

# A Systematic Review of Youth Programs Addressing Agricultural Literacy and Nutrition

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## Introduction

In Priority 7 of AAAE's National Research Agenda, Roberts et al. (2016) stressed the need for agricultural education to assist in solving complex societal issues. The USDA underlines the need for agriculturists to investigate the connections between agriculture, food, and health (USDA, 2018). High schoolers have produced low scores on the third theme of the National Agricultural Literacy Outcomes (NALOs), food, health, and lifestyle, regardless of their enrollment in agricultural education courses (Pense & Leising, 2004). This reinforces the need for nutrition-sensitive agriculture programs that assist in tackling nutrition problems (Strong, 2012). This nexus of agricultural literacy and nutrition education is essential for eliciting food behavior change in our youth (Raj et al., 2017).

## Purpose

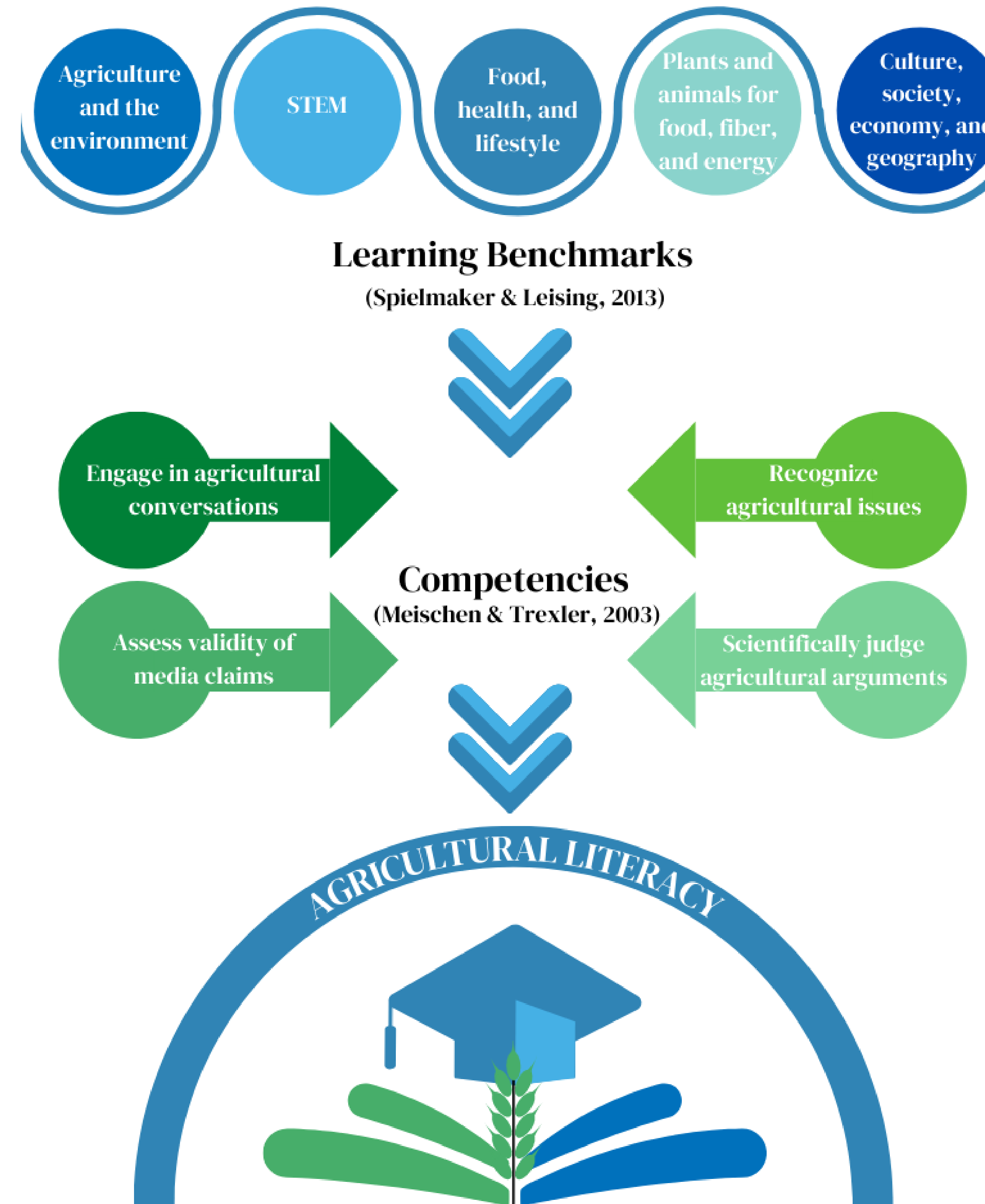
The purpose was to assess peer-reviewed literature reporting on youth programming within agricultural literacy and nutrition.



The objectives were:  
(a) Identify current youth programs that are addressing agricultural literacy and nutrition  
(b) Describe trends of such programs.

The driving question was established: "What peer reviewed research has been published about youth programming focused on agricultural literacy and nutrition?"

## Conceptual Framework



## Methodology

### Database:

Web of Science

### Keywords:

agricultural literacy, agricultural education, nutrition literacy, nutrition education, and youth

### Inclusion Criteria:

- Publication was peer reviewed
- Youth were the target population
- Keywords appeared in the title as well as throughout the article
- The article was published between 2012 and 2022

The final screening stage engendered 14 (N = 14) articles.

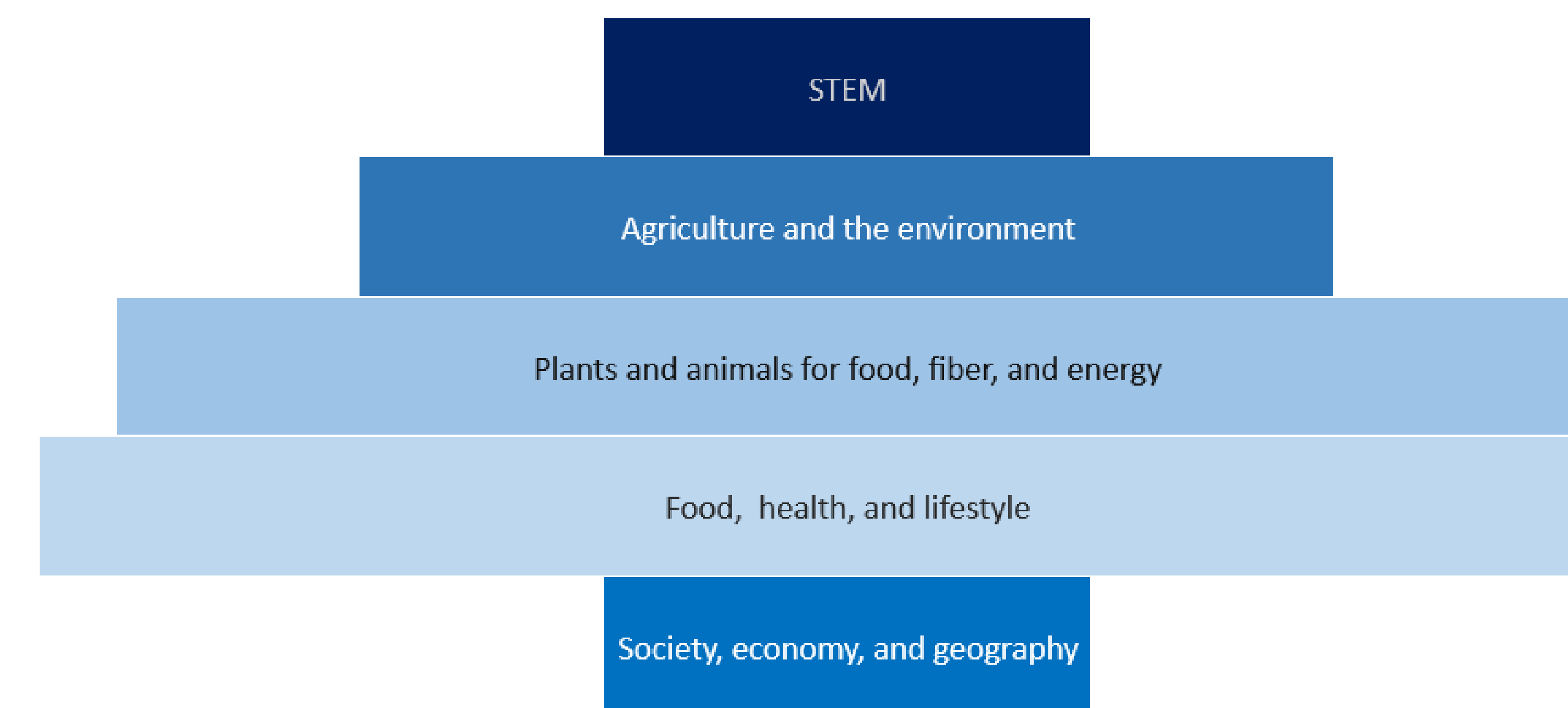
## Results

Less than half of the programs directly addressed agricultural literacy in their programs (n = 3). Of the three programs, only one program incorporated the nexus of agriculture and nutrition (n = 1).

A vast majority of the programs were concerned with improving youths' nutritional literacy (n = 14). Though these programs did not formally state an intent to affect students' agricultural literacy, many infused agricultural literacy themes into the curriculum.

Figure 1.

*Agricultural Literacy Themes in Nutrition Literacy Programs*



## Conclusions and Implications

Agricultural literacy and nutrition are systematically linked to agricultural education. The data indicated opportunities exist for agricultural and nutritional education programs to collaborate, develop synergy, and elicit impact in a national area of concern (USDA, 2018). Annual chronic healthcare costs underscore the need to understand the relationship between agriculture and nutrition to better inform stakeholders. Additional research is needed to inform youth programming; this systematic review provides a starting point.

## References

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