

## 2025 Participant Survey Results

*Learn, Grow, Eat & GO!*

Region: All  
District: All  
County: All  
End Date Range: 2024-09-01 - 2025-08-31  
Series ID: All  
Series Name: All

### TOTAL PARTICIPANTS

Gender Breakdown			
Gender	#	%	Avg Age
Female	2770	49.7%	8
Male	2787	50%	8
Did not indicate	19	0.3%	8
Total participants who submitted both pre and post-surveys	5576		8

Race Breakdown		
Race	#	%
American Indian / Alaskan Native	156	2.8%
Asian	73	1.3%
Black / African American	744	13.3%
Native Hawaiian or Other Pacific Islander	42	0.8%
White	3556	63.8%
Prefer not to respond	1188	21.3%

Ethnic Breakdown		
Ethnicity	#	%
Non-Hispanic/Latino	1873	33.6%
Hispanic/Latino	2775	49.8%
Prefer not to respond	928	16.6%

### Relevance

Texas A&M AgriLife Extension Service's Learn, Grow, Eat & GO! (LGEG) – Junior Master Gardener curriculum is a ten (10) week academically rich, elementary-focused program that incorporates the best practices identified by research and combines interdisciplinary elements of garden science, nutrition, food preparation, vegetable tastings, and physical activity to improve the health and wellness of children, families, and the school community.

### Response

52 Texas counties participated with a total of 5,576 youth participants statewide. Pre-test surveys were administered to children before starting the LGEG curriculum, and post-test surveys were administered at the conclusion of the curriculum. Only paired participant pre-/post-survey responses per question are included in the calculations for the survey responses. If a participant did not respond to or left a question blank on either survey, their responses were not included in that question's calculations.

## Survey Results from Pre/Post Surveys

	No. of Matching Responses	Before	After	Point Difference (After vs. Before)
1. Percent of participants who reported liking the following vegetables:				
a. Cauliflower	4286	25%	40%	15
c. Carrots	4266	72%	76%	4
e. White potatoes	4223	62%	66%	4
g. Tomatoes	4186	48%	54%	6
i. Bell peppers	4163	39%	47%	8
k. Sugar snap peas	4161	24%	42%	18
l. Bok choy	4172	11%	31%	20
2. Yesterday activities...				
a. Percent of participants who reported completing <b>hard physical play for 30 minutes or longer after school</b> such as football, basketball, running, jogging, fast bicycling, etc.	4174	63%	73%	10
b. Average number of hours that participants had of <b>screen time away from school</b> like playing video games, playing on the computer, tablet, smartphone, or watching TV or movies.	4205	1.7	1.4	-0.3
3. Average number of times per day that participants <b>drank sweetened beverages</b> such as soda (not diet), sweet tea, sports drinks, or fruit flavored drinks.	4184	1.7	1.6	-0.1
4. Average number of times per day that participants <b>drank milk</b> .	4060	1.6	1.7	0.1
5. Average number of times per day that participants <b>drank water</b> .	4140	2.6	2.6	0
6. Average number of times per day that participants <b>ate fresh, frozen, canned, or dried vegetables</b> .	4081	1.4	1.5	0.1
7. Average number of times per day that participants <b>ate fresh, frozen, canned, or dried fruit</b> .	3958	1.8	1.9	0.1
8. Percent of participants that <b>filled at least half their plate with fruits and vegetables</b> for lunch and dinner.	3883	31%	38%	7
9. Percent of participants that reported performing the following activities with their family in the last year:				
a. Planted seeds or plants at home in a vegetable garden or container	4161	46%	57%	11
b. Washed vegetables before you cook or eat them	4167	74%	81%	7
c. Picked vegetables from a garden to cook or eat	4113	37%	51%	14
d. Made any of the Learn, Grow, Eat & GO! Vegetable recipes	4111	15%	40%	25
e. Gardened with other in a community or school garden	4105	27%	60%	33
10. Percent of participants who reported <b>enjoying gardening</b> .	4162	60%	81%	21

*\*Only paired participant pre-/post-survey responses per question are included in the calculations for the survey responses. If a participant did not respond or left a question blank on either survey, their response will not be included in that question's calculations. Based on the number of paired responses, the survey results may represent a sample of the reported impact(s) of all participants completing or graduating from that series.*

## Participant Post Survey Questions

	Response	Count
11. Do you think gardening has helped you to become a better math and science student?	I Have Never Gardened	237
	No	1261
	Yes	2735

12. Has participation in the garden program made you want to come to school?	No	1245
	Yes	2715

13. By participating in the Learn, Grow, Eat and GO! program, have you taught someone else to make better food choices?	No	1240
	Yes	2699

## Participant Free Response Question

Participants were asked to respond to the following free-response question. Below is a small collection of student answers:

**What is the most important thing you have learned in Learn, Grow, Eat & GO!?**

“The most important thing I have learned in Learn, Grow, Eat & Go was about different vegetables and learning how to garden.”

“How to cook healthier recipes and the good thing is that you can make it with your family.”

“I have learned how to eat different salads. I have learned how to make better food choices.”

“I’ve learned that I need to eat more veggies and lay off the flavored drinks or junk food.”

“I learned that you should spend more time outside instead of staring at a screen. You should always eat healthy, drink more water, and exercise more.”

“I learned that you should include many healthy food choices and exercise every day.”

“Every day I think that's really cool that I participated in a group gardening activity and learned how to eat better and live better, and personally, I think gardening is really cool!”