

WellsAT-I

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.
<i>NE1: Includes goals for nutrition education that are designed to promote student wellness.</i>	

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

NE3: Interview – Head of Curriculum, Principal, or Health/Nutrition Teacher	
Do all elementary school students receive sequential and comprehensive nutrition education?	
0	Nutrition education is not provided.
1	Nutrition education is taught in only some grades.
2	Sequential and comprehensive nutrition education is provided to all elementary school grade levels.
<i>NE3: All elementary school students receive sequential and comprehensive nutrition education.</i>	

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 taught in only some grades.
2	Sequential and comprehensive nutrition education is provided to all middle school grade levels.
<i>NE4: All middle school students receive sequential and comprehensive nutrition education.</i>	

NE5 interview – Head of Curriculum, Principal, or Health/Nutrition Teacher	
Do all high school students receive sequential and comprehensive nutrition education?	
0	Nutrition education is not provided.
1	Nutrition education is taught in only some grades.
2	Sequential and comprehensive nutrition education is provided to all high school grade levels.
<i>NE5: All high school students receive sequential and comprehensive nutrition education.</i>	

NE6 Interview – Head of Curriculum, Principal	
Is nutrition education integrated into other subjects beyond health education? If so, what are some examples?	
0	Nutrition education is not integrated into other subjects.
1	Instructional staff are encouraged to integrate nutritional themes into lessons when appropriate, but the interviewee cannot provide examples.
2	Instructional staff integrate nutrition into other lessons, and interviewee can provide specific examples (e.g., using nutrition facts labels to learn percentages, using a vegetable garden to learn plant biology).
<i>NE6: Nutrition education is integrated into other subjects beyond health education.</i>	

NE7 Interview – Principal, Food Service Director, Head of Curriculum, Health/Nutrition Teacher	
Is nutrition education linked with the school food environment? For example, do teachers and food service staff collaborate in connecting nutrition education with the foods and beverages that are in school?	
0	Nutrition education is not linked with the school food environment.
1	Interviewee believes nutrition education is linked with the school food environment, but cannot provide specific examples.
2	Nutrition education is integrated into the school food environment in concrete ways and interviewee can provide examples (e.g., displaying educational materials in the cafeteria that reinforce classroom lessons; providing food for use in classroom nutrition education lessons; teaching lessons to students about the nutritional value of school meals; providing cafeteria tours for classes).
<i>NE7: Links nutrition education with the food environment.</i>	

NE8 Interview: Head of Curriculum, Principal, Health/Nutrition teacher	
Does nutrition education address agriculture and the food system?	
0	Agriculture and the food system are not included in nutrition education.
1	The respondent believes agriculture and the food system are addressed in nutrition education, but cannot provide any specific examples.
2	Students receive education about agriculture and the food system, and the respondent can provide specific examples (e.g., the school has a garden club; the garden is used as a teaching tool; children visit local farms and see where foods are purchased as part of the school meals).
<i>NE8: Nutrition education addresses agriculture and the food system.</i>	