Reflection and Evaluation of the “Healthy Me, Healthy Earth” After-School Program

Mary K. Sherman
University of New Hampshire, Durham, mks1009@wildcats.unh.edu

Follow this and additional works at: https://scholars.unh.edu/honors

Part of the Agricultural Education Commons, Curriculum and Instruction Commons, Early Childhood Education Commons, and the Other Nutrition Commons

Recommended Citation
https://scholars.unh.edu/honors/387

This Senior Honors Thesis is brought to you for free and open access by the Student Scholarship at University of New Hampshire Scholars' Repository. It has been accepted for inclusion in Honors Theses and Capstones by an authorized administrator of University of New Hampshire Scholars' Repository. For more information, please contact nicole.hentz@unh.edu.
Reflection and Evaluation of “Healthy Me, Healthy Earth” After-School Program

Abstract

The “Healthy Me, Healthy Earth” program was an eight week after-school program located in Dover, NH that ran from September 2017 to November 2017. The program utilized a food-systems based curriculum to evaluate the knowledge and health literacy of the students grades one through four who attended this after-school program. The curriculum design is cost-effective and can be easily replicated in various educational settings. Objectives relating to nutrition, environment, agriculture, sustainability, and student behavior were measured throughout the duration of this program using the knowledge-attitude-behavior model. The data was studied through a mix of qualitative and quantitative content analyses. The project faced various challenges relating to student behavior, program management, school closures, and program duration. There were noted improvements in student willingness to try new foods and ability to explain the nutritional quality of their favorite foods. There was also a greater desire to learn about environmentalism and sustainability from the students after the completion of the program. The “Healthy Me, Healthy Earth” program was effective in reaching its overarching goals and can be used as a tool for educators to use in their own lesson plans. This curriculum can be adapted to various settings, such as in-class lessons and clubs, which can help further the mission of creating a healthier, more sustainable world.