



## **Foodbank WA Regional Strategy Project**

### **Food Sensations Program**

### **End of Year Report – Teacher Surveys**

*Peel, South West, Wheatbelt, Goldfields, Midwest and Kimberley regions*

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## INTRODUCTION

The Foodbank *Food Sensations Program* is a nutrition education and cooking program based on the WA Department of Health's FOODcents program. Food Sensations aims to improve the food choice and preparation skills of disadvantaged groups, via the provision of nutrition education and hands-on cooking classes.

The program is adapted for delivery to three separate groups:

- School students (Primary and Secondary);
- Parent groups; and
- Health Professionals and Teachers (Educator Training Days)

Food Sensations sessions delivered in regional and remote WA areas are adapted to consider food accessibility challenges and alternative cooking methods.

## METHOD

From March to September 2011, the Regional Food Sensations program was run in the Peel, South West, Wheatbelt, Goldfields, Mid West, Pilbara and Kimberley regions of Western Australia to 1,688 primary and high school students, 140 teachers and 55 parents. The project team included two Foodbank Nutritionists, who travelled in collaboration with other Government and Non Government agency staff wherever possible.

Student sessions were delivered within a classroom, home economics room or wet area within a 60-90 minute timeframe. Session content included a highly interactive nutrition session exploring a number of themes such as healthy eating pyramid/plate, meal planning, budgeting, convenience foods or food label reading. This was followed by a hands-on healthy cooking session and a sit down meal, reinforcing how easy it is to prepare and enjoy cheap, healthy and tasty meals.

Participating students completed written evaluation surveys where appropriate. Pre-session surveys were posted to schools for completion the day before or morning of the Foodbank session, to reduce paperwork during the session. Post-session surveys were completed immediately after the Foodbank session to assess any short term change in knowledge or attitudes. In some cases, students who completed a pre-session survey were absent on the day of the session and therefore did not complete a post-session survey (or vice versa). Surveys belonging to these students were excluded due to a missing paired survey. Teachers were provided with a post-session survey only, assessing their attitudes of the session/s.

It was ascertained that there was no 'one size fits all' survey tool and therefore alternative evaluation methods were utilised. In the cases where the standard Foodbank evaluation tools were deemed inappropriate, pictorial tools with simplified question wording and a teacher "survey script" were utilised. In more challenging environments, a hands-up approach or verbal feedback was used.

This report contains *teacher* evaluation results from all regions visited, except the East Pilbara, where separate funding was utilised.



## RESULTS – Teacher Feedback

### Regional Food Sensation Recipes

Depending on the produce available in their town, different student groups made different recipes. Overall, the majority of teachers thought that the regional Food Sensations recipes were appropriate for their students (Table 1). With regard to the veggie pikelets, one teacher noted that *'students didn't take to them – bland, too much veg'* while another teacher indicated that *'kids didn't like the look of them so they wouldn't try them'*.

**Table 1: Do you think the recipes cooked in today's class were appropriate for your students?**

	n	n (yes)	% (yes)
Fruit Crumble Cups	30	30	100.0
Veggie Toasties	32	32	100.0
Stuffed Spuds	5	5	100.0
Kangaroo Bolognaise	5	5	100.0
Chicken Noodle Soup	5	5	100.0
Braised Beef and Pasta	2	2	100.0
Kangaroo & Veggie Kebabs	2	2	100.0
Tuna Patties	1	1	100.0
Meat & Veggie Rissoles	1	1	100.0
Chicken and Veggie Kebabs	27	26	96.3
Fruit Kebabs	24	22	91.7
Veggie Pikelets	24	21	87.5

*\*Multiple response question. Different students groups made different recipes therefore "n" varies*

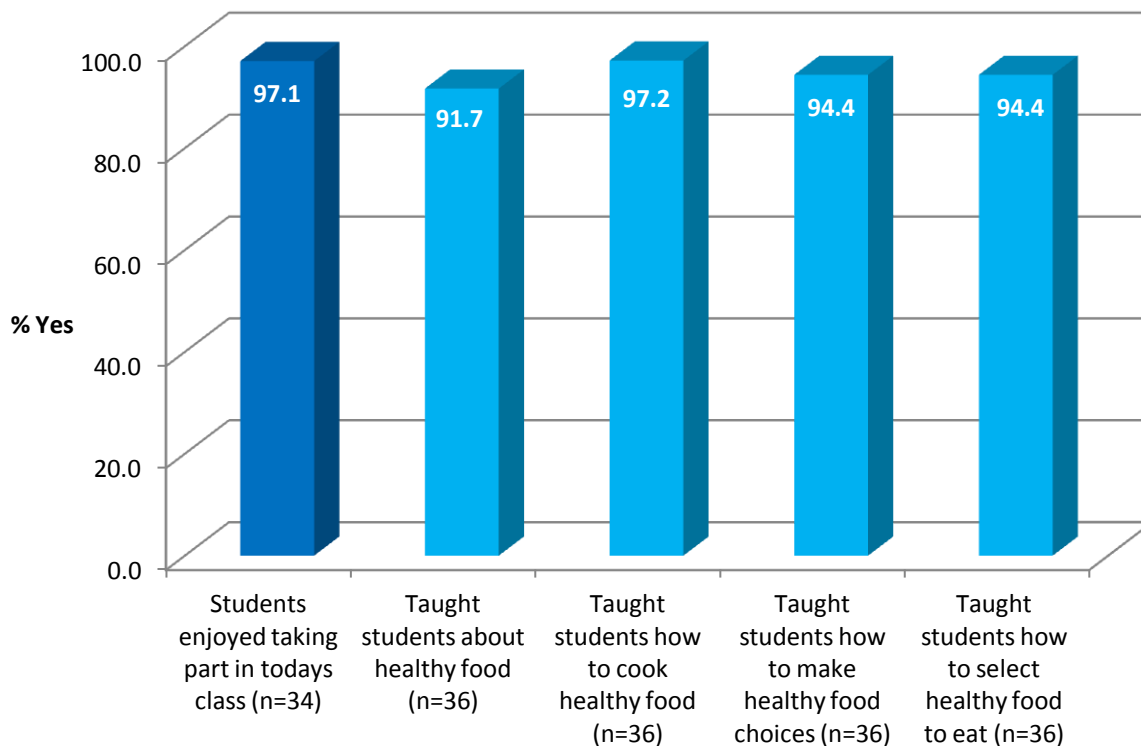
When asked for suggestions of other recipes that could be cooked in class, teachers suggested:

- *'Wholemeal pancakes'*
- *'Fruit smoothies, fried rice, soup, chow mien, muesli bars, zucchini slice'*
- *'Pasta'*
- *'Fried rice, frittata'*
- *'No, a good range was presented'*
- *'Pizza'*
- *'Fruit smoothies'*
- *'Baked bean burgers (find on Heinz baked bean tins)'*
- *'Perhaps vegan recipes'*
- *'Loved the fact you used the school garden for produce'*
- *'Fruit salads, veggie croquets'*
- *'Stir-fry and fruit salads'*



**Program Success**

As shown in Figure 1, the vast majority of teachers thought that their students ‘enjoyed taking part in the Food Sensations class’ (97%) and that the program was successful at teaching students about ‘healthy food’ (92%). The majority of teachers also indicated that the program was successful at teaching students ‘how to cook healthy food’ (97%), ‘how to make healthy food choices’ (94%) and ‘how to select healthy food to eat’ (94%).



**Figure 1: Teacher perceptions of the Food Sensations session on students (% Yes)**





The majority of teachers agreed that the program 'improved student knowledge about nutritious foods' (92%), 'improved student knowledge about the benefits of nutritious foods' (83%), provided students with skills to prepare nutritious food' (97%), and 'provided students with skills to choose nutritious rather than unhealthy food' (81%). (Table 2 to 5)

**Table 2: Did the Food Sensations program improved student knowledge about nutritious foods?**

	n	%
Agree	33	91.7
Unsure	3	8.3
Disagree	0	0.0
Total	36	100.0

**Table 3: Did the program improved student knowledge about the benefits of nutritious foods?**

	n	%
Agree	29	82.9
Unsure	6	17.1
Disagree	0	0.0
Total	35	100.0

**Table 4: Did the program provided students with skills to prepare nutritious food?**

	n	%
Agree	35	97.2
Unsure	0	0.0
Disagree	1	2.8
Total	36	100.0

**Table 5: Did the program provided students with skills to choose nutritious rather than unhealthy food?**

	n	%
Agree	29	80.6
Unsure	6	16.7
Disagree	1	2.8
Total	36	100.0



### Community

Overall, 66% of teachers agreed that healthy food in their town was 'expensive' and 35% agreed that 'healthy food is often not available' (Table 6 and 7).

**Table 6: In this town healthy food is expensive**

	n	%
Agree	23	65.7
Unsure	1	2.9
Disagree	11	31.4
Total	35	100.0

**Table 7: In this town healthy food is often not available**

	n	%
Agree	12	35.3
Unsure	6	17.6
Disagree	16	47.1
Total	34	100.0

Overall, 46% of teachers agreed that students would use the skills learnt in the Food Sensations class at home, while 52% were unsure. Most teachers, (76%) agreed that the skills taught in the class would positively contribute to the health of the students, 21% were unsure. (Table 8 and 9)

**Table 8: My students will use the skills learnt in today's class at home**

	N	%
Agree	15	45.5
Unsure	17	51.5
Disagree	1	3.0
Total	33	100.0

**Table 9: The skills learnt in the program will positively contribute to the health of my students**

	N	%
Agree	26	76.5
Unsure	7	20.6
Disagree	1	2.9
Total	34	100.0



Teachers were asked if they had any suggestions about how the Regional Food Sensations program could be improved. The following comments and suggestions were made:

- *'An excellent program. Thank you'*
- *'Discuss and cook healthy sweet alternatives'*
- *'The program is run well, the knowledge share fantastic. Excellent'*
- *'Thank you. The students really enjoyed the session'*
- *'Contact teacher direct by phone may speed up process. Thank you so much.'*
- *'No, it was great'*
- *'None, it was great'*
- *'Work with school canteens closely. Offer weekly recipes on-line for schools to focus on. Keep up the school visits. Thank you heaps for visiting our school.'*
- *'I thoroughly enjoy watching the student interactions and commend you on your control and the interest level of the sessions.'*
- *'Please come back again'*
- *'Thought it was well presented and conducted. Thank you for the opportunity'*
- *'Everything was organised/prepared. The "sampling" session seemed just a little rushed.'*
- *'No, the program presenters and outcomes were excellent. Steph and Crystal demonstrated excellent instructional skills and an outstanding ability to work with students at educational risk. Thank you - Brilliant stuff!'*
- *'Processing of processed food. Chemicals. Food additives. Diet Food - Sorbitol'*
- *'Make it easier for younger students'*
- *'No'*
- *'To reinforce it, the program needs to be continued in some manner'*
- *'Thank you guys. I think you did a sensational job today. I would like to see the sessions span over two days rather than one day. This will give the student's time to complete the questionnaire and a chance for you to discuss healthy cooking and eating habits with them'.*
- *'No!'*
- *'I would like to see repeat visits'*
- *'Very informative and tailored to suit students. Thank you very much'*
- *'Maybe shorten the "food plate" talk in the 1 1/2 hour session, but on the whole, all very good and interactive'*
- *'No, the food sensations program held for XXX was very good'*



### **SUMMARY OF FINDINGS**

- The majority of teachers thought their students enjoyed taking part in the Food Sensations program and that the 2011 program was successful at providing students with knowledge about healthy food and skills to prepare nutritious food.
- Teacher feedback indicated that the recipes cooked in the Food Sensations class were appropriate. Teachers also provided Foodbank WA with recipe alternatives.
- Most teachers believed that healthy food in their town was expensive, with one third specifying that healthy food is often not available.
- Overall, the teacher assessment of the 2011 Regional Food Sensations program was positive.

