**Student Assessment, 2016-2017**

- **62** Iowa schools participated.
- **1,268** Third grade students surveyed.

- **61%** Liked to eat fruit for snacks.
- **65%** Liked to eat vegetables for snacks.
- **78%** Asked someone in their family for fruit or vegetables for a snack.
- **65%** Asked someone in their family for fruit or vegetables for dinner.
- **19%** Liked to eat vegetables for snacks.
- **72%** Very sure they could eat vegetables for a snack at home.

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**Logo Recognition**

- **96%** recognized logo.
- **90%** recognized logo.
- **94%** recognized logo.

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**Fruit & Vegetable**

- **65%** Liked to try new fruits most of the time.
- **33%** Liked to try new vegetables most of the time.
- **45%** Very sure they could eat vegetables for a snack at home.

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**Dairy**

- **52%** Liked to drink white milk most of the time.
- **74%** Students liked flavored milk most of the time (decrease of 5 percentage points).
- **70%** Students thought that white fat-free/1% milk was healthier than white whole milk.

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**Physical Activity**

- **83%** Liked to have fun by doing active things like biking, jumping rope and playing sports most of the time.
- **72%** Very sure they could play outside instead of watch TV after school.

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2 Pre-assessment sample.

* Approached significance

* p < .05

** p < .01
Agreed that: If I eat fruit every day, my parents will be proud of me.

67%

Agreed that: My friends like to eat vegetables.

31%

Preferences
Students tasted 10 different fruits or vegetables during the school year and were asked if they liked each one.

• The percent responding YES increased for 8 out of 10.

• Preference for cranberry and bell pepper increased significantly.

• Student familiarity increased for every fruit and vegetable. Results were significant for 7 of the 10 items—cantaloupe, cranberry, mango, bell pepper, jicama, cauliflower, and asparagus.

Conclusion:
The student assessment showed positive results for behaviors that lead to eating more fruits and vegetables. Actual fruit and vegetable consumption was previously evaluated in the 2011-2012 USDA Wave II study, which found that children participating in the the Pick a better snack™ program ate more fruit and vegetables than the comparison group. Research article can be accessed from the Journal of the Academy of Nutrition and Dietetics (August 2016).


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Pick a better snack™

Iowa Nutrition Network
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