



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 4th 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 20 objectives from the North Carolina Essential Standards and Common Core State Standards in Health Education, Science, Social Studies, Math and English Language Arts.

Specifically, this program will consist of nine weekly in-classroom 45 minute sessions and three in-garden sessions.

Your students will learn:

- Ways to have a healthier diet
- Ways to increase their physical activity
- How to plant and grow food

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 4th grade students!

 Steps to Health, NCSU SNAP-Ed

 @ncstepstohealth

 [www.ncstepstohealth.org](http://www.ncstepstohealth.org)

