

A CHILDREN'S TASTE OF AFRICAN HERITAGE

EVALUATION RESULTS

Based on pre- and post-survey data collected from 122 *A Children's Taste of African Heritage* participants in TX, VA, and MI:



34%

report eating more
beans



31%

report eating more
whole grains



29%

report eating more
tubers



28%

report eating more
vegetarian meals



23%

spend more time
helping to cook



22%

report an increase in
physical activity



20%

report eating more
vegetables



20%

report an increase in
home cooking



14%

report eating more
fruits

"I have always loved my food from my heritage and [now] I think that I love it more"

—12-year-old participant

"The program is awesome! We are having so much fun. The kids are the envy of the school. The word and the aroma are getting around... They can't keep still Monday -Thursday in anticipation of [ACTOAH] on Fridays. They are retaining and repeating things from the lesson."

—Instructor in Dallas, TX

Learn more:

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