

NUTRITION CURRICULUM

REPORT

2015-2016



GET ACTIVE!

CHANGE THE GAME!



Husky Sport
Department of Educational Leadership
249 Glenbrook Road, Unit 3093
Storrs, Connecticut 06269

NUTRITION CURRICULUM REPORT



2015-2016 ANNUAL REPORT

Scope	3
Partnerships	4
Volunteer Engagement	5
Data	6
Key Takeaways	7
Looking Ahead	8

*Get Active!
Change the Game!*

Program Overview

The Husky Sport nutrition curriculum continues to be one of the main pillars throughout all of our campus-community partnerships. Supplemental Nutrition Assistance Program-Education (SNAP-Ed) functions not only as a primary funder for the Husky Sport program but also provides My Plate guidelines and the conceptual framework that aides in the creation of all planned lessons and activities throughout the program. This year, strong nutrition-based lesson plans were implemented throughout all programs: In-School, Ready, Set, Read!, and all after school and weekend partnerships.

Direct Engagement

Throughout the school year, Husky Sport staff and student leaders visited Clark School students in several different capacities. During the In-school program, Husky Sport, worked alongside K- 6 for a total of 13 classes each week. For the Ready, Set, Read! program Husky Sport worked with K-4th grade for a total of 9 classes per week. Additionally, Husky Sport collaborated with 5 Clark School community partners to run after school and weekend programs 6 days each week.

Weekly engagement with students was lead by a team of program leaders who strategically selected interactive learning activities geared towards the Husky Sport pillar of nutrition education; the activities were crafted to fit the following **Cycle Themes & Memorable Mottos:**

Cycle 1: My Plate	• My Plate, I choose!
Cycle2: Fruits	• Eat the Rainbow!
Cycle 3: Vegetables	• Always eat a variety of veggies!
Cycle 4: Protein	• Protein makes us strong!
Cycle 5: Grains	• Grains are G-R-E-A-T!
Cycle 6: Dairy	• Got your daily Dairy?
Cycle 7: Sugar	• Sugar and spice arent always nice!

PARTNERSHIPS

Husky Sport's nutrition curriculum thrives because of its dedication to creating and applying fun, engaging, age- and-lifestyle- appropriate lesson plans that are tailored to students at Clark School and each of the five after school partners:

- Hartford Catholic Worker
- North End Salvation Army
- Community Renewal Team
- Parker Memorial Community Center
- The Village for Families and Children

Husky Sport program leaders, at each partner organization, work to create weekly nutrition lessons that are built right into the structure of the existing In-School and Out-of-School time programs. Husky Sport nutrition education is truly implemented in every aspect of the program!



VOLUNTEER ENGAGEMENT

UConn student volunteers are an integral piece of the Husky Sport nutrition program. With the support of up to seven additional members in the classroom, Program Leaders are able to divide & engage their students in smaller more manageable groups. In return, volunteers are able to foster stronger more meaningful relationships with students at Clark School during their service learning hours. Husky Sport volunteers support nutritional programming at each Hartford site by:

- Leading activities around healthy eating and physical activity
- Supporting climate and culture
- Administering Nutrition Evaluations
- Establishing strong relationships with stakeholders



DATA

In order to align with the Husky Sport mission, the creation of physically active evaluations in the form of pre and post test relay races were introduced in the 2015-2016 academic year. Over the course of the seven nutrition-themed cycles, students in grades K-6 participated in relay races to gauge which SNAP-Ed concepts are understood by Clark School students. The data collected for each cycle evaluates program delivery, helps to measure the effectiveness of SNAP-Ed concepts and informs Husky Sport Program Leaders to order to improve lesson plans and practices.



In each of the Pre and Post Tests, students were asked to recall nutritional information retained over the course of 3-4 week cycles in relation to:

Week 1: Identifying and Sorting

Week 2: Where does our food come from?

Week 3: Red Light, Green Light (Healthy Choices)

Week: Tastings

KEY TAKEAWAYS

Building off the successes of years past, this year Husky Sport delivered strong nutritional education with the intentional investment in Hartford stakeholders. By collaborating with the Clark School community throughout the school year, Husky Sport was able to create and implement strong, age-appropriate, and culturally relevant lesson plans around healthy lifestyle choices.

Based on the feedback shared from Hartford students and teachers, as well as Husky Sport staff and student-volunteers, we will continue to build upon the following curriculum strengths identified in within the nutrition curriculum:

- Weekly lessons that connect to SNAP- Ed cycle themes
- Hands-on learning through indoor and outdoor activities
- Healthy SNAP-Ed focused tasting at the end of each cycle
- A variety of activities, materials, and fresh ideas.
- Integration of technology within lesson plans
- Advanced preparation of whole cycle lessons according to theme



LOOKING AHEAD

Next year, Husky Sport hopes to create a series of nutrition cycles that have the same positive, creative, and fun impact as this past year. In the hopes to build on our successes and strengthen the delivery of lesson plans, Husky Sport would like to increase professional development for all staff leading nutrition related lesson. We also hope to better utilize partnerships and resources in field of nutrition such as: Snap4CT, UConn Center for Public Health, and Husky Nutrition!

