

MAKING A DIFFERENCE

NDSU EXTENSION SERVICE

NORTH DAKOTA STATE UNIVERSITY

On the Move to Better Health: Kids Cooking School

The Situation

According to North Dakota statistics, only 3 percent of children meet the daily recommendation for fruits and vegetables. Adequate fruit and vegetable consumption is linked with preventing chronic diseases, including heart disease, cancer and diabetes. Research has shown that hands-on culinary nutrition education and gardening activities can improve skills and increase intake of fruits and vegetables.

Extension Response

The On the Move Cooking School curriculum consists of eight hands-on lessons that can be delivered in camp settings, after-school programs or as weekly lessons. Each lesson has specific objectives, key concepts, physical activity, worksheets, associated recipes, a parent newsletter and evaluation tools. The lesson topics included measuring, reading recipes, identifying and using equipment, safe food handling, reading nutrition labels, meal planning, and hands-on cooking and baking. Each child received a cooking kit and cookbook at the conclusion of the program.

Four Cooking Schools were held in Sioux County, one in each community, Ft. Yates, Porcupine, Selfridge and Cannon Ball. Thirty kids attended the three day camps. Each day they cooked two snacks and a meal, played games and completed lessons.

Impacts

455 children from 18 counties participated in the multisession programs. As a result of the Cooking School, children increased their knowledge of nutrition, food safety and health concepts through hands-on learning.



96 percent were somewhat to totally confident reading a recipe



94 percent were somewhat to totally confident using the measuring tools



93 percent considered nutritional value when eating out



79 percent read nutrition labels to guide choices

Feedback

“My son has been very interested in helping/doing things himself in the kitchen, getting his own snack, getting a knife and asking to cut his banana instead of just eating it so he can practice with the knife, and just being more aware/helpful in the kitchen overall (clearing his plates, etc.).”

Public Value Statement

Improving health behaviors can increase quality of life and save millions of dollars in collective health-care costs for North Dakotans throughout their lifetime.

Resources

www.ag.ndsu.edu/food

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