



Getting started with NutriGram®



Getting Started with NutriGram

Prior to survey day

Welcome! We hope these instructions will make your experience with NutriGram (NG) easy. If you're the NutriGram "champion", be sure to get the principal, student enrollment data and technical staff, and the teacher(s) involved from the beginning. The most critical factor will be getting your school or local site technologist on board. He/she will ensure that everything runs properly and is seamless on survey and video game days. Contact them early so they aren't surprised at the last minute.

NutriGram can be administered at any time, but we recommend giving it in the **fall** and then in the **spring**. The video game can be played all year round and at home. The program and game are both Web-based, so you may access them anywhere. You can even assign NutriGram as a "homework" assignment. It's all in your hands. Work it into your schedule at your own pace.

NutriGram's mission is to empower children to make healthy eating choices. Sometimes this starts as a discussion at school; with a teacher talking about the origin of a particular food. Surprisingly, even some high school students don't know the ingredients of a corn dog. After NutriGram, children are likely to start a conversation at home and making smarter choices, such as asking their parents for milk instead of soda or not choosing chips as a snack. These conversations can be powerful, and you never know where they will end up. We've had schools set up water stations, and remove ice cream, cookies and chocolate milk. We've had teachers start a walking program, refrigerate brown-bag lunches and put recess in front of lunch. Together we have the power to make a difference.

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Champion, Technical Administrator, Teacher and Principal: Following these steps will ensure that NutriGram runs smoothly at your school/organization.

1. Coordinate with the school computer lab/library/PE/classroom teacher to schedule computer access days. You may want to schedule 3rd grade one week, 4th grade the next and 5th grade last. You may also want to have the students take one survey at a time. Typically, it takes the full hour to complete both surveys, depending on the reading level of your students. If you want to allow time to play the video game, it is better to schedule only one survey.
2. Create a desktop icon for www.NutriGramKids.org.
3. Install the Unity 3D Player, so the children can play “The Quest to Lava Mountain” game. The Unity player can be downloaded from Unity3d.com.
4. Send out letter/utilize phone system to remind parents of their child’s participation in NutriGram – this is optional, but it’s nice to let parents know so they can be prepared to see the student report and it starts the healthy eating conversation.
5. Import grade-level class and student data into NG – See the NG Administrator Instructions and Import Spec Sheet.
6. Assign “Making Healthy Choices” survey first and then “Nutrition Challenge” in system – See the NG Quick Reference Guide.
7. If needed, assign students Spanish surveys.
8. Generate and print student passcode(s) – See the NG Quick Reference Guide.
9. Cut out student passcode(s) so you can hand them out on test day – You may want to create a master list for each class. Some teachers have laminated the passcodes, punched holes and hung the passcodes on metal rings to easily keep track of them.

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Survey day

1. Take students to lab/library/classroom.
2. Give a brief introduction: "Our school is participating in a really important project called NutriGram. Today you will be answering some questions about nutrition and making healthy choices. Answer the questions the best that you can. The first survey you will take is called "Making Healthy Choices." It does not have right or wrong answers. The second survey you'll take, called "Nutrition Challenge," has right and wrong answers. Let me know if you have any questions, or encounter a problem. Do your best." "When you get your passcode, please enter it into the login box. The number must be typed as it is printed. Capital letters must be capitalized, etc."
3. Teacher hands out individual student passcodes.
4. Student clicks icon to access: www.NutriGramKids.org.
5. Students enter their passcode in the login box.
*** Passcodes are case sensitive.**
6. Student clicks "Making Healthy Choices Survey" and the Start button.
7. Student begins survey and answers each question. There is not a right or wrong answer.
8. At the end of first survey, the student will go back to the student dashboard page and will click the "Nutrition Challenge" survey.
9. Student begins survey and answers each question even if they do not know the answer.
10. After the end of the second survey, the student will be finished.
11. Have your students review how they performed by clicking on Nutrition Challenge History. Allow students enough time to look through their answers before playing the game.
12. Allow students to access the game by clicking on Play game. Ten to fifteen minutes on the game will give the students enough time to get a feel for the game. They'll be intrigued and will want to play it again. We encourage you to allow the students to play the game as a reward for tasks done well, finishing a test early, etc.
13. Teacher collects passcodes from students.
14. Teacher hands out student postcard with passcode written down.
15. Print/email student "summary" reports and send home.

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- 16. Review the teacher dashboard. Look through the children’s answer, especially in the “Making Healthy Choices survey”. Are there children who aren’t eating breakfast, who don’t have breakfast food at home? Are your students confused about sugar-sweetened beverages? Do they know that drinking sports drinks if not being active isn’t a good idea? May be they don’t understand that we should stop eating when we’re still a little hungry and not stuffed.**

PLEASE NOTE: Please write down any bugs or error messages. We are happy to hear about these and will work hard to have them resolved. We also like to hear about positive experiences, so feel free to pass those along as well. Just send your comments to us through the Contact form.

What happens after the survey day?

Now that you’ve had your children complete the surveys and you realize they are weak in certain areas, what do you do? We recommend going to our Knowledge Center, locating the tip sheets that fit your children’s weakness, and talking with them about the concepts they missed. It’s all about starting the conversation. You might also check out some evidence-based healthy eating programs that can be implemented in school and after school settings or these tip sheets:

- Evidence-based healthy eating programs that can be implemented in school and or home settings – contains a link to the “Food and Fun” curriculum created by the Harvard School of Public Health
- Be a Good Role Model
- Creating a “Breakfast in the Classroom” Program for Your School
- Tips for a Healthier Cafeteria
- Did You Know? Informational Signs
- Breakfast Sample Menus