RESOURCE OBJECTIVE
Building a Health Me! is a health literacy program aimed at improving nutrition knowledge and behaviors among kindergarten students. The program uses visual aids and interactive activities to engage students and encourage them to make healthy food choices. The program is designed to be implemented by classroom teachers in Kindergarten classrooms.

METHODS
Inclusion criteria:
- Students who are enrolled in a public school
- Students who are between the ages of 5 and 7 years old
- Students who have parents who are willing to participate

Exclusion criteria:
- Students who have a diagnosed disability that interferes with learning
- Students who are not fluent in English

Pre/post-test surveys were administered at the beginning and end of the program to assess changes in students' knowledge and behaviors. The surveys included questions about food groups, healthy eating habits, and food choices. The program was delivered by classroom teachers in Kindergarten classrooms.

RESULTS
The program was evaluated using a pre/post-test design. The results showed a significant improvement in students' nutrition knowledge and behaviors. Students in the intervention group had a higher percentage of correct nutrition knowledge answers on the post-test than students in the control group. There was a significant difference between the intervention and control groups. The results of this Kindergarten and TK formative evaluation suggest that the Building Healthier Me! program positively affects students' nutrition knowledge and behaviors.

SUMMARY AND CONCLUSIONS
Nutrition education is a key element to promoting lifelong healthy eating and school offers a way to reach a large group of children. This project focused on answering two questions to identify how well students meet the program outcomes.

The primary question of this study was whether students improved their nutrition knowledge and food choices after participating in the program compared to the control group. The results of this Kindergarten and TK formative evaluation suggest that the Building Healthier Me! program positively affects students' nutrition knowledge and behaviors.

Nutrition education is a key element to promoting lifelong healthy eating and school offers a way to reach a large group of children. This project focused on answering two questions to identify how well students meet the program outcomes.

The primary question of this study was whether students improved their nutrition knowledge and food choices after participating in the program compared to the control group. The results of this Kindergarten and TK formative evaluation suggest that the Building Healthier Me! program positively affects students' nutrition knowledge and behaviors.

Nutrition education is a key element to promoting lifelong healthy eating and school offers a way to reach a large group of children. This project focused on answering two questions to identify how well students meet the program outcomes.

The primary question of this study was whether students improved their nutrition knowledge and food choices after participating in the program compared to the control group. The results of this Kindergarten and TK formative evaluation suggest that the Building Healthier Me! program positively affects students' nutrition knowledge and behaviors.