

# Nutrition education program improves students' food choices in 10 lessons.

An evaluation of the Food Sense program was conducted to determine the effectiveness of the program. BC Dairy Association commissioned the Applied Research and Evaluation Services (ARES) of UBC to assist with surveying student participants, their parents and the teachers who delivered the program.

## Research Highlights

After completing the program, students had the necessary knowledge to improve food choices:

92.8% indicated the need to eat at least 5-5-3-2 servings from the 4 food groups on most days.

73.2% met their nutrition plans on 2-3 of the 3 days recorded.

Long-term behaviour change was demonstrated in the 6 to 9 week follow-up:

55.8% of students correctly reported meeting the minimum number of servings for their chosen food group the previous day.

Behaviour changes were also noted at home:

75.4% of the parents indicated changes in their child's food choices or attitudes about nutrition since participating in Food Sense.

For the complete evaluation report, email [nutrition@bcdairy.ca](mailto:nutrition@bcdairy.ca).