



Grow It, Try It, Like It! Preschool fun with fruits and vegetables

Fidelity Assessment Log

This log is designed to support fidelity of program delivery for **Grow It, Try It, Like It!** lesson series. Educators may find it helpful to take notes on the log throughout the series. This log does not need to be submitted to Michigan Fitness Foundation but could prompt a conversation with your local team around improving fidelity of program delivery.

The garden-themed intervention features MyPlate and is for children ages 3-5. Goals include: 1) identify 6 fruits and vegetables featured in curriculum; 2) describe how the 6 fruits/vegetables grow; 3) taste 6 fruits/vegetables; and 4) identify fruit/vegetable groups on MyPlate.

Evidence base: There were no evaluation findings found online for this intervention.

Note: The version for family daycare homes: *Grow It, Try It, Like It! Fun with Fruits & Vegetables at Family Child Care.*

Program Element	Fidelity Criteria	Criteria met
Training	Discuss available training options with your program lead.	
Setting	Early childhood settings	
Participant Age/Grade(s)	Preschool age children (ages 3-5)	
Minimum Number of Lessons	At least five lessons are required per series: <ul style="list-style-type: none"> • Educator: teaches 4 lessons • Encourage teacher to teach at least one lesson 	
Lesson Delivery Frequency	Flexible. <i>Weekly or monthly recommended</i>	
Minimum Lesson Length	At least 30 minutes	
Required Lesson Components Seven Booklets: The Basics (for educators), Crookneck Squash Row, Spinach Lane, Sweet Potato Hill, Cantaloupe Corner, Peach Tree Orchard, The Strawberry Patch	Each lesson must contain five components:	
	1. Part A: Hands-On Exploration/Experience & Tasting	
	2. Part C: Songs and stories (at least one song or story)	
	3. Part D: MyPlate Activity	
	4. Physical activity (from MyPlate activity or with song)	
	5. Parent Letter, Recipe, and Family Activity	
Supplemental (Optional) Resources	Lesson Part B: Fruit/Veggie Planting Activity	
	CD with supplemental information and DVD	
	Arts and Crafts activities	
	Other Parent Resources or Parent Engagement Activities	
	Words to Grow	
	Recommended books	
Modifications <i>Were any modifications made from your original plan? (Select all that apply.)</i>	<input type="checkbox"/> Changed sequence of lessons <input type="checkbox"/> Changed or replaced activities <input type="checkbox"/> Decreased number of lessons <input type="checkbox"/> Replaced tasting with food demo (live or video) <input type="checkbox"/> Increased number of lessons <input type="checkbox"/> Replaced recipe <input type="checkbox"/> Combined lessons <input type="checkbox"/> Delivered food to remote site <input type="checkbox"/> Shortened lesson time <input type="checkbox"/> Tasting component was omitted <input type="checkbox"/> Combined classrooms <input type="checkbox"/> Other: _____	
Please provide a brief explanation for any criteria that were partially addressed or were not met:	Strategies to improve fidelity of program delivery for this intervention:	