Body Quest: Food of the Warrior

TARGET AUDIENCE

This program is for children who are in elementary school.

SUMMARY

Body Quest: Food of the Warrior, a community- and school-based program, consists of a nutrition curriculum that is designed to encourage students to examine their eating behaviors and develop healthier habits. Participants learn about the benefits of eating fruits and vegetables and discover ways to incorporate these foods in their daily routines.

EVIDENCE

Results from one internal quasi-experimental study indicated moderate increases from pre-test to post-test in fruit and vegetable (FV) consumption among third grade students in the treatment group compared to students in the control group. Combined FV consumption increased from 7 to 8 weekly servings.

COMPONENTS

The Body Quest: Food of the Warrior program curriculum includes seven lessons that are designed to increase fruit and vegetable intake and physical activity, improve sleep habits, and enhance family time for participants.

Introductory Lesson: Introduction to Body Quest terms: Taking the warrior vow;
Lesson 1: Exploring and confronting fears of trying new foods, building confidence;
Lesson 2: Learning about different food groups and the importance of eating a varied diet;
Lesson 3: Creating balanced meals from the food groups;
Lesson 4: Considering the nutritional and health values of different foods, understanding why it is important to eat foods that provide nutritional value;
Lesson 5: Discovering healthy snacks, preparing easy fruit and vegetable snacks; and
Lesson 6: Reinforcing the benefits of eating fruits and vegetables, teaching students the importance of sharing this information with others.

Students participate in tastings of fresh fruits and vegetables and the curriculum incorporates iPad technology to enhance the learning experience; however, all activities may be completed using a pencil and paper format.

PREVIOUS USE

The Body Quest: Food of the Warrior program is being implemented by the Alabama Cooperative Extension System's SNAP-Ed and 4-H Educators in elementary schools throughout Alabama.
Body Quest: Food of the Warrior

**TRAINING**
Training is not required to implement this program.

**CONSIDERATIONS**
Considerations for implementing the Body Quest: Food of the Warrior program include acquiring teacher and participant buy-in; obtaining program materials, including fruits and vegetables for tastings; and ensuring classrooms have access to iPad technology and the internet, if this aspect of instruction is used.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**IMPLEMENTATION**
If you are interested in implementing the Body Quest: Food of the Warrior program, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

The curriculum is designed to be delivered in 17 weeks. Each core lesson is delivered in 30 to 90 minutes depending upon supplemental activities included. Fruit and vegetable tastings are held weekly, and time to complete them will vary.

Implementation materials, which include core and supplemental materials, are free, and seven iPad apps are available for free from iTunes. For more information on materials, please visit [http://www.aces.edu/family-health/health-nutrition/bodyquest/OrderingInformation.php](http://www.aces.edu/family-health/health-nutrition/bodyquest/OrderingInformation.php)

**EVALUATION PLAN**
To move the Body Quest: Food of the Warrior program to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least one year from the beginning of the program or at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**CONTACT**
Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Body Quest: Food of the Warrior by mail 201 Duncan Hall, Auburn University, Auburn, AL 36849, phone 1-334-844-2208, email bodyquest@aces.edu, or use the contact us webform [http://www.aces.edu/family-health/health-nutrition/bodyquest/ContactUs.php](http://www.aces.edu/family-health/health-nutrition/bodyquest/ContactUs.php)

**SOURCE**
http://www.militaryfamilies.psu.edu

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