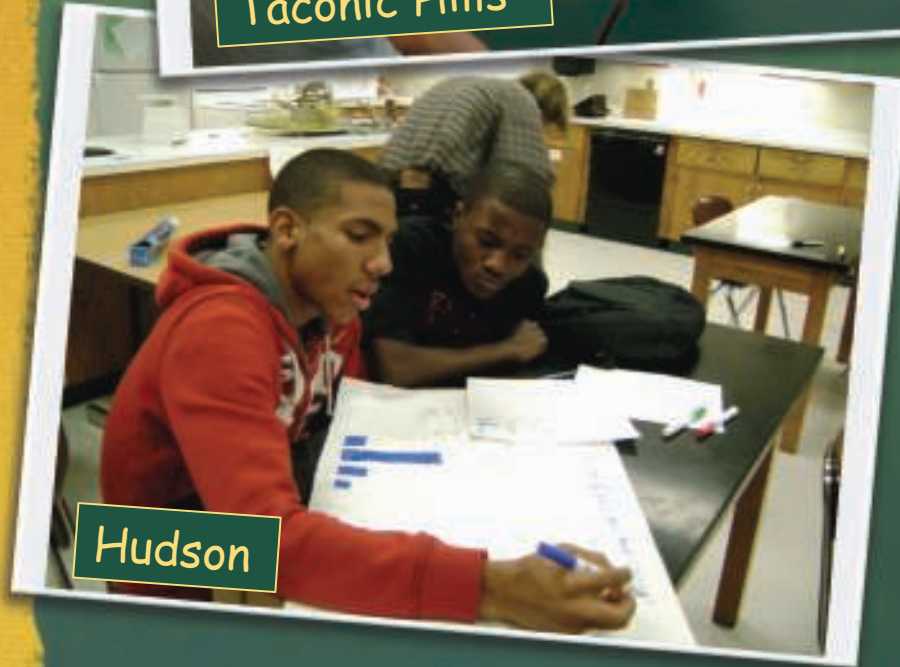


Participatory Research with High School Students

- 4-Day Unit
- Participatory Research Project:
 - Students develop survey and interview questions
 - Conduct peer-to-peer surveys and interview their food service director
 - And analyze and discuss the results



Taconic Hills



Hudson

How are schools part of the food system?

"Farm to School"



✧ Potential Markets for Area Farms

- ✧ Assessing what it would take to get more fresh food from local farms into the cafeteria

✧ Health and Wellness of Students

- ✧ Assessing student's food environments, their access to nutritious food, and what food and food-related lifestyle choices students are making.

✧ Education

- ✧ Education about the food system - health, nutrition, agriculture, economics, current developments, culture, history, community and place.

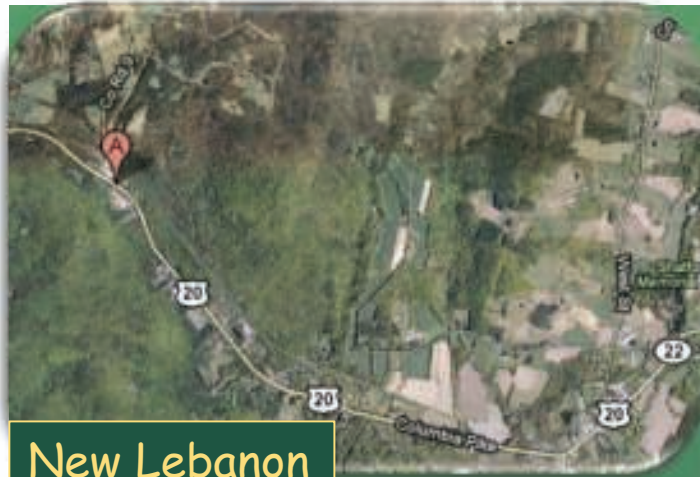
"Food Environment" Surrounded by Agriculture

Hudson



Taconic Hills





New Lebanon

Valatie (Ichabod Crane)



Columbia County Schools

Germantown



Chatham



"Food Environment" Surrounded by unhealthy food, advertising, etc....



Hudson
School

What is your food
environment like?

Pizza Hut

Fairview

McDonald's



Hudson and Taconic High Schools

Taconic High School

580 Students

23% Eligibility for free or reduced lunch



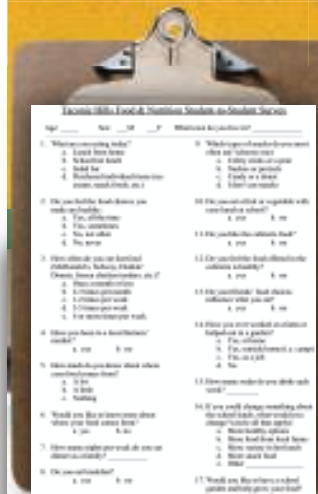
Hudson

635 Students

46% Eligibility for free or reduced lunch



Participatory Research: Developing Questions



The image shows a clipboard with a survey form titled "Taconic Middle School Student Survey". The form is divided into two columns of questions, each with multiple-choice options. The questions are numbered 1 through 17. The form is held by a clipboard with a silver clip at the top.

1. What are your hobbies?
a. Reading books
b. Playing sports
c. Watching TV
d. Other (specify)

2. What are your favorite foods?
a. Pizza
b. Burgers
c. Pasta
d. Other (specify)

3. What are your favorite activities?
a. Sports
b. Music
c. Art
d. Other (specify)

4. What are your favorite subjects in school?
a. Math
b. Science
c. English
d. Other (specify)

5. What are your favorite places to go?
a. The mall
b. The park
c. The beach
d. Other (specify)

6. What are your favorite people?
a. Family
b. Friends
c. Teachers
d. Other (specify)

7. What are your favorite things to do?
a. Hang out with friends
b. Study
c. Sleep
d. Other (specify)

8. What are your favorite things to eat?
a. Pizza
b. Burgers
c. Pasta
d. Other (specify)

9. What are your favorite things to wear?
a. Hoodies
b. Jeans
c. Sneakers
d. Other (specify)

10. What are your favorite things to do in the future?
a. Travel
b. Get a job
c. Go to college
d. Other (specify)

11. What are your favorite things to do in the future?
a. Travel
b. Get a job
c. Go to college
d. Other (specify)

12. What are your favorite things to do in the future?
a. Travel
b. Get a job
c. Go to college
d. Other (specify)

13. What are your favorite things to do in the future?
a. Travel
b. Get a job
c. Go to college
d. Other (specify)

14. What are your favorite things to do in the future?
a. Travel
b. Get a job
c. Go to college
d. Other (specify)

15. What are your favorite things to do in the future?
a. Travel
b. Get a job
c. Go to college
d. Other (specify)

16. What are your favorite things to do in the future?
a. Travel
b. Get a job
c. Go to college
d. Other (specify)

17. What are your favorite things to do in the future?
a. Travel
b. Get a job
c. Go to college
d. Other (specify)



- ✧ Two Research Teams -Food Director Interview and Peer-to-Peer Survey
- ✧ Taconic conducted 145 Peer-to-Peer Surveys
- ✧ Hudson conducted 274* Peer-to-Peer Surveys

Participatory Research:

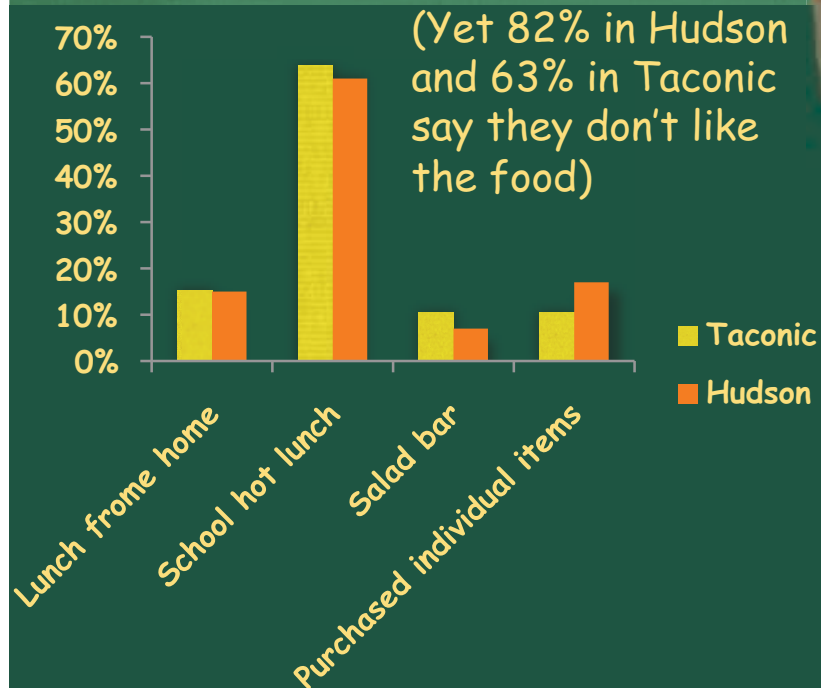
Conducting surveys and analyzing results

Peer-to-Peer Surveying

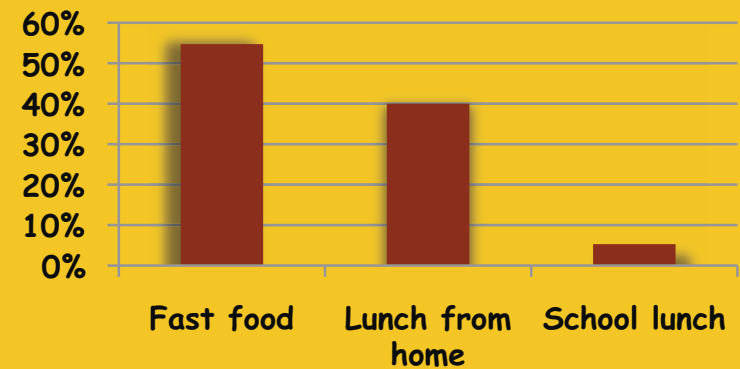


Participatory Research Results: Lunch

What's for lunch?



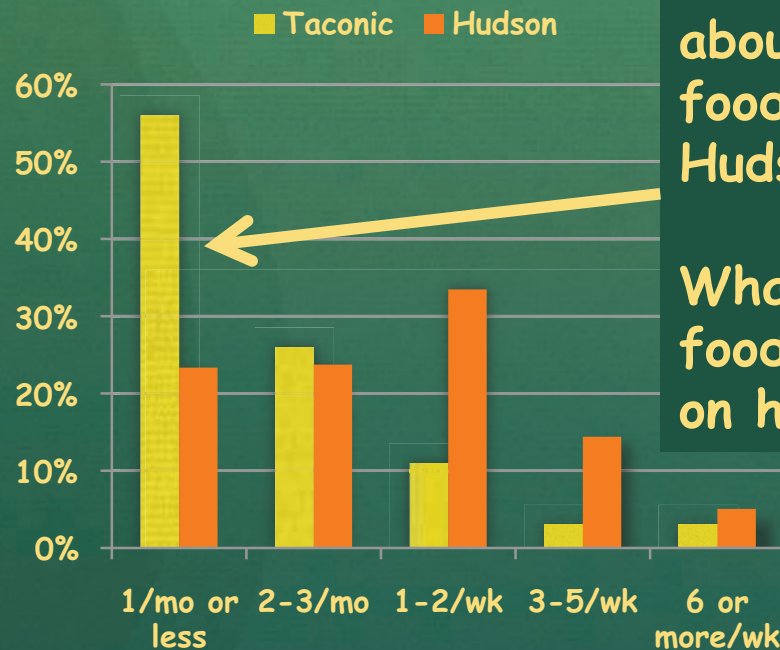
Hudson: What would you prefer to eat for lunch?



Participatory Research Results: Fast Food



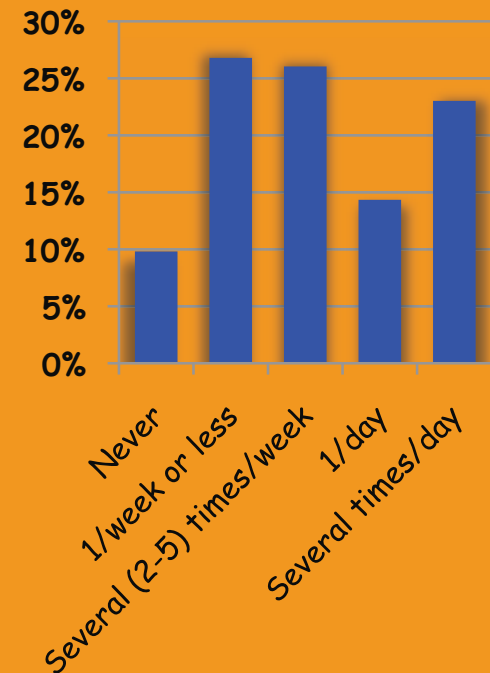
How often do you eat fast food?



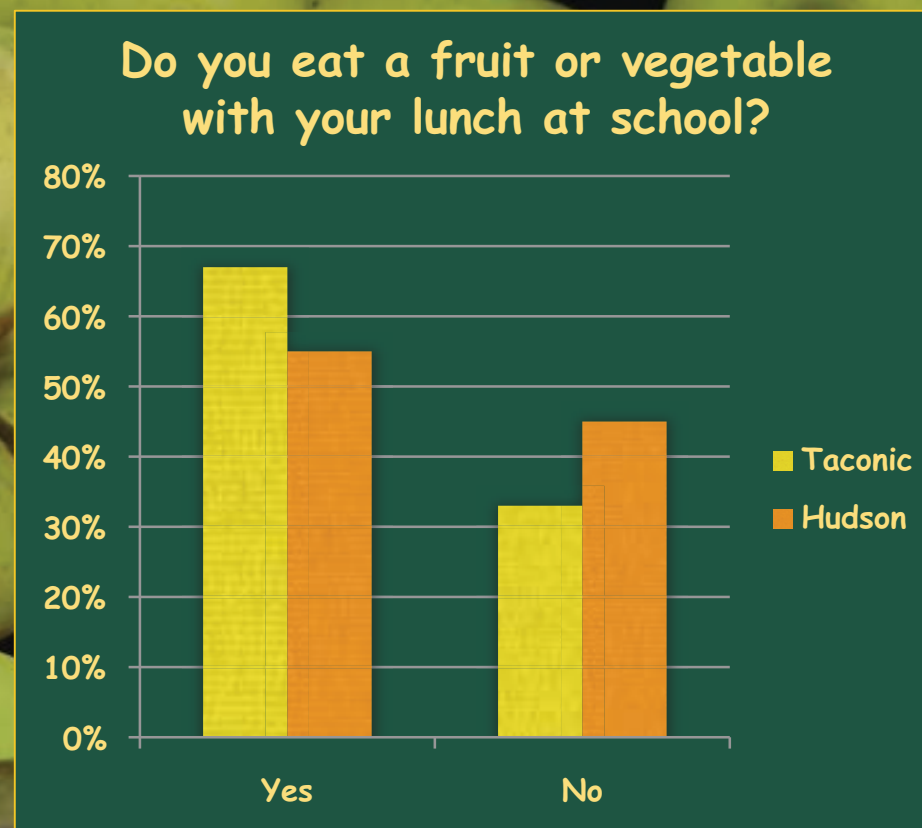
What's does this say about the different food environments in Hudson and Taconic?

What impact does a food environment have on healthy choices?

Hudson: How often do you drink soda?

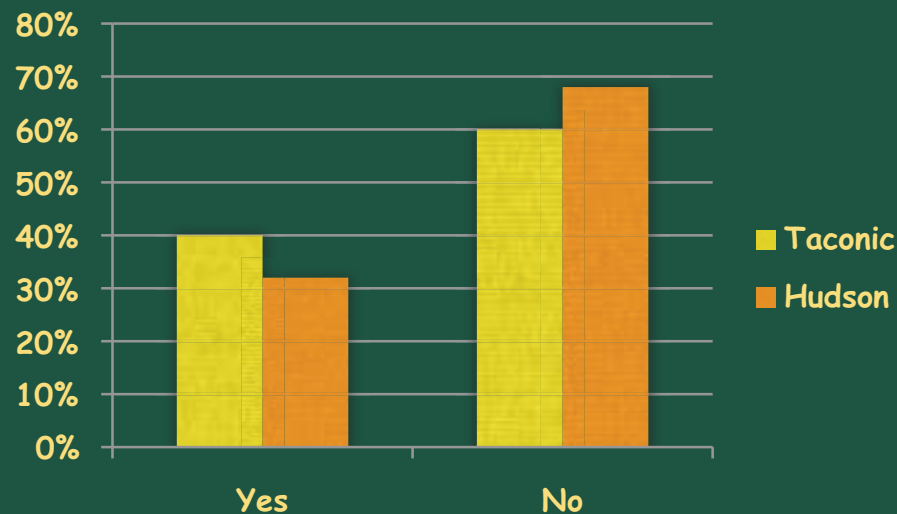


Participatory Research Results: Eating Fruits & Vegetables



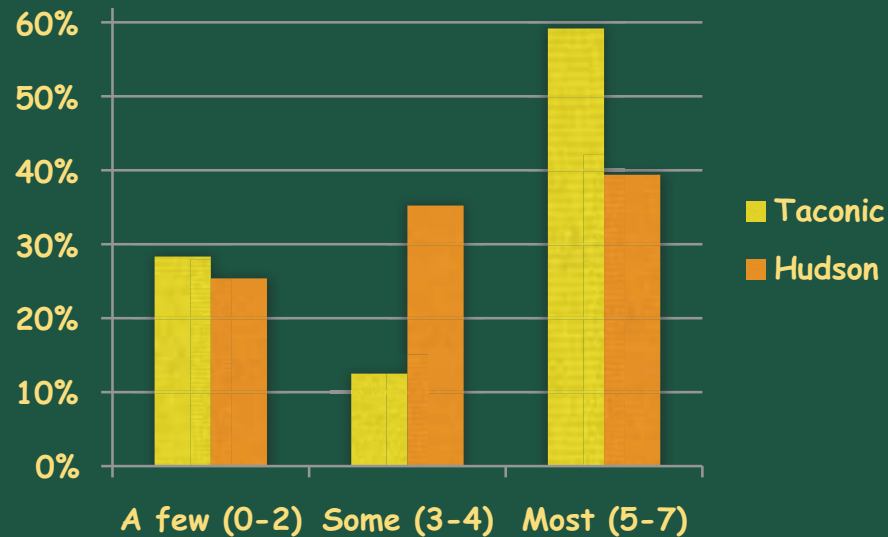
Participatory Research Results: Perceptions of School Lunch

Do you feel the food offered in the cafeteria is healthy?



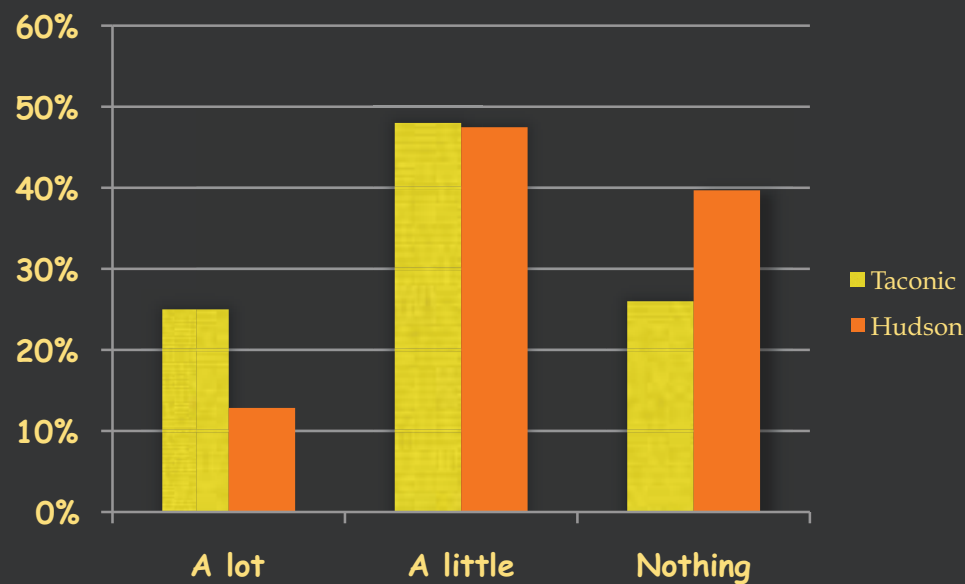
Participatory Research Results: Dinner With Family

How many nights a week do you eat dinner with your family?

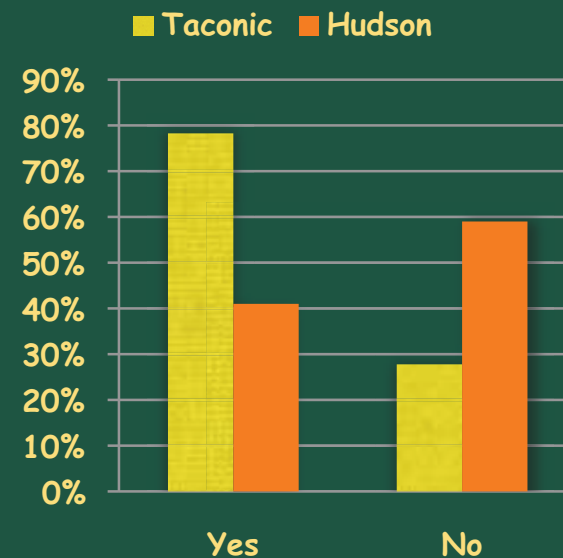


Student Knowledge About Food and Farming

How much do you know about where your food comes from?



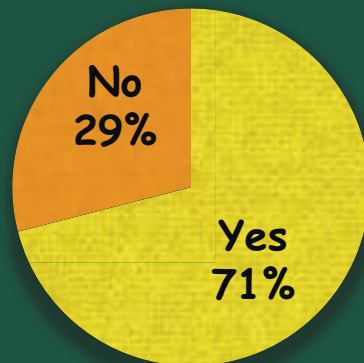
Have you ever worked on a farm or helped out in a garden?



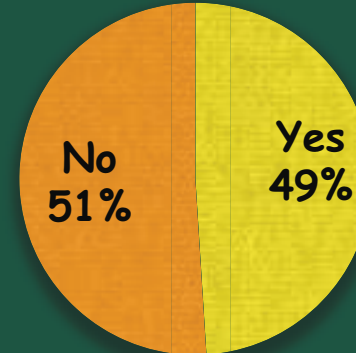
Students At Farmers' Markets

Have you been to a farmers' market?

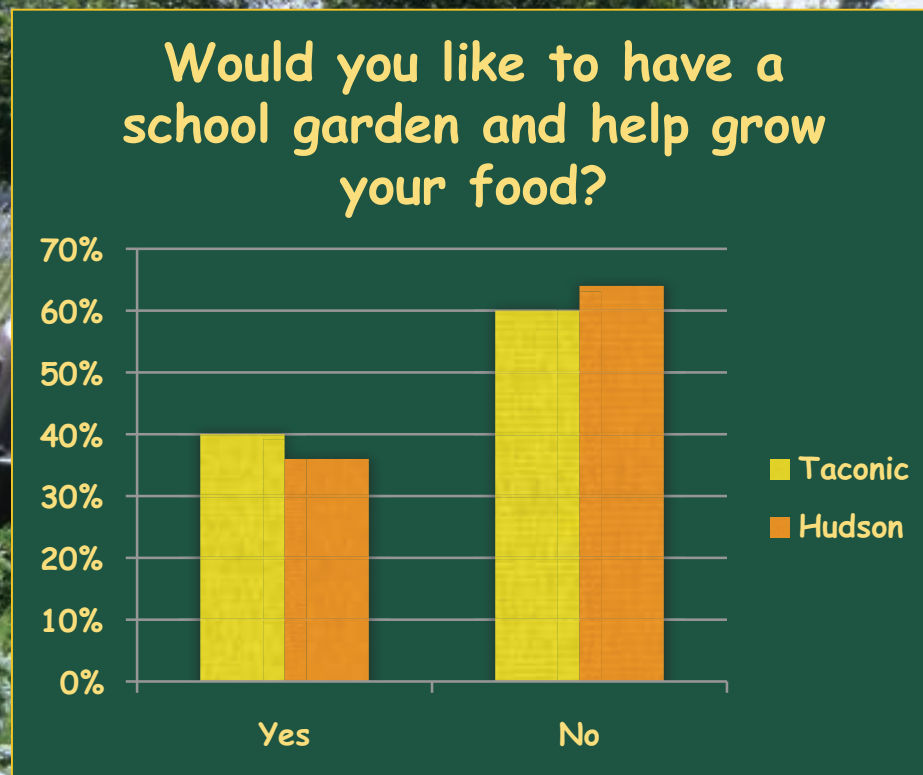
Taconic Students



Hudson Students




Participatory Research Results: School Garden



Participatory Research Results: What do students want?

If you could change something about the school lunch, what would it be?



Can we give the kids in our community more exposure to different, fresh, healthy foods?

