

Rising rates of childhood obesity cause growing concern over the nutrition of today's youth. Nutrition intervention programs with a gardening component have sprung up across the United States with the aim of helping youth to develop and maintain improved health habits, including increased consumption of fruits and vegetables which are an essential component to a healthy diet. This study examines the results of a 44-item survey designed to measure components of the Social Cognitive Theory. Respondents are 563 fourth grade students from 12 elementary schools across the United States. Five indices were developed, measuring Self-efficacy ( $\alpha = .731$ ), Gardening Skills ( $\alpha = .634$ ), Food Systems Learning ( $\alpha = .759$ ), Fruit and Vegetable Neo-phobia ( $\alpha = .807$ ), and Social Norms ( $\alpha = .675$ ).