

Food Sensations

Teacher Evaluation 2010



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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 healthy foods¹. As part of this program, schools operating a 'Schools Breakfast Program' can participate in a Food Sensation school session. School sessions included an information talk and cooking workshop for students. At the end of the session, teachers were asked to complete a nine question feedback survey. In total, 35 teachers completed a survey.

RESULTS

All respondents (100%) agreed or strongly agreed that they enjoyed the workshop, that the content was appropriate for their class and that their class enjoyed the recipes. All respondents (100%) agreed or strongly agreed that Foodbank presenters were easy to understand and that they liked the format and length of the sessions. All respondents (100%) would consider booking a session in the future. (Table 1)

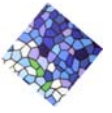
Table 1: School Session Feedback - Teachers (Q1-7)

	n	Strongly Disagree %	Disagree %	Unsure %	Agree %	Strongly Agree %
Q1. I enjoyed the workshop today	34	0.0	0.0	0.0	2.9	97.1
Q2. The content was appropriate for my class	35	0.0	0.0	0.0	8.6	91.4
Q3. The class enjoyed the recipes prepared today	33	0.0	0.0	0.0	15.2	84.8
Q4. The presenters were clear and easy to understand	33	0.0	0.0	0.0	3.0	97.0
Q5. I like the format of the session	33	0.0	0.0	0.0	6.1	93.9
Q6. The length of the session is appropriate	33	0.0	0.0	0.0	9.1	90.9
Q7. I would consider booking the session in the future	33	0.0	0.0	0.0	3.0	97.0

Teachers were asked to rate the Food Sensations school session on a scale from 1 (low) to 5 (high). All teachers (100%) gave the session a rating of 5. (Table 2)

Table 2: Overall Rating of the Session - Teachers (Q8)

	n	1 (low) %	2 %	3 %	4 %	5 (high) %
Q8. Your overall rating of the Food Sensations session	33	0.0	0.0	0.0	0.0	100.0



Teachers were then given the opportunity to comment on the session. The following comments were made:

'This has been great. Thanks for coming!'

'The students loved it and worked enthusiastically!'

'Absolutely fabulous - the children loved it.'

'Perfect for our students, great organization - important to see the garden before cooking - gives a connection between growing and eating. Thanks.'

'Activities were well carried out and the students were engaged in it. Thanks for a great job Gemma and Vanessa.'

'The program was excellent - all of our students were engaged all of the time. The recipes were appropriate also.'

'Excellent presentation that was highly informative and the students enjoyed all aspects of the session.'

'Fantastic content and what a great experience for the children. Thank you.'

'Fantastic thank you.'

'Great session. Would like similar for other year groups.'

'Fantastic. Students really enjoyed the session.'

'Fabulous. Child friendly. Thanks.'

'This is the first experience that I have had with Foodbank and it was really enjoyable. We'll add this to memory bank of resources.'

'When showing kids how to prep food please tell them about bacteria included in fingernails and rings. It should also be demonstrated by your staffs. Thank you. Well done. Thank you.'

'Fantastic. The amount covered in two hours is incredible. Thanks.'

'Well done on a great tour and cooking experience. We all enjoyed immediately.'

'Good, quick, short, sharp activities, kept the kids busy which was good.'

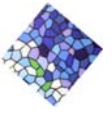
'Great teamwork environment with healthy messages. Enjoyed by all.'

'Great.'

'Great use of visuals for both the food pyramid and recipes. Getting the students involved in interactive activities was also excellent. Thank you!'

'Fantastic, want to encourage children to eat healthy foods. Thank you for accommodating our children with special needs.'

'The students were engaged from the nutrition session through to the food preparation and presentation (the banquet!). A well organised and delivered 'hands-on activity' with maximum participation for all the students. Thankyou Gemma and Steph.'



'I was very impressed with your presentation skills. Your interpersonal skills and communication skills were excellent! Your organisation and materials used were excellent! Great effort and thank you for a great day!'

'Very good format and very well presented. Thank you. Maybe a little chicken in the vegies would be nice though.'

'Fantastic. Thanks again.'

'Yum! Never had anything like it before. Fun. Please come back. Healthy food is yummy. Thank you.'

'A very enjoyable and informative session. Thank you.'

'A great experience, the children really benefited from eating healthy dishes and seeing how easy they were to make.'

'A huge thank you. What a great workshop. The students had a great time. The recipes were great for the students to be able to make. Thanks Please come again.'

'Very interesting ideas and recipes. I am sure my students have enjoyed the session. Some of my girls are new arrivals so they have benefited from the lesson.'

'The program was fantastic and the students were very attentive and learnt lots about healthy eating. The cooking session was good and everyone enjoyed it.'

'I thought the presentation and cooking was great and recipes were well laid out with steps and photos. I would like to see this program offered to post school option providers for people with disabilities. They often run cooking groups with their clients and would encourage them in healthy eating program and to move towards independence. Groups include Interchange, interwork etc.'

SUMMARY OF FINDINGS

- The Food Sensations school session was rated very positively by teachers.
- Teachers enjoyed the sessions, would consider booking another session and thought that the information and cooking workshop was enjoyable and appropriate for their students.

REFERENCES

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