

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 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.
<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 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.
<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 provided to only some high school grades.
2	Sequential and comprehensive nutrition education is provided to all high school grade levels.

N/A	No high school in district / interview not at a high school.
<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 yes, what are some examples? [Examples include: using nutrition facts labels to learn percentages; using a vegetable garden to learn plant biology.]	
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.
<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? If yes, what are some examples? [Examples include: 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>	