Step 1

http://www.asu.edu
Step 2

http://lib.asu.edu

Select and click on ERIC from list of Most Used Resources

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Step 3
Home Page of ERIC
Searchable PICO question

In school age children, does the implementation of a nutrition program reduce the future risk of adult obesity compared with children that do not receive nutritional education?

- Population: School age children
- Intervention: Nutrition programs
- Comparison: Intervention vs. no intervention
- Outcome: Reduce adult obesity
Step 4

Let’s look in the ERIC Thesaurus located at the right hand margin, click on the word thesaurus, type in ‘school children’ in the search box and click on the ‘Find’ button. There are no results for school children.

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Step 5

Let’s try looking for the search term ‘elementary school students’ check the box in front of that term, then click on the ‘Add to Search’ button.
Step 6

Type ‘nutrition instruction’ in the second box on the 2nd line, change the drop down menu to ‘Subject Headings (all).’
Type ‘obesity’ in the search box on the 3rd line and change the drop down menu to ‘Subject Headings (all).’
Click on the Search Button
Step 7

ERIC has retrieved 7 peer reviewed journal citations that contain the descriptors: elementary school students, nutrition instruction and obesity.
Step 8
To see the full citation, click on the article title.
To determine whether ASU Libraries owns this article, click on the GET IT @ ASU button.

Teaching Healthful Food Choices to Elementary School Students and Their Parents: The Nutrition Detectives(TM) Program

Abstract (summary)
Background: The purpose of this study was to evaluate the effects of a nutrition education program designed to teach elementary school students and their parents, and to distinguish between more healthful and less healthful choices in diverse food categories. Methods: Three schools were assigned to receive the Nutrition Detectives(TM) program and 3 comparable schools served as controls. A total of 1180 second, third, and fourth grade elementary school students were included, with 626 students in the intervention and 552 in the control group. The program, delivered by physical education instructors over several sessions totaling less than 2 hours, taught the children how to read food labels and detect marketing deceptions, while learning to identify and choose healthful foods. Parents were introduced to the program through written materials sent home and at school functions. Assessments included a food label quiz, dietary pattern, and body mass index (BMI). Results: Students in intervention schools showed a significant increase in nutrition label literacy (p less than 0.01). Third grade students showed the most improvement, 23% (p less than 0.01). The parents of intervention group students also showed a significant increase in nutrition label literacy (p less than 0.01). Total daily calorie and total sugar intake decreased significantly.

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Step 9
To see your ‘Recent Searches’ click on the back browser button and the ‘recent searches’ towards the upper right corner.
Step 10

Here is your most recent search.