

Evaluation Report

Healthy Eating with the Junior Wardens

June 2007

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Health & Wellbeing Officer

Healthy Eating with the Junior Wardens



Introduction

The Health and Wellbeing Team at Chichester District Council were asked by Sue Long and Declan Moody, Community Wardens for Tangmere/Boxgrove/Oving, to run a Healthy Eating session with the Junior Wardens at Tangmere Primary School.

Claire Parnell, Health and Wellbeing Officer, Sam Francis, Health and Wellbeing Assistant and Joe Dufield, Student Environmental Health Officer organised and delivered a Healthy Eating session. There are ten junior wardens aged 9 – 11 years old based at Tangmere Primary School and nine attended the session.

Aim and objectives

Aim

To raise awareness of and encourage healthy eating among 9 – 11 year old junior wardens.

Objectives

1. To raise awareness of the 'balance of good health'
2. To discuss healthy eating and what it means
3. From a variety of food choices, for each junior warden to fill and eat a 'healthy' wrap or pitta bread
4. For the junior wardens to try different fruits with a choice of dips
5. To give the junior wardens the opportunity to try new foods

Related strategies/policies/documents

- Community Strategy for Chichester District 2006- 2016
- Corporate Improvement Strategy 2005 – 2010
- Environmental Health Services Service Action Plan 2006/2007
- Health Improvement Strategy for Chichester District 2002 – 2007
- The Choosing Health White Paper (to improve public health - better information on nutrition and lifestyles)
- Western Sussex PCT Annual Report of the Director of Public Health 2005

Methodology

A practical session involving the junior wardens was agreed as the best method to achieve the aim as it would be fun, interesting and keep their attention. A lecture style session would be quite dull compared to a practical session and there would be a high possibility of losing the junior warden's attention.

The Session

The session took place on Wednesday 18th April 2007, 3-4pm in a classroom at Tangmere Primary School. The junior wardens regularly meet on a Wednesday at this time. At the beginning of the session the 'balance of good health' was discussed. No-one had heard of this before therefore it was very worthwhile and a lot was learnt. The children learnt about healthy eating and that it is not about not having certain foods, just about having them in moderation. The children also learnt where chocolate, cakes, biscuits etc fit on the 'balance of good health' chart.

The children then chose a wrap or a pitta bread and a few items from a choice of fillings including: homous, chicken, ham, salad, cheese, tuna. They then chose from a variety of fruit and dips including: strawberries, raspberries, banana, pineapple, fruit yoghurt, fromage frais and chocolate & cream. While the junior wardens were eating their food they discussed what sections of the 'balance of good health' their food fitted into. Lunchboxes and the contents of the junior warden's lunchboxes were discussed.

Everyone who attended filled out an evaluation form before the end of the session.

Evaluation

At the end of the session the junior wardens each filled out an evaluation form which were used to evaluate the session. All of the junior wardens thought that the session was 'good' which was really positive. Chicken and strawberries were the most 'liked' food choices, with raspberries and bananas coming in a close second. It was encouraging to see that salad was also highly rated.

Seven out of the nine junior wardens stated that there was something that they didn't like, these were a variety of foods but interestingly pineapple appeared three times. Over half of the junior wardens tried something new which was really good to see.

The comments that the children made about what they had learnt at the session were really positive (apart from one comment) and proved that the session was worth while. The comments were as follows:

- *"How to eat healthy"*
- *"To eat a healthy diet"*
- *"That it is very good to eat fruit"*
- *"To eat healthy most of the time and that just a little bit of chocolate is fine"*
- *"Nothing"*
- *"To eat healthy most of the time"*

- *“That you should eat healthy food but you can still have some chocolate”*
- *“Eat healthy”*

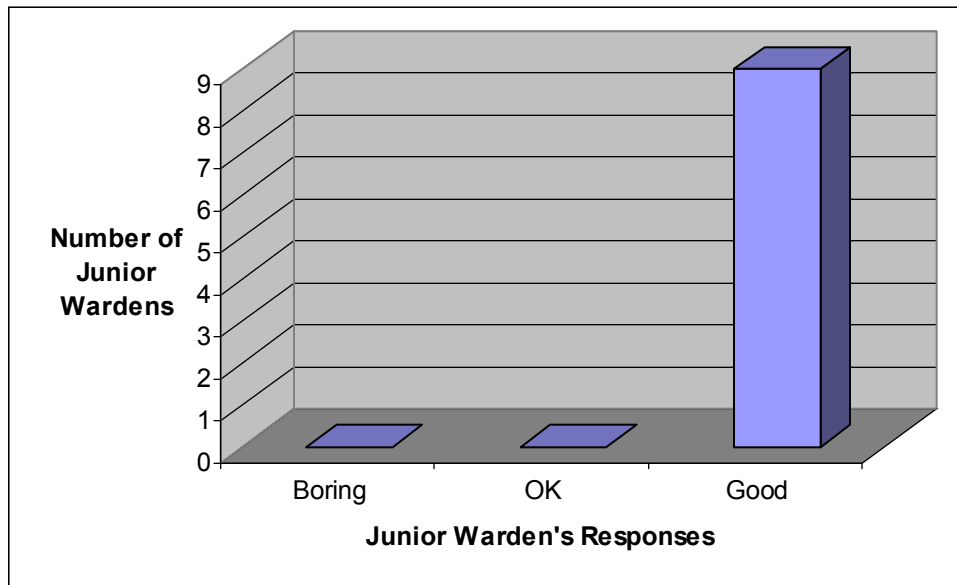
The final question was asking the junior wardens what they normally have for lunch. Generally their lunchboxes were fine and they had a good variety of food from different food groups. However, having attended this session hopefully the junior wardens will go back to their families and talk to them about what they learnt. They may then vary the content of their lunchboxes, for example, choosing different sandwich/wrap fillings, and swapping crisps for an extra piece of fruit a few times a week. This will then help towards improved ‘healthy eating’.

Overall the session was very successful with the aim and objectives achieved. The junior wardens learnt about healthy eating whilst having fun. Hopefully the children will feed back to their families and introduce healthy eating and the ‘balance of good health’ at home.

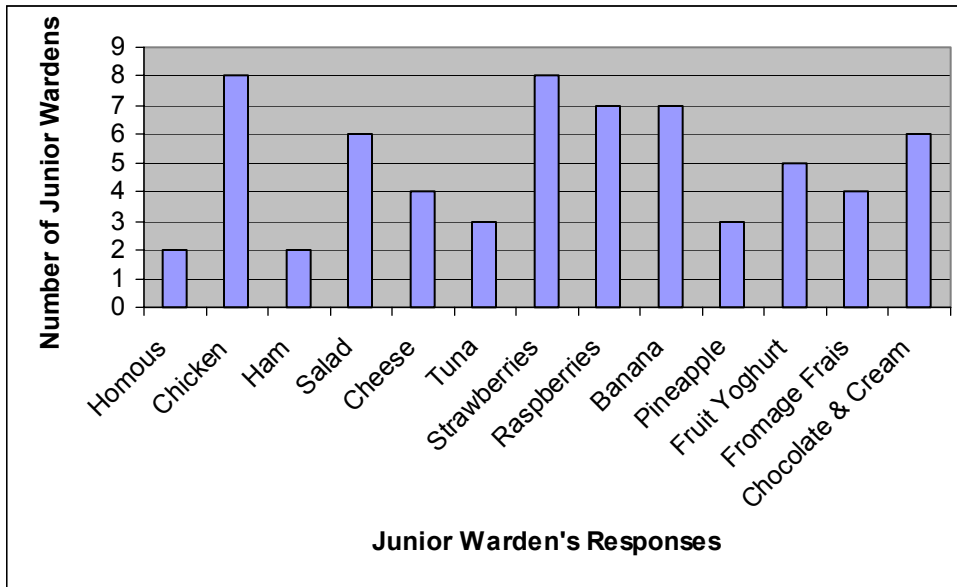
Full Evaluation

The junior warden’s feedback was as follows...

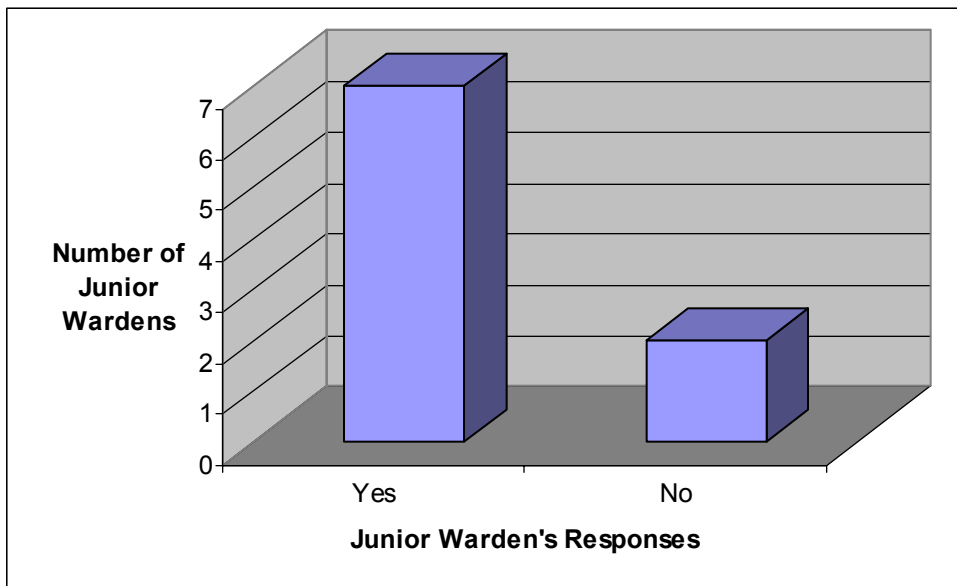
I thought the session was...



Which food(s) did you like the most today?



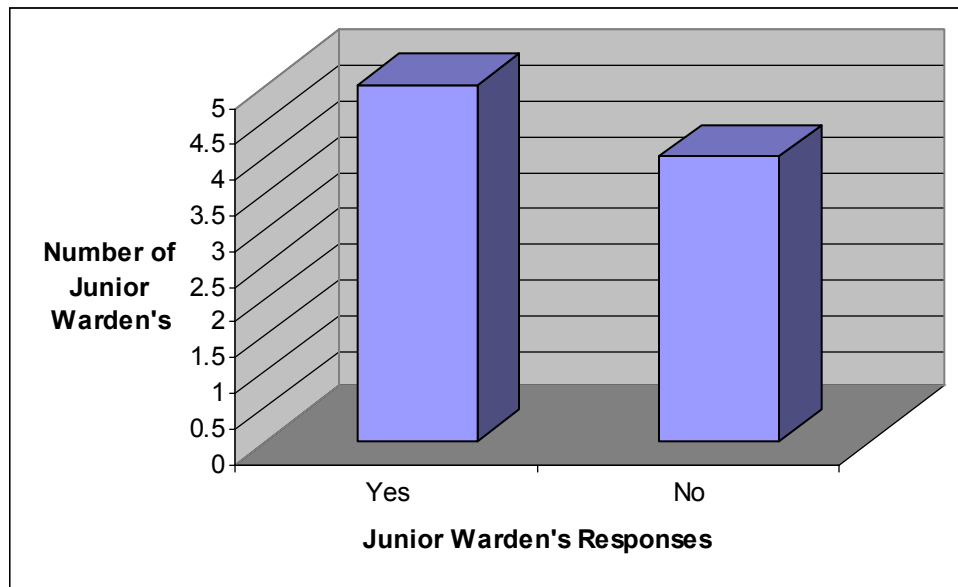
Were there any food(s) which you didn't like today?



If yes, what?

- Raspberries
- Pepper & pineapple
- Pineapple
- Chocolate with pepper
- Pineapple, fromage frais, chocolate & cream
- Homous

Did you try anything new today?



If yes what?

- Chocolate and strawberries
- Homous
- Raspberries and strawberries
- Homous and tuna
- Homous

What did you learn today?

- How to eat healthy
- To eat a healthy diet
- That it is very good to eat fruit
- To eat healthy most of the time and that just a little bit of chocolate is fine.
- Nothing
- To eat healthy most of the time
- That you should eat healthy food but you can still have some chocolate
- Eat healthy

What do you normally have for lunch?


- Roll, museli bar, strawberries, yoghurt and water
- Sandwiches, kit kat, crisps, apple, fromage frais
- Dairylea dunker or sandwich, fruit salad, cheese string, yoghurt
- Sandwiches, chocolate bar, crisps, yoghurt and flapjack
- Ham, chocolate, chicken, chips and grapes
- Wrap with salad in it and ham, apple and stuff
- Sandwich, cake


If you require further information please contact:

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