

Development of an Inquiry-Based, Learner-Centered Nutrition Education Curriculum for the Shaping Healthy Choices Program

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Shaping Healthy Choices Program

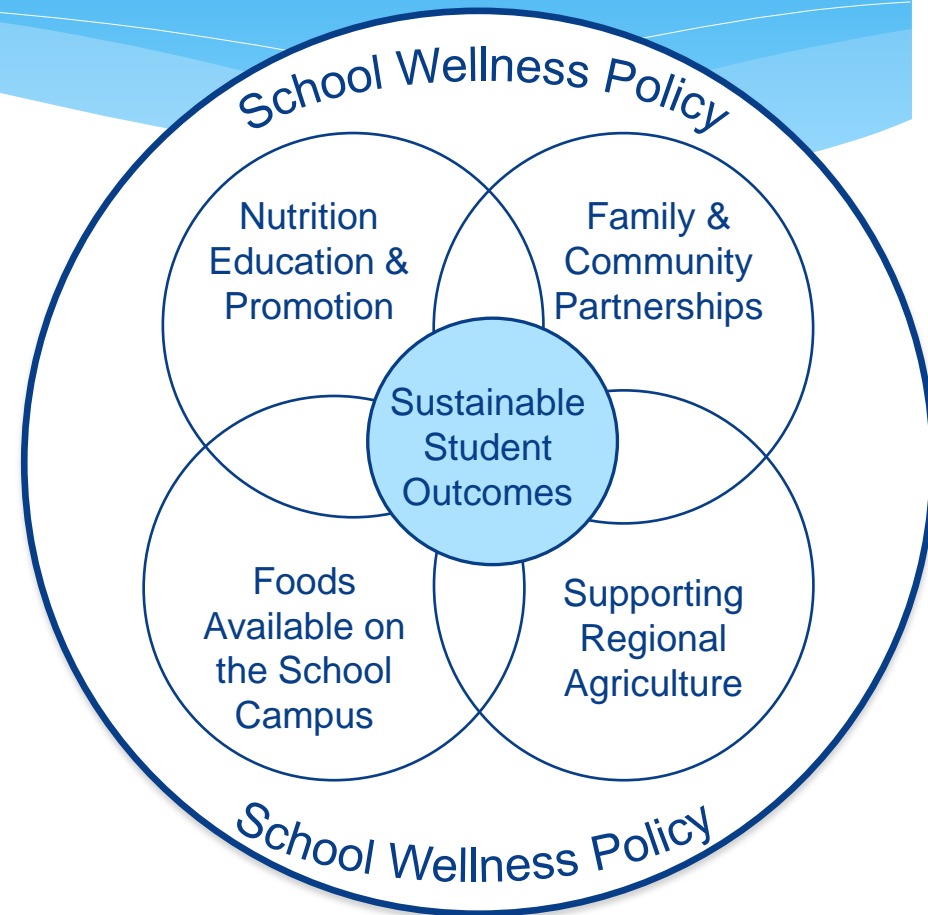
UCANR Strategic Initiative

Healthy Families and Communities

- Promoting Healthy Behaviors through Childhood Obesity Prevention
- Youth Science Literacy

Program Objectives

1. **Increase nutrition knowledge and use of science process skills**
2. Promote availability, consumption, and enjoyment of fruits and vegetables
3. Improve dietary patterns and encourage physical activity
4. Foster positive changes in the school environment
5. Facilitate development of an infrastructure to sustain the program

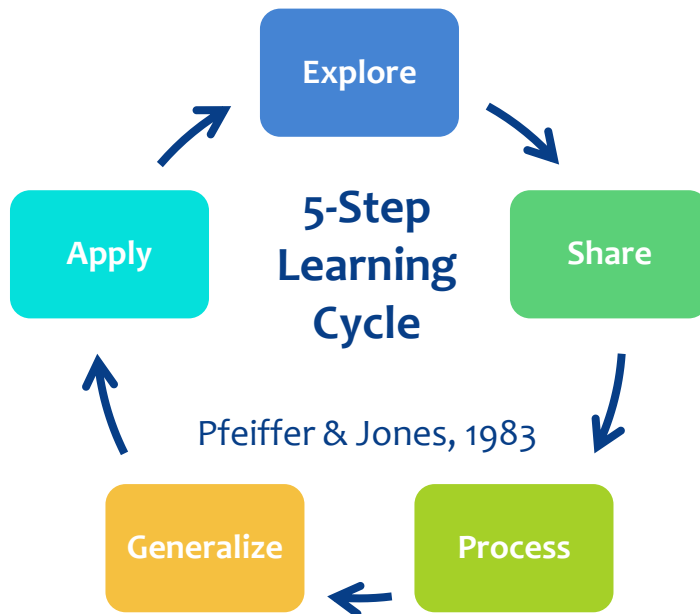
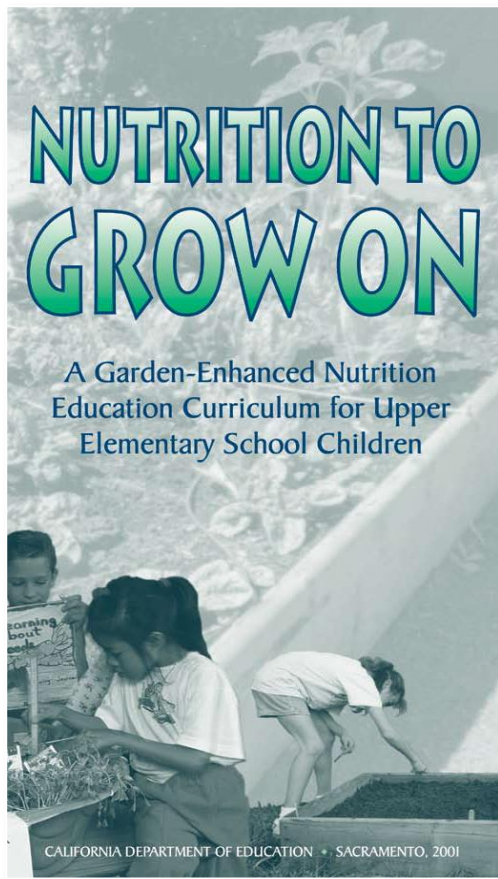


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Curriculum Development

Discovering Healthy Choices

An Inquiry-based nutrition science curriculum based on *Nutrition to Grow On*



Discovering Healthy Choices Modules

Introduction to Nutrition, Gardening & Agriculture

Getting Physically Active

Nutrients We Need

Serving Sizes

MyPlate

Food Labels

Consumerism

Making Healthy Snacks

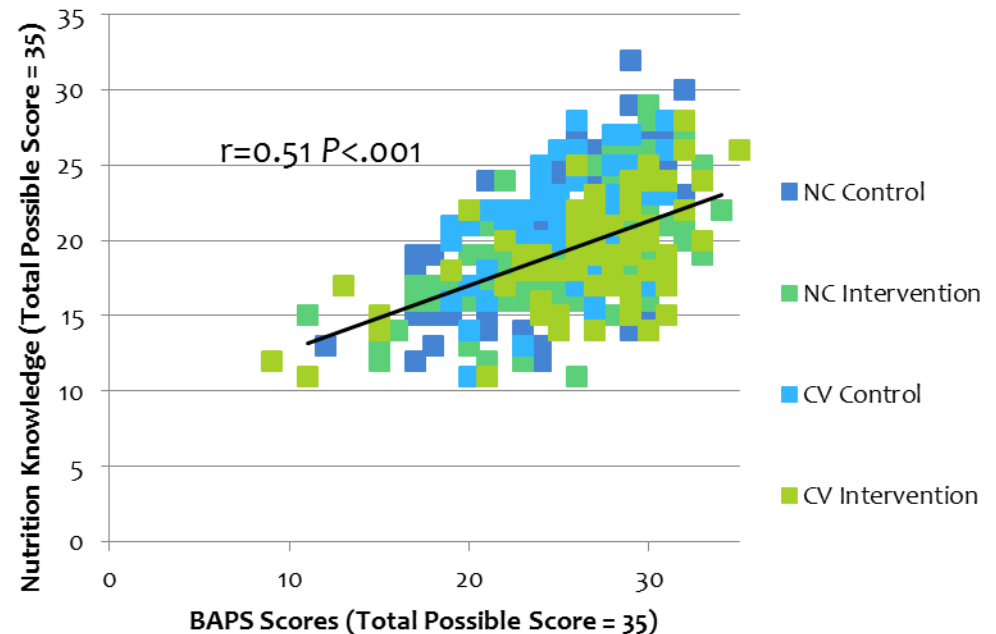
Evaluation of Discovering Healthy Choices

Methods

- * Pre-/Post- Questionnaires
 - * Basic Test of Science Process Skills (BAPS)
 - * Nutrition Knowledge
- * Analysis of student work throughout intervention
 - * Science process skills
 - * Nutrition knowledge

Preliminary Results

Relationship between Nutrition Knowledge and Science Process Skills (n=464)



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