

‘Melting Pot’ Summer Camp: Getting Kids Involved in the Kitchen  
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**Objective:**

‘Melting Pot’ summer camps are week-long day camps held for 9 to 14 year old students in SC. The purpose of this 4-H camp is to improve confidence and knowledge regarding culinary and nutritional skills. Preparation for camp is provided by Clemson University, Food Science and Human Nutrition students enrolled in the Culinary Nutrition Outreach creative inquiry (CI). CI is an undergraduate student-led research team opportunity.

**Design:**

Each of the ten participating counties in the 2018 camp program followed a common curriculum including: essential recipes for an ethnic menu of the day, informational power points on the food groups and five cultures and cuisines of the camp as designed by the CI team.

**Methods and instruments:**

Each adolescent camp participant completed a pre and post questionnaire. This tool asked about confidence in a variety of cooking skills, nutrition education items, and other items to be reported at a later date. The five day camps were held in kitchen locations in ten counties in SC.

**Results:**

In 2018 (n=191) adolescents participated in one of ten camps. An abbreviated review of data indicated that adolescents increased confidence in each of the culinary skills: saute´ (45%), steam (43%), stir-fry (35%), mise en place (40%). This review indicated an increase in three nutrition education items; reading food labels (32%), eating more fiber (32%), and limiting fat in cooking (45%).

**Conclusions:**

The results of the camp indicate that participants in the ‘Melting Pot’ camp curriculum gained knowledge and confidence in culinary and nutrition skills.

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