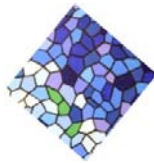


# **Food Sensations**

Educator Training Day 2010

(Post Program Survey)



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## INTRODUCTION

The Food Sensations program is run by Foodbank WA and aims to improve knowledge and understanding of nutritious foods and provide the skills to purchase and prepare nutritious foods<sup>1</sup>. From March to December, nine Food Sensations Educator Training Days were run by Foodbank WA (n=62 participants). At the end of each session participants were asked to complete a Food Sensations post program survey. In total 54 participants completed a survey (response fraction=87%).

## RESULTS

Overall, 100% of respondents found the educator training day useful, with 79% indicating that all components of the session would be useful in helping people to increase their intake of fruit and vegetables. The vast majority of respondents rated the nutrition pyramid/10 plan (98%), Kilocents calculations (98%), cooking session (98%), nutrition panel activity (98%) and garden workshop (90%) as 'good' or 'very good'. (Table 1a, 1b and 2)

Table 1a: Did you think the workshop was useful? (Q1)

	N	%
Yes	54	100.0
No	0	0.0
Unsure	0	0.0
Total	54	100.0

Table 1b: Which parts of the session were most useful in helping people to increase the intake of fruits and vegetables? (Q5)\*

	N	% Respondents (n=53)
All components	42	79.2
Cooking session	6	11.3
Kilocents calculation card	1	1.9
Nutrition Pyramid and 10-Plan	8	15.1
Nutrition panel activity	2	3.8

*\*Multiple response question*



Table 2: Please circle how you would rate the following parts of the session? (Q2)

	<b>Nutrition Pyramid/10 Plan</b>	<b>Kilocalories calculations</b>	<b>Cooking session</b>	<b>Nutrition panel activity</b>	<b>Garden workshop</b>
n	54	54	54	54	50
Very poor %	0.0	0.0	0.0	0.0	0.0
Poor %	1.9	1.9	1.9	1.9	2.0
Average %	0.0	0.0	0.0	0.0	8.0
Good %	25.9	24.1	16.7	24.1	30.0
Very good %	72.2	74.1	81.5	74.1	60.0
Total %	100.0	100.0	100.0	100.0	100.0

Respondents were asked about their nutrition knowledge before and after attending the educator training day. At the start of the session, few respondents thought their knowledge was 'very good' (47% to 23%) on a variety of topics. However, at the end of the session, the majority thought their knowledge was (now) 'very good' (84% to 90%). Improvements in knowledge were found in relation to healthy eating, types of foods to eat most/some/least, how to prepare healthy foods, the cost of unhealthy foods and the cost of healthy foods. The biggest improvements in knowledge were seen in relation to the cost of healthy and unhealthy foods. (Table 3)

Table 3: How do you rate your knowledge before/after attending today's session? (Q3 and Q4)

	<b>Healthy eating</b>	<b>Types of foods to eat most of</b>	<b>Types of foods to eat moderate amounts of</b>	<b>Types of foods to eat less of</b>	<b>How to prepare healthy foods</b>	<b>Cost of unhealthy foods</b>	<b>Cost of healthy foods</b>
<b>Before the session</b>							
n	52	53	52	51	53	52	52
Very poor %	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Poor %	3.8	5.7	1.9	3.9	1.9	13.5	11.5
Average %	13.5	5.7	9.6	5.9	22.6	36.5	28.8
Good %	48.1	47.2	48.1	43.1	41.5	26.9	28.8
Very good %	34.6	41.5	40.4	47.1	34.0	23.1	30.8
<b>After the session</b>							
n	51	52	52	52	52	51	51
Very poor %	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Poor %	2.0	0.0	0.0	0.0	0.0	0.0	0.0
Average %	2.0	0.0	0.0	0.0	0.0	0.0	0.0
Good %	11.8	13.5	11.5	9.6	11.5	11.8	9.8
Very good %	84.3	86.5	88.5	90.4	88.5	88.2	90.2



After attending the session, the vast majority of respondents felt confident that they could deliver the contents of the Food Sensations session to others. Over one half, felt that they would use all components of the session with their target group (55%). (Table 4 and 5)

Table 4: Would you feel confident delivering the content of the session to others? (Q6)

	<b>N</b>	<b>%</b>
Yes	49	92.5
No	4	7.5
Total	53	100.0

Table 5: If 'Yes' to Q6, which parts of the session would you most likely use with your target group? (Q7)\*

	<b>N</b>	<b>% Respondents (n=47)</b>
All components	26	55.3
Nutrition Pyramid and 10-Plan	15	31.9
Kilocents calculation card	14	29.8
Nutrition panel activity	13	27.6
Kilocents comparison board	12	25.5
Cooking session	11	23.4

*\*Multiple response question*

All respondents (100%) enjoyed the recipes prepared as part of the session, especially the wraps and the toasties. (Table 6a and 6b)

Table 6a: Did you enjoy the foods that were prepared today? (Q8)

	<b>N</b>	<b>%</b>
Yes	54	100.0
No	0	0.0
Total	54	100.0

Table 6b: If 'Yes', which were your favourite recipes? (Q8)\*

	<b>N</b>	<b>% Respondents (n=54)</b>
Wraps	22	40.7
Toasties	15	27.8
All	9	16.7
Bean and tomato pasta/salad	9	16.7
Fruit cups	7	13.0
Pizza	4	7.4
Dip	4	7.4
Fritters	3	5.6

*\*Multiple response question*



(If relevant) The majority of respondents specified that they would use the suggested Food Sensations activities in a classroom setting (95%). (Table 7a and 7b)

Table 7a: Will you use any of the suggested activities in a classroom setting? (Q9)

	N	%
Yes	36	94.7
No	2	5.3
Total	38	100

Table 7b: If 'Yes', what activities would you use? (Q9)\*

	N	% Respondents (n=33)
All	10	30.3
Food pyramid	10	30.3
Cooking activity	8	24.2
Food labelling/nutrition panels	8	24.2
Kilocents / food calculations	4	12.1
food costs/ cost of healthy and unhealthy food	4	12.1
Vegetable garden	1	3.0

*\*Multiple response question*

Respondents were then given the opportunity to make other comments. The following comments were made:

*'Well done. Very informative'.*

*'Very good presentation by you team. Thank you'.*

*'Very enjoyable and excellent presentation'.*

*'This was a great PD. Thoroughly enjoyed it and learnt a lot especially in the garden'.*

*'The gardening session was the most informative gardening session or talk I have ever experienced. The whole training day was absolutely great, very helpful and extremely well presented'.*

*'Thank you. Very well run and structured sessions. Despite having knowledge- creative & different ways of implementation were very beneficial'.*

*'Thank you. Very helpful and easy to understand. Great resources'.*

*'Thank you. I found this training session very informative and useful'.*

*'Thank you for all your knowledge sharing and help. A great session with lots of useful information'.*

*'Thankyou' (x4)*

*'Really pleased I came'.*

*'Many thanks for the opportunity to learn and attend Foodbank'.*

*'Learned a lot about Food Sensations and healthy eating and many tips!'*



*'It was great that all participants were able to cook hands on in the kitchen, and the variety in the session- the tour was great, the information and the garden is enlightening'.*

*'I have been several years ago, nice to see how program and resources have been developed'*

*'I found the session once again fantastic, so many useful resources and ideas. Thanks so much'.*

*'Great. Well done. Well presented, friendly, approachable, informative staff'.*

*'Great work, keep it up'.*

*'Great tutors, warm and friendly'.*

*'Great PD. Well done to all. Loved all sessions. Useful for my teachers classrooms'.*

*'Good presentation'.*

*'Fantastic, very interesting and hands on'.*

*'Fantastic work ladies'.*

*'Fantastic day, Thank you all so much. I have learnt more tips also the lunch and goodies were really great. Thank you'.*

*'Excellent value, well worth it'*

*'Excellent PD. The resources were great. The practicality and the hands-on nature of the activities'.*

*'An excellent session - relaxed and easy to follow. I should be able to apply aspects to the measurement and number strands in maths'*

## **SUMMARY OF FINDINGS**

- All respondents found the educator training day useful and enjoyed the recipes prepared as part of the session.
- Respondents indicated gains in their nutrition knowledge as a result of attending the training day. At the start of the session, few respondents thought their nutrition knowledge was 'very good' (47% to 23%), however, at the end of the session, the majority thought their knowledge was (now) 'very good' (84% to 90%).
- After attending the educator session, the vast majority felt confident that they could deliver the Food Sensations session to their target group and (if relevant) would use suggested Food Sensations activities in a classroom setting.

## **REFERENCES**

1. Foodbank WA (2010). Foodbank: An Australia without hunger (booklet). Foodbank WA: Welshpool.