

SNAP-Ed Toolkit

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Kids Cook!®

KidsCook

Overview

Kids Cook!® is a direct education program designed to encourage children and families to adopt healthier behaviors through hands-on preparation of a variety of nutrient-rich foods paired with daily physical activity. Program activities use an integrated curriculum format that provides opportunities for interdisciplinary learning. Hands-on methods increase acceptance of a variety of foods while modeling healthy food choices. Additional benefits include improving nutrition, strengthens family ties through shared food preparation and the enjoyment of sitting down to eat together. **Target Behavior:** Healthy Eating, Physical Activity **Intervention Type:** Direct Education

Intervention Reach and Adoption

Kids Cook!® targets elementary aged children at schools. Currently, Kids Cook!® is in 14 schools, serving over 6,500 students including special education. **Setting:** School **Target Audience:** Elementary School **Race/Ethnicity:** All

Intervention Components

Kids Cook!® includes the following components:

- 13 hours of hands-on nutrition education
 - 1 Welcome Class, teaching sanitation and safety, measurement, and an art project,
 - 4 Hands-on Cooking Classes
 - 3 Tasting Classes
- 10 minutes of physical activity incorporated into each lesson

Kids Cook!® involves nutrition educators, teachers, parent volunteers, and students in learning about culturally diverse foods by giving all participants the opportunity to prepare foods that are healthy and appealing. Hands-on methods increase acceptance of nutritious foods while modeling healthy food choices. Kids Cook!® works with students and their families to teach that the preparation of food often takes the same amount of time it takes to eat out.

Intervention Materials

Kids Cook!® offers a World Curriculum featuring recipes from around the world, a US Regional Curriculum featuring recipes from different regions of the US, and a Complete Curriculum featuring both the World and US Regional curricula. Training materials are included with each curriculum. Additional Kids Cook!® merchandise is available for purchase, including aprons, exercise bands and pens. Intervention materials can be purchased through the Kids Cook!® website at <http://www.kidscook.us/>

Intervention Costs

Cost information coming soon.

Evidence Summary

An evaluation conducted for Kids Cook!® in 2010 found that

- 42% of families tried Kids Cook!® recipes at home
- 76% of parents noticed an increase in their child’s fruit and vegetable consumption
- 83% of parents noticed improvements in their child’s kitchen skills
- 75% of students talked about the importance of regular exercise at home
- 93% of parents would like to see Kids Cook!® return next year

Classification: Practice-tested

Evaluation Indicators

Based on the SNAP-Ed Evaluation Framework, the following outcome indicators can be used to evaluate intervention progress and success.

	Readiness and Capacity – Short Term (ST)	Changes – Medium Term (MT)	Effectiveness and Maintenance – Long Term (LT)	Population Results (R)
Individual	ST1 , ST3 , ST4	MT1 , MT3 , MT4	LT1 , LT3 , LT4	
Environmental Settings				

Sectors of Influence			
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Evaluation Materials

An online Kids Cook!® Graduate survey can be found here: <http://www.kidscook.us/survey/>

Additional Information

Website: The Kids Cook!® website (<http://www.kidscook.us/>) includes information about the program, healthy tips, and the Kids Cook!® curriculum and resources for purchase. **Contact Person:** Sara Robbins, RDN Phone: 505-259-3194 Email: sara.robbins@kidscook.us Kids Cook!® Email: kidscook@kidscook.us