

Snack Observation Evaluation Directions

Lisa Doe of No-name county received a grant to conduct a snack evaluation study this summer. She had a total of 30 youth participate.

She ran her summer program for 4 weeks. On the first day of the program before any nutrition education could be done, she conducted the pre-test evaluation during normal snack time. She had a table set up with two beverages: Orange Koolade and 100% Orange Juice. There was a sign up that stated what each beverage was. On the other end of the table she had two edibles: potato chips and baked chips with salsa with a sign identifying each. Before she allowed the youth to get a snack, she told them that they are only allowed one beverage and one edible, but they could choose whichever beverage they wanted.

Lisa sent the youth up in a cafeteria style line, each having on a name badge with their name or number on it in the upper right hand corner. A volunteer named Ann Doe observed the youth to record whether each young person chose an empty beverage (EB) or a healthful beverage (HB) by placing an "X" in the corresponding box. Then, Ann recorded the edible snack choice in the same manner. Lisa carried out a post test in the same manner with the same youth after she completed the Six Easy Bites (nutrition education) curriculum at the end of the 4 weeks. She knew that the same youth would be part of her Summer Fun Program that focused on Conflict Resolution. So, at the end of that program (2 weeks later), Lisa administered the follow-test on snack selection in the same manner to see if the youth maintained their food selection patterns over a longer period of time. Since it was during the summer, she knew the youth had not received any other nutrition information at school. She asked them if they had received any information at home or from any other source (magazine, newspaper, Internet, etc.) Three youth had read some information on nutrition in a teen magazine. Lisa made a note of that and disclosed it in the final report.

Below is an example of how to complete the Snack Record for Johnnie who is youth #1 in Lisa's program.

In the pre-test Johnnie chose orange koolade and potato chips.

In the post-test Johnnie chose 100% orange juice and baked chips w/salsa

In the follow-up Johnnie chose 100% orange juice and potato chips

County Any County Observer Ann

SNACK EXERCISE RECORD

YOUTH	Date <u>6/8/98</u>				Date <u>6/30/98</u>				Date <u>7/17/98</u>							
	PRE								POST				FOLLOW UP			
	EB	HB	ES	HS	EB	HB	ES	HS	EB	HB	ES	HS				
#1 Johnnie	X		X		X	X				X	X					

Important Note: You need to use the same flavor item for the empty calorie selection and healthy snack items. In this way, the preference would not be for a specific flavor. So, if you use grape koolade, then choose 100% grape juice. The items should be comparable in flavor, color, texture and other characteristics that are obvious to youth. The only real difference should be that one is unhealthy (empty beverage and snack) and the other is healthful (healthy beverage and snack).

Developed by Dr. Lisa A. Guion. Reviewed (2002) by Glenda Warren, Department of Family, Youth and Community Sciences, University of Florida.. Reviewed (2000) by Ann Frazier, former NC Cooperative Extension EFNEP Coordinator and Susan Jakes, NC Cooperative Extension Family and Consumer Sciences.

FINAL REPORTING FORM

Program Name: _____
Program Duration (#days/weeks): _____
Age range of youth participants: _____
Total number of youth participants: _____
Snack Menu Chosen: _____ (beverages)
_____ (edibles)
Nutrition Curriculum used: _____
Total number of hours of nutrition education: _____

AGGREGATE REPORTING For Beverage Selection

Percentage of youth choosing healthy beverage in pre-test _____
Percentage of youth choosing healthy beverage in post-test _____
Percentage of youth choosing healthy beverage in follow-up _____
Key to report on the ROA:
Percentage increase (decrease) in youth from pre-test to post choosing healthy beverage _____
Percentage increase (decrease) in youth from post-test to follow-up choosing healthy beverage _____

AGGREGATE REPORTING For Edible Selection

Percentage of youth choosing healthy edible pre-test _____
Percentage of youth choosing healthy edible post-test _____
Percentage increase (decrease) in youth from pre-test to post choosing healthy edible _____
Key to report on the ROA:
Percentage increase (decrease) in youth from pre-test to post choosing healthy edible _____
Percentage increase (decrease) in youth from post-test to follow-up choosing healthy edible _____

Notes:

An increase in those choosing healthy beverages and edibles from pre to post is significant in that, at least on the shorter term, behavior has been changed (snack selection). This type of evaluation carries a more weight than a self report instrument. In this case, you are not asking the youth about their behavior, you are actually observing the behavior.

Be careful not to let the youth know that they are being studied nor what you are trying to look for. If the youth know that you are studying them, they may try to please you by selecting certain snacks, rather than going with the snack they really want (Hawthorne Effect).

An increase in those choosing healthy beverages and edibles from post to follow-up is quite significant in that it signifies longer term, more sustained behavior change (snack selection). It may not always be possible to conduct the follow-up because the follow-up must consist of the same youth who participated in the pre and post observation.