

# Food Sensations 2011

## Teacher Evaluation



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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 prepare healthy foods. As part of this program, schools operating a ‘Schools Breakfast Program’ can participate in a Food Sensation session. School sessions included an information talk and cooking workshop for primary and high school students. At the end of the session, teachers were asked to complete a feedback survey containing nine questions. In total, 54 teachers completed a survey (response fraction = 66%).

## 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. The vast majority agreed or strongly agreed that Foodbank presenters were clear and easy to understand (98.1%) and all agreed or strongly agreed that they liked the format and length of the session (100%). All respondents (100%) would consider booking another Food Sensations 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 .....	54	0.0	0.0	0.0	7.4	92.6
Q2. The content was appropriate for my class.....	54	0.0	0.0	0.0	3.7	96.3
Q3. The class enjoyed the recipes prepared today.....	54	0.0	0.0	0.0	13.0	87.0
Q4. The presenters were clear and easy to understand .....	54	0.0	0.0	1.9	7.4	90.7
Q5. I like the format of the session .....	54	0.0	0.0	0.0	9.3	90.7
Q6. The length of the session is appropriate.....	54	0.0	0.0	0.0	5.6	94.4
Q7. I would consider booking the session in the future.....	54	0.0	0.0	0.0	0.0	100.0

Teachers were asked to rate the Food Sensations session on a scale from 1 (low) to 5 (high). All teachers (100%) gave the session a rating of either 4 or 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 .....	54	0	0	0	5.6	94.4



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

- *This is a wonderful opportunity for the children to experience fruit and veg that they probably don't get at home!*
- *Children got to try & in some cases like food they wouldn't normally eat.*
- *The session was an excellent conclusion to the work the children have been doing in class. It was so well organised that I hope this program continues and I look forward to seeing what you do in 2012. Thanking you.*
- *An excellent session. I couldn't do this on my own! The children learnt and tried foods they normally wouldn't. Thank you.*
- *Excellent! Food was easy to make and lots of fun for the kids. They need as much education on healthy eating as possible! Great*
- *It was a fantastic session which was thoroughly enjoyed by all the students. They are now very enthusiastic about going home and try more recipes on their families.*
- *Fantastic. Would be great to have you more frequently.*
- *Fantastic! The kids really enjoyed it - they said it felt like master chef! Also a good job dealing with having no running water during the session. Thank you.*
- *Fantastic activities, the children really enjoyed themselves throughout the entire experience. Well done girls!*
- *Fantastic! Thank you. Please visit us again.*
- *FANTASTIC! Kids thoroughly enjoyed learning about the foods and loved the cooking!*
- *Absolutely fantastic. Great consolidation for the work we have done in class. Will be looking to book next year. Thank you.*
- *Thanks for a fantastic session! I haven't seen the students cook before and was amazed how engaged and motivated they were for the whole time. Perhaps with the food pyramid have smaller ones in groups first for the students to decide where items should go and then feedback to main one. The teaspoon activity was excellent!*
- *Thank you for coming it was really enjoyable and the kids LOVED IT!!!*
- *Thank you for a very enjoyable session. Your organisation is fantastic.*
- *Thankyou it was excellent - the children really enjoyed this and discovered some healthy foods that they liked.*
- *A huge thank you for your support to XXX PS this year. My students enjoyed their excursion to Foodbank & the session was appropriate for their needs. A huge thankyou to the staff of Foodbank.*
- *Wonderful! (x2)*
- *Students loved the workshop. Nearly all the food was consumed. We had a few mini sandwiches left over but all other food was consumed. Activity prior to cooking session was appropriate and some may have been (were) surprised to learn about sugar, fat, salt content in breakfast cereals and snack foods. The class teachers loved it !*



- *Great session. The children enjoyed the cooking and many tasted new foods.*
- *A fabulous incursion. Students loved the food, loved cooking and we plan to continue, e.g. Cook our own lunch.*
- *Excellent. The attention of some students can appear to not be present. But most of the students were completely engaged. Well done.*
- *Extremely worthwhile! Thanks, much appreciated.*
- *All students were thoroughly involved, loved that they not only cooked but cleaned up as well. Fantastic - yum and thank you.*
- *The kids really enjoyed themselves, particularly the cooking. Recipes were perfectly at their level. Thank you very much!*
- *Great for the kids.*
- *It was fun and nice easy recipes that the children enjoyed making and eating.*
- *It was great to see all the children enjoying making and eating the food. Thanks for a great session.*
- *Very informative, great hands on activities. Great recipes that children can make at home by themselves. Thank you so much.*
- *Thanks for coming.*
- *What a great activity for the kids to be involved with. Well done.*
- *Loved the staff and the recipes. Everything was delicious and I would definitely eat them again! Fantastic! Will definitely recommend.*
- *The staff (presenters) were very professional and engaged all students. This is an invaluable learning experience that all children should have. A very big thank you!*
- *Vanessa and her colleagues always provide an interesting, informative and interactive presentation. We love having them here at XXX.*
- *Jenny and Louise were delightful to work with and were wonderful presenters. Thank you so much!*
- *Thankyou girls for a beautifully prepared and executed activity. We loved it!*
- *Excellent, clear and productive, wouldn't change a thing really!*
- *Wow! Very clear and patient presenters. Food results excellent.*
- *This was our second session this year. The presenters were both very approachable and able to adapt the learning/group activities to suit our needs. As with the previous session I found the students enjoyed all aspects of the workshop. I look forward to perhaps conducting a parent workshop in 2012.*
- *Extremely well organised and presented. Great recipes that seemed to be enjoyed by all.*



- *There were two presenters that didn't say or do a lot during the session. The children were a little confused as to what these presenters were doing. Overall the children really enjoyed the session and the food. Thanks.*
- *Loved everything about it, as did the kids. Your new presenter struggled a bit (nerves) but I appreciate they need exposure (I have prac students/residents too). In all, a fantastic experience for my class.*
- *Great session, thankyou ladies :) All of the students really enjoyed both the cooking section of the program and learning about the food pyramid.*
- *Thank you very much :) I think there could be somewhere to separate food scraps from other products e.g. recycling bins upstairs.*
- *Sadly, it was due to the behaviour of some of my students today that affected how I felt about the session overall. XXX (student) is only new at this and he did a really good job- but with a class like this a bit more structure and direction (i.e. no calling out) is needed during the nutrition portion of the session. Otherwise great food!! Great idea!!*
- *Keep doing the toasties! Thank you so much for coming again.*
- *Maybe making pizzas or burgers - healthy version as one of the recipes (suggested by the boys in particular).*
- *Lots of fun, and very healthy, fun, easy recipes! The kids don't seem to like capsicum or tomato.*
- *Excellent all round. Maybe a breakfast focus one.*

## **SUMMARY OF FINDINGS**

- The 2011 Food Sensations sessions were rated very positively by teachers.
- Teachers thought that the information and cooking workshop were enjoyable and appropriate for their students in terms of content/types of recipes, format, clarity and length of session.
- All teachers would consider booking another Food Sensations session in the future.