

Ordering

To implement EatFit:

Contact your local county representative.

<http://efnep.ucdavis.edu>

<http://fsnep.ucdavis.edu>

To order the EatFit teacher curriculum and student workbooks:

<http://anrcatalog.ucdavis.edu>

or call

1.800.994.8849

Refer to publication numbers:

#3424 Teacher curriculum

#3423 Student workbook



www.eatfit.net



UC DAVIS NUTRITION DEPT UC COOPERATIVE EXTENSION EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM FOOD STAMP NUTRITION EDUCATION PROGRAM

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eatfit

Promoting Academic Achievement and Nutrition and Physical Activity Behaviors



A goal oriented program that challenges adolescents to improve their eating and fitness choices

Academic Achievement

Research Results Show...

- ◆ **99%** of students made an improvement in at least one of the four targeted content standard areas.
- ◆ **39%** of students improved their Mathematical Reasoning skills.
- ◆ **38%** of students improved their Statistics skills.
- ◆ **70%** of students improved their Algebra and Functions skills.
- ◆ **70%** of students improved their Listening and Speaking skills.



Intervention Description

The *EatFit* Intervention is designed to improve the dietary and physical activity behaviors of middle school students, as well as improve knowledge of the content standards. The intervention consists of student workbooks, teacher curriculum, and the use of the website and dietary analysis found at www.eatfit.net.

The curriculum contains nine hands-on, experiential lessons covering topics such as; goal setting, label reading, fast food, breakfast, exercise, energy balance and advertising.

The intervention engages students in a computerized personal self-assessment of eating and physical activity behaviors. Based on the personalized assessment, students set goals and the curriculum provides skill-building activities to help reach those goals.



Health Improvement

Research Results Show...

- ◆ **73%** of the students improved their dietary behaviors.
- ◆ **58%** of the students improved their physical activity behaviors.
- ◆ **69%** of the students reported making at least one lasting improvement to increase their physical activity levels and/or are working on making additional positive changes.
- ◆ **74%** of the students reported making at least one lasting improvement in their eating choices and/or are working on making additional positive changes.