

## **Design and Testing for the Healthy Lifestyle Culinary Nutrition ‘Melting Pot’ Camp**

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### **Objectives**

Undergraduate research team (URT) aided state leaders in planning a hands-on culinary nutrition weekend for 4H high school students (n=38). These students will assist with summer camp for 10 to 14-year-olds in their home county. Hands-on nutrition and culinary activities of the weekend summit enable camps to meet program expectations. Camp is an enhancement of Cooking Programs that reached adolescents (n = 253) last year. The URT conducted pre- and post- assessment of the participants.

### **Design and Instruments**

Data was obtained at the summit from a convenience sample with pre and post testing on confidence in culinary and nutrition skills. The high school participants were asked about being able to complete a given recipe with confidence. For example, ratatouille entails knife skills of chopping, dicing, and mincing when preparing the vegetables and sautéing during the cooking process.

### **Results**

In the post-summit evaluation, 30% of the high school participants at the summit demonstrated increased confidence in their ability to prepare ratatouille. 36% showed an increase in confidence in preparing an egg tortilla, which uses skills like separating egg whites from egg yolks and flipping tortillas. When evaluating confidence on knife skills, while most students were confident or above, 20% of the students increased at least one confidence level. Confidence levels for sautéing were more diverse but at post-summit 30% showed improvement.

### **Conclusions**

By participating in the Healthy Lifestyles summer camp summit, high school students gained knowledge about and confidence in various cooking skills. They will utilize this knowledge to plan and execute a summer camp in their county.

### **Funding Disclosure Statement**

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