

# Teen Cuisine: Impacting Dietary Habits and Food Preparation Skills in Adolescents

Tonya T. Price, PhD<sup>1</sup>; Anne-Carter S. Carrington, MS<sup>2</sup>; Lynn Margheim, MS<sup>3</sup>; Elena Serrano, PhD<sup>3</sup>

## INTRODUCTION

Adolescence represents a vulnerable and transitional time, particularly related to diet and health. Adolescents report shortfalls in many nutrients such as vitamin A, C, folate, fiber, magnesium, and potassium and overconsume other nutrients such as sodium and saturated fat.<sup>1</sup> Since the 1980s, shifts in dietary patterns have been noted, such as increases in the consumption of sugar-sweetened beverages, calories consumed at quick-service restaurants, and skipping breakfast, all of which are behaviors shown to be associated with obesity.<sup>2-4</sup> One strategy for promoting healthy eating along with eating at home is targeting teen populations through cooking-based programs.<sup>4</sup>

## PROGRAM OVERVIEW

Virginia 4-H and the Family and Nutrition Program (consisting of the *Expanded Food and Nutrition Education Program* and the *Supplemental Nutrition Education Program—Education*) designed the *Teen Cuisine* curriculum to teach 8th- to 12th-grade youth important food preparation and cooking skills in addition to healthy eating patterns for obesity prevention. The curriculum is composed of 6 lessons, each 90 minutes

long: Eat Smart, You Are What You Eat, Power Up With Breakfast, Find the Fat, The Whole Truth on Grains, and Snack Attack. Each lesson consists of key nutrition messages from the 2010 US Dietary Guidelines for Americans,<sup>5</sup> which also align with the 2015–2020 guidelines. The lessons encourage a healthy diet, emphasizing a variety of nutrient-dense foods that are rich in shortfalls nutrients and limiting intake of added sugars, sodium, and saturated fat.<sup>6</sup> Each session introduces food safety principles, simple cooking terms and techniques, and preparation of a simple, low-cost, nutritious meal and/or snack.<sup>6</sup> Additional skill-building activities include label reading and creating daily food plans (Table). At the conclusion of the program, participants receive a workbook with healthy recipes to share with families. To date, 32,183 youth have been impacted through participation in this program.

The structure of *Teen Cuisine* is based on the Experiential Learning Model, a key theoretical framework within the 4-H youth development program. This model, developed by Kolb<sup>7</sup> and modified by 4-H, includes 5 steps that contribute to learning: experiencing, sharing, processing, generalizing, and applying. Participants in *Teen Cuisine* go through each of these steps by experiencing

each lesson and doing the activities; sharing the experience with their peers by describing what happened or what they observed; processing the experience, determining what was most important, and identifying common themes; generalizing the experience to other experiences; and understanding how to apply what was learned to other situations.

Originally designed as a school enrichment curriculum for older teens, *Teen Cuisine* can easily be adapted for other settings. It can be tailored to younger audiences and offered as a family-based program. *Teen Cuisine* also can be taught by a variety of nutrition educators, peer educators, and public health nutritionists. Training could be offered using a train-the-trainer model, because the emphasis is on facilitating youth discovery and application, not necessarily on the content expertise of the educator. Furthermore, partially funded by the Youth Voice: Youth Choice 4-H Healthy Living grant, *Teen Cuisine* has been incorporated into both *Expanded Food and Nutrition Education Program* and *Supplemental Nutrition Education Program—Education* and has been found to be appropriate for limited resource audiences.

## EVALUATION

A posttest consisting of relevant questions from the 4-H *Healthy Living Common Measures* for 8th through 12th grades<sup>8</sup> was administered to a subsample of 531 high school participants immediately after completion of the *Teen Cuisine* program and within the final class. *Common Measures* for food choices were reported as being adapted from several instruments to serve as a common tool to evaluate health-related 4-H programs across the country.<sup>9</sup> They were tested among California 4-H youth in 2012.<sup>10</sup> Although the reliability could

<sup>1</sup>State 4-H Office, Virginia Tech, Harrisonburg, VA

<sup>2</sup>Virginia Family Nutrition Program, Virginia Cooperative Extension, Halifax, VA

<sup>3</sup>Virginia Family Nutrition Program, Department of Human Nutrition, Foods, and Exercise, Virginia Tech, Blacksburg, VA

*Conflict of Interest Disclosure:* The authors' conflict of interest disclosures can be found online with this article on [www.jneb.org](http://www.jneb.org).

Address for correspondence: Tonya T. Price, PhD, State 4-H Office, Virginia Tech, 2322 Blue Stone Hills Dr, Ste 140, Harrisonburg, VA 22801; Phone: (540) 432-6029, Ext 116; Fax: (540) 432-6251; E-mail: [tonyaprice@vt.edu](mailto:tonyaprice@vt.edu)

*J Nutr Educ Behav.* 2016; ■:1-4

©2016 Society for Nutrition Education and Behavior. Published by Elsevier, Inc. All rights reserved.

<http://dx.doi.org/10.1016/j.jneb.2016.10.008>

**Table.** The Six Lessons of the *Teen Cuisine* Program, Inclusive of Topics and Activities

<b>Teen Cuisine Lessons</b>	<b>Topics</b>	<b>Activities</b>	<b>Retrospective Evaluation Questions (As a Result of Participating in a 4-H Healthy Living Program I Now Take the Following Actions ...)</b>	
Eat Smart	Goal Setting	Write 2 nutrition goals you want to accomplish this week.	I think about what foods my body needs during the day [CM]	
	My Daily Food Plan	List foods you like to eat that fit into each of the food groups	I make food choices based on what I know my body needs [CM]	
	Cook Like an Expert	Tips on how to be prepared, clean, and safe	I cook more	
	How to Measure Ingredients	Measuring dry, liquid, and sticky ingredients	I have better measuring skills now	
	Recipe Reading	Circle the words you know are cooking terms and put a box around anything with which you are not familiar	I read recipes now when I cook or bake	
	Cooking Terms	Introduction to cooking terms and definitions	I read recipes now when I cook or bake	
	Hand Washing	How to wash your hands properly	I wash my hands before I cook I wash my hands before I eat	
You Are What You Eat	Cutting Techniques/ Cooking Experience	How to chop an apple properly. Prepare a Yogurt Orange Dip for apple slices	I know how to safely use a knife now	
	Label Reading	Learning the parts of a label and the importance of reading labels	I make healthy food choices whenever I can [CM]	
	My Daily Food Plan	How much you should eat based on your age, gender, and activity level	I match my food intake to the number of calories I need to eat each day [CM] I think about what foods my body needs during the day [CM] I make healthy food choices whenever I can [CM] I encourage my family to eat meals together I encourage my family to cook meals together	
	Right Size Your Portions	A guide to using your hand to estimate a smart portion size	I think about what foods my body needs during the day [CM]	
	How to Use a Chef's Knife/Cooking Experience	Practice proper cutting techniques using a variety of cuts: slices, sticks, and cubes. Choose a recipe to prepare that requires cutting vegetables or fruits to allow more practice of knife skills	I know how to safely use a knife now	
	Power Up With Breakfast	Importance of Eating Breakfast	Write 3 reasons why teens skip breakfast. List foods from each group that would make great breakfast foods. Eggs are perfect for breakfast. Describe the nutrients found in each part of an egg	I make healthy food choices whenever I can [CM]
		Nutrients on the Nutrition Facts Labels	Match the nutrients as seen on a Nutrition Facts label with what they do for your body	I make healthy food choices whenever I can [CM]
How to Cook Eggs/ Cooking Experience Cutting Techniques		Making scrambled eggs and hard-boiled eggs How to chop an onion. Consider using chopped onion to prepare an omelet	I cook more I know how to safely use a knife now	
Find the Fat	Choosing Foods With Go, Slow, Whoa!	Label each source of fat as Go, Slow, or Whoa! List your favorite snack foods as Go, Slow, or Whoa!	I eat less saturated fat [CM] I eat fewer foods with little nutritional value [CM] I drink less soda/soft drinks [CM]	

(continued)

Download English Version:

<https://daneshyari.com/en/article/4939461>

Download Persian Version:

<https://daneshyari.com/article/4939461>

[Daneshyari.com](https://daneshyari.com)