



College of Agriculture and Life Sciences
Department of Agricultural and Human Sciences
516 Brickhaven Drive | Raleigh, NC 27695



Dear Principal/Teacher:

This school year, your 3rd grade students will have the opportunity to participate in a North Carolina State University nutrition education program, Steps to Health. This program is given during regular class time by a NC State Extension Educator. Funding for this program is provided through the U.S. Department of Agriculture (USDA). This program will fulfill six of the clarifying objectives from the North Carolina Essential Standards in Health Education.

Specifically, this program will consist of 9 weekly 30-45 minute lessons:

- 1 pre-test and introductory class
- 6 nutrition lessons
- 1 physical activity lesson
- 1 post-test with wrap-up and graduation class


Your students will learn:

- Ways to have a healthier diet
- Ways to increase their physical activity

Information such as name, gender, and race/ethnicity will be kept confidential. Names are used only as a tracking device to match pre- and post-test results in order to determine knowledge gained. Identification of the students' race/ethnicity is required by the USDA. Results from this program will be provided to you at the end of programming.

Passive consent forms in English and Spanish will be sent to the parents of your students. The students whose parents decline that their child be tested, still have the opportunity to participate in the program but pre- and post-tests will not be administered. After parental consent is given, a student can withdraw his/her tests at any time without consequences. All data forms and the collection and storage process have been approved by NCSU's Institutional Review Board (IRB).

We look forward to partnering with your school and to working with your 3rd grade students!

 Steps to Health, NCSU SNAP-Ed

 @ncstepstohealth

 www.ncstepstohealth.org

