

## NutriGram® Fact Sheet

### Overview

**NutriGram**, developed by **The Cooper Institute®** in partnership with **The Texas Department of Agriculture**, helps parents, teachers, schools and state organizations understand what elementary students know about nutrition and what food choices they are likely to make. The program assesses children's knowledge, behaviors and attitudes toward healthy eating through an online question-and-answer format and features a 3D nutrition education game.

NutriGram is intended to:

- Give schools and organizations data about students' knowledge and perspectives on making healthy choices
- Spark a dialogue about nutrition among students, their families and teachers
- Empower students by giving them tools to track and increase awareness regarding their nutrition
- Encourage students to take an active part in choosing what they eat
- Provide a direct line of communication between the teacher, student and parent to make healthy eating a regular part of their lifestyle

### Survey and Online Program

NutriGram starts with two interactive surveys, available in English and Spanish. The surveys ask students a variety of questions such as do they skip breakfast, do they understand how many fruits and vegetables they should eat and that sports drinks are only necessary when being physically active for long periods of time.

### 3D Nutrition Education

As a reward for completing the surveys, students play an award-winning 3D exploration game, "The Quest to Lava Mountain," that challenges them to navigate a new world while learning the best sources for power and energy. The game includes avatar creation, virtual worlds, exploring, collecting, combating and cooking, all while helping students understand how to optimize their body and health. While playing the game students learn:

- Food is fuel. Good foods provide more energy and stamina;
- Eating smart equals being powerful;
- The importance of eating a variety of foods in moderation;
- How to express positive feelings about healthy eating; and
- The importance of a physically active lifestyle and how food and physical activity are related.



### Reporting

After students complete the NutriGram online program schools can download reports to better tailor nutrition curriculum, provide reports to parents assessing their children's knowledge and help the Texas Department of Agriculture, which administers the National School Lunch Program, provide essential resources to school districts and the students they serve.

NutriGram is available to all Texas public schools at no cost through May 2012. Public, private and charter schools interested in implementing NutriGram can contact The Cooper Institute at 972.341.3200 or visit [NutriGram.org](http://NutriGram.org).

