

# TEENS CAN

COMPREHENSIVE FOOD LITERACY IN  
COOKING, AGRICULTURE, AND NUTRITION



## Teens CAN curriculum empowers SF teens to make healthy choices

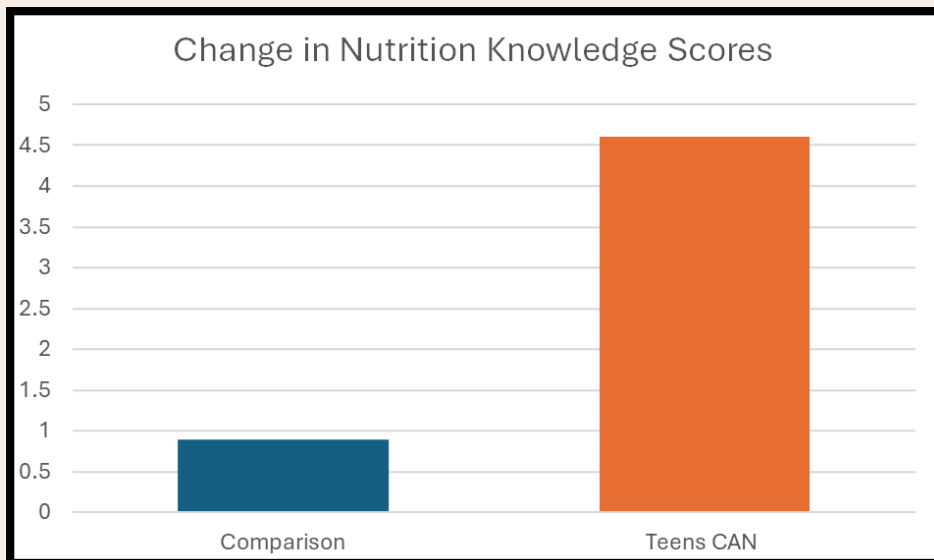


- Scherr Nutrition Science Consulting, in partnership with CalFresh Healthy Living, University of California Cooperative Extension Santa Clara Cluster, and San Francisco State University, implemented a program at Ida B. Wells High School in San Francisco. The Teens CAN curriculum was facilitated by SFSU students.
- The inquiry-based, experiential curriculum, Teens CAN, comprises 12 lessons focused on agriculture and the food system, nutrition, and cooking skills and food safety. Lessons were approximately 45 minutes and included hands-on activities that enable students to learn through discovery.

**Teens CAN students showed a significant increase in nutrition knowledge, which was linked to healthier eating behaviors.**



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### **Raina Meyers, Peer Resources teacher, Ida B. Wells High School:**

“I think they felt like community. I think they felt happy to be there. They didn't always want to learn the thing, but sometimes it was fun, and that made it a little bit better. Their food always makes it better. The people made it better. The small groups, I think, were effective, I think, overall. It was a good experience, and some of them really enjoyed learning about food, like some of them were really into it.”



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