

Sept. 17, 2024

Wellness School Assessment Tool – Interview to match WellSAT 3.0 Nutrition Education

NE1 Interview – Head of Curriculum or Health/Nutrition Teacher

Does the school district have specific goals for nutrition education designed to promote student wellness? Does this include a standards-based nutrition education curriculum?

0	Nutrition education is not provided.
1	There is some guidance about nutrition lessons, but the interviewee is not confident that there is a standards-based curriculum that includes specific goals to promote student wellness.
2	The district uses a standards-based curriculum with specific goals to promote student wellness.

NE1: Includes goals for nutrition education that are designed to promote student wellness.

NE2 Interview – Head of Curriculum or Health/Nutrition Teacher

How would you describe the nutrition education you provide? Are didactic methods used to increase student knowledge? Are skills-based, behavior focused, and interactive/participatory methods used to develop student skills? Please provide some examples. *Core Content – media awareness, community involvement, reading labels, field trips*

0	Nutrition education is not provided.
1	The interviewee reports that didactic methods are used but is not confident that there are skills-based, behavior focused and interactive methods used.
2	Nutrition education is primarily provided through skills-based, behavior focused, and interactive methods. Interviewee is able to provide examples (e.g., media awareness, menu planning, reading nutrition facts labels).

NE2: Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.

NE3: Interview – Head of Curriculum, Principal, or Health/Nutrition Teacher

Do all elementary school students receive sequential and comprehensive nutrition education? *Core Content,*

0	Nutrition education is not provided.
1	Nutrition education is provided to in only some elementary school grade levels.
2	Sequential and comprehensive nutrition education is provided to all elementary school grade levels.
N/A	No elementary school in district / interview not at an elementary school.

NE3: All elementary school students receive sequential and comprehensive nutrition education.

NE4 Interview – Head of Curriculum, Principal, or Health/Nutrition Teacher

Do all middle school students receive sequential and comprehensive nutrition education?

0	Nutrition education is not provided.
1	Nutrition education is provided to only some middle school grade levels.
2	Sequential and comprehensive nutrition education is provided to all middle school grade levels.
N/A	No middle school in district / interview not at a middle school.

NE4: All middle school students receive sequential and comprehensive nutrition education.