

# Food Sensations 2011

Educator Training Day



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Christina Mills – Research and Evaluation Consultant  
[christina.mills@westnet.com.au](mailto:christina.mills@westnet.com.au) 0404159241



## 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. From March to December 2011, seven Food Sensations Educator Training Days were run by Foodbank WA (n=56 participants). At the end of each session participants were asked to complete a Food Sensations post program survey. In total 47 participants completed a survey (response fraction=84%).

## RESULTS

Overall, 100% of respondents found the educator training day useful, with 66% indicating that all components of the session would be useful in helping people to increase their intake of fruit and vegetables. All respondents rated the nutrition pyramid/10 plan (100%), nutrition panel activity (100%) and cooking session (100%) as 'good' or 'very good'. The vast majority also rated the takeaway/homemade activity (98%) and garden workshop (87%) as 'good' or 'very good' (Table 1a, 1b & 2).

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

	n	%
Yes	45	100.0
No	0	0.0
Unsure	0	0.0
Total	45	100.0

*\*Invalid data for two respondents*

**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=47)
All components	31	66.0
Cooking session	13	27.7
Kilocents calculation card	5	10.6
Nutrition Pyramid and 10-Plan	5	10.6
Nutrition panel activity	11	23.4

*\*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>Nutrition panel activity</b>	<b>Cooking session</b>	<b>Garden Workshop</b>	<b>Takeaway vs homemade</b>
n	47	47	47	47	47
Very poor %	0.0	0.0	0.0	0.0	0.0
Poor %	0.0	0.0	0.0	2.1	0.0
Average %	0.0	0.0	0.0	10.6	2.1
Good %	36.2	25.5	17.0	21.3	21.3
Very good %	63.8	74.5	83.0	66.0	76.6
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, less than half of all respondents thought their knowledge was ‘very good’ (28% to 47%) on a variety of topics. However, by the end of the session, most thought their knowledge was (now) ‘very good’ (72% to 83%). Improvements in knowledge were found in relation to healthy eating, types of foods to eat most/some/least, how to prepare healthy foods and the cost of healthy/unhealthy 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</b>			<b>How to prepare healthy foods</b>	<b>Cost of</b>	
		<b>Eat most</b>	<b>Eat moderate</b>	<b>Eat less</b>		<b>Unhealthy foods</b>	<b>Healthy foods</b>
<b>Before the session</b>							
n	47	47	47	47	46	47	47
Very poor %	0.0	0.0	0.0	0.0	0.0	2.1	2.1
Poor %	0.0	0.0	2.1	4.3	8.7	12.8	6.4
Average %	8.5	4.3	8.5	6.4	15.2	27.7	25.5
Good %	53.2	51.1	48.9	42.6	47.8	29.8	36.2
Very good %	38.3	44.7	40.4	46.8	28.3	27.7	29.8
<b>After the session</b>							
n	47	47	47	47	47	47	47
Very poor %	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Poor %	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Average %	0.0	2.1	2.1	4.3	2.1	0.0	0.0
Good %	27.7	19.1	14.9	14.9	23.4	19.1	19.1
Very good %	72.3	78.7	83.0	80.9	74.5	80.9	80.9



After attending the session, the majority of respondents (89%) felt confident that they could deliver the contents of the Food Sensations session to others and most felt they would use all components of the workshop with their target group (64%) (Table 4 and 5).

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

	n	%
Yes	42	89.4
No	5	10.6
Total	47	100.0

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

	n	% Respondents (n=42)
All components	27	64.3
Cooking session	9	21.4
Nutrition panel activity	6	14.3
Nutrition Pyramid and 10-Plan	7	16.7
Takeaway vs homemade	13	31.0

*\*Multiple response question*

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

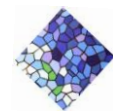
**Table 6a: Did you enjoy the foods that were prepared today? (Q8)**

	n	%
Yes	47	100.0
No	0	0.0
Total	47	100.0

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

	n	% Respondents (n=47)
Toasties	20	42.6
Wraps	13	27.7
Bean and tomato pasta/salad	8	17.0
Fruit crumble cups	6	12.8
Dip	6	12.8
All	5	10.6
Cous cous salad	4	8.5
Mexicorn salad / salsa	2	4.3
Muffins	2	4.3

*\*Multiple response question*



(If relevant) All respondents specified that they would use the suggested Food Sensations activities in a classroom setting (100%). (Table 7a and 7b)

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

	n	%
Yes	27	100.0
No	0	0.0
Total	27	100.0

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

	n	% Respondents (n=27)
Nutrition Pyramid and 10-Plan	13	48.1
Takeaway vs homemade	9	33.3
Cooking session	7	25.9
Nutrition panel activity	7	25.9
All components	3	11.1
Garden session	1	3.7

*\*Multiple response question*

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

*"An absolutely brilliant, informative session. I can't believe it's only \$20 with the value of the course plus resource folder and apron. Thank you very very much".*

*"Another great PD run by Foodbank. Glad I came again".*

*"All good".*

*"Enjoyed it all. Loved the visual displays and information- very practical".*

*"Excellent PD. Thank you".*

*"Excellent, can anyone attend?".*

*"Excellent".*

*"Great workshop! Organic gardening interesting. Thank you!".*

*"Great!".*

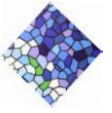
*"Great, thanks. Course very cheap for everything you get /provided with".*

*"I felt it was such a stimulating program. I am inspired to use resources in the classroom. Hopefully this will continue to be used and educated in this way. Learning about Foodbank was really interesting too!".*

*"I had a great time. It was very useful to learn and see it face to face".*

*"I really enjoyed it. A very beneficial experience".*

*"I really enjoyed the day and have learned (and re-focused on) lots of healthy information".*



*"No other than thank you!"*

*"Some content regarding preservatives and additives in food with regards to their impact on the body. Organic gardening was a very important part of healthy food".*

*"Taking away some great ideas for use at both work and home".*

*"Thank you very much. Vanessa was a very friendly and warm presenter".*

*"Thank you. I really enjoyed it and learnt a lot".*

*"Thank you. Wonderful PD".*

*"That was very informative and fun. Thank you Vanessa".*

*"The resources provided and the concepts delivered will be excellent to use across a wide range of students. The benefits they will be able to get from this information is invaluable".*

*"Very good. Thanks Vanessa!"*

*"Very good".*

*"Very professional, interesting and enjoyable presentation. Has enhanced my knowledge of healthy foods and opened my eyes to the charity of people who volunteer".*

*"Well presented. Thorough, useful & very appropriate for the target audience".*

## **SUMMARY OF FINDINGS**

- The Educator Training Day was rated positively by respondents. All respondents specified that the workshop was useful and that they enjoyed the recipes prepared as part of the session.
- Respondents indicated gains in their nutrition knowledge as a result of attending the Educator Training Day (i.e. healthy eating, types of foods to eat most/some/least, how to prepare healthy foods and the cost of unhealthy/healthy foods).
- After attending the Educator Training Day the majority of respondents felt confident that they could deliver the workshop to their target group.