

On the Move to Better Health: Kids Cooking School

Public Value Statement

Eating nutritiously and knowing how to prepare food can increase quality of life and save millions of dollars in collective health-care costs for North Dakotans throughout the lifetime.

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.

Impacts

Fifteen area youth participated in the multisession programs taught by agents Kayla Carlson and Ronda Gripentrog. As a result of the Cooking School, children increased their knowledge of nutrition, food safety and health concepts through hands-on learning.



Primary Contact

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Feedback

True personal stories or testimonials. "He voiced how much fun it was to be a part of a group in which he was learning new skills he could bring home with him, but also being involved socially with other youth."
-Richland County Social Worker



Statewide Results



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

County Contact

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Collaborators

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