not sure	Agree
g. Not enough classroom teacher support	Disagree	Not sure	Agree
h. Not enough Principal/Administrative support	Disagree	Not sure	Agree
i. Not enough support at the district level	Disagree	Not sure	Agree
j. I'm not trained to serve fruits and vegetables	Disagree	Not sure	Agree

**Thank you for your help!
 This survey helps us learn important information about your experiences!**

Developed by Bonnie Braun, Susan Gross, & Stephanie Grutzmacher for Maryland Food Supplement Nutrition Education and Team Nutrition Project ReFresh, Revised 1/15/11. Based on the CATCH Questionnaire, Version 02-2003 created at the University of Texas Health Science Center at Houston, School of Public Health.

Observe a selection of students going through the cafeteria line. Please use one sheet per student observed.

1. Did the student interact with a FOOD SERVICE WORKER? Yes No

a. If YES, please describe the interaction with the food service worker:

b. If YES, did this interaction influence fruit or vegetable selection by student?

- Yes, the interaction caused the student to select a fruit or vegetable.
- Yes, the interaction caused the student to NOT select a fruit or vegetable.
- No, the interaction did not influence the student's fruit or vegetable selection.

2. Did the student interact with the CASHIER? Yes No

a. If YES, please describe the interaction with the cashier:

b. If YES, did this interaction influence fruit or vegetable selection by the student?

- Yes, the interaction caused the student to select a fruit or vegetable.
- Yes, the interaction caused the student to NOT select a fruit or vegetable.
- No, the interaction did not influence the student's fruit or vegetable selection.

3. Did the student interact with OTHER ADULTS IN THE CAFETERIA? Yes No

a. If YES, please describe the interaction with other adults in the cafeteria:

b. If YES, did this interaction influence fruit or vegetable selection by student?

- Yes, the interaction caused the student to select a fruit or vegetable.
- Yes, the interaction caused the student to NOT select a fruit or vegetable.
- No, the interaction did not influence the student's fruit or vegetable selection.

1. How full is the cafeteria seating during the lunch period? Check 1 box.

- Less than 50% full 50-75% full 76-100% full Over capacity

2. Is the noise level controlled by an adult? Check 1 box.

- Yes No

3. When are adults interacting with students in the cafeteria? Check all that apply.

- Before the line In the line At the register Other (Specify): _____

4. Where is the menu posted/shared? Check all that apply.

- Cafeteria Principal's office Sent home
 Hallway Announcements Other (Specify): _____
 Online Classroom Other (Specify): _____

5. Are there any nutrition messages or nutrition content included with the menu?

- Yes No

6. Who supervises children during lunch? Check all that apply.

- Classroom teachers Room parents/parent volunteers Administrators
 Food service staff Other (Specify): _____ Other (Specify): _____

7. Is there an à la carte menu in the cafeteria?

- Yes No

**IF YES, which of the following foods are offered on the à la carte menu in the cafeteria?
Check all that apply.**

- Fruits Whole grains Water Vegetables Milk
 Other: _____ Other: _____ Other: _____

8. Are there any nutrition or health messages displayed in the cafeteria?

- Yes No

[Survey continued on back](#)



PROJECT REFRESH
TOOLKIT
 TEAM NUTRITION 2010

PRODUCTION RECORDS

Please provide production record data for each lunch for a week prior to implementing any changes in the cafeteria. Use this form for production record data during and at the end of the school year as well to track changes in students' fruit and vegetable selection.

Week of:					
	Monday	Tuesday	Wednesday	Thursday	Friday
Total number of FRUIT JUICE ITEMS served					
Fruit 1:					
Fruit 2:					
Fruit 3:					
Total number of FRUIT (NON-JUICE) ITEMS served					
Vegetable 1:					
Vegetable 2:					
Vegetable 3:					
Total number of VEGETABLE ITEMS served					
Total number of MEALS served					