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**RECIPE**

INGREDIENTS	DIRECTIONS
Time	1. Plan far in advance
Money	2. Collaborate
Expertise	3. Get approval
Passion	4. Collect and analyze data
Support	5. Publicize & report
	6. Revise



# What is Cooking Academy?

- Conducted in an after-school program.
- Funded by CalFresh Healthy Living and 4-H programs.
- Meets the nutrition objectives by having modified recipes and gained approval by eatright.org.
- Meets the youth development objectives with a teen-as-teacher model and team-based experiential learning style.



# UC Condition Change

- **Improved Community Health & Wellness**
  - Diet quality a top factor in chronic disease prevention.
  - Lack of skills to prepare foods ranked as a top reason individuals do not eat healthfully.



# UC Condition Change

- Improved health & wellness for all
  - Sites must be income-eligible.
- Improved food security
  - The ability to cook increases your utilization of free resources.
- Improved food safety
  - Safe handling of food a core concept.
- Improved individual and household financial stability
  - Cooking at home is cost-effective. During 2013–2016, 36.6% of adults consumed fast food on a given day.



# UC Condition Change

- Improved College Readiness
  - Teens-as-teachers allows young people to gain valuable work skills, such as;
    - punctuality
    - dependability
    - self-efficacy
    - confidence
    - communication skills
    - problem-solving
    - teamwork
    - real-world science and math
    - teaching skills



# What we Measured

Knowledge

Skills


Attitude

Behavior

Self-efficacy

Chef's name \_\_\_\_\_ Age \_\_\_\_\_ Circle: Boy Girl Date \_\_\_\_\_

1. Before the Cooking Academy, had you heard or seen of this logo before?  
 Yes  No  Not sure



2. Which MyPlate food groups are in a meal of cheese pizza and orange juice? (mark all that apply)  
 Grains  Vegetable/ Fruit  Dairy  Protein

3. Which of the following is a refined grain (not a whole grain)?  
 Popcorn  100% Whole wheat bread  White rice  Oatmeal  Brown rice

4. When looking at this list of ingredients, what do you think you could cook with it?  
 INGREDIENTS: Tortillas, low fat cheese, canned beans, salsa, zucchini  
 Hamburger  Spaghetti  Quesadilla  Soup  Chicken nuggets

5. Thinking back to the start of the school year, how has the Cooking Academy affected you? As a result of the Cooking Academy, how likely are you to:

	Much more	A bit more	The same	A bit less	Much less
try new foods?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
cook at home?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
drink milk with dinner?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
eat more than one kind of fruit or vegetable at dinner?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
drink sweetened beverages (like soda, sports drinks, or Kool-Aid)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
help prepare meals at home?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
prepare a snack?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
wash you hands before preparing food?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
consider yourself a good cook?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

We want to make the program even better next time. Please answer honestly. Write your answers below.

What were the three best things about the Cooking Academy (besides eating)?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What are three things you learned at the Cooking Academy?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What are three ways the Cooking Academy could be made better?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Program Strengths

Open Qualitative Feedback

Program Weaknesses

# Funder Evaluation

*After the students have tried the food, ask the following questions and record the results below. Note: If you are providing more than one food at a tasting, ask the questions about only one food at a time. If time does not allow asking about all foods, ask about the food that is least familiar to the children.*

1a. Before today's class, how many of you have tasted \_\_\_\_\_ before?

*\*If the target food and target food recipe/form are the same – SKIP 1b. If different - ASK 1b\**

1b. Before today's class, how many of you have tasted \_\_\_\_\_ before?

2. How many students ate (or tasted) \_\_\_\_\_ today?

3. How many of you are willing to eat \_\_\_\_\_ again?

4. How many of you are willing to ask for \_\_\_\_\_ at home?

# Evaluation Challenges

- Evaluation should focus on behaviors, not knowledge.
- Find or develop a tool that measures impacts and outcomes. Tool should be validated first if possible.
- Consider how to best work with the age, language, education and abilities of participants.
- Get Human Subjects Institutional Review Board approval.
- Work with affiliated colleges and universities.
- Meet funder requirements first.
- Create system for collection and then gain access to statewide data. Report annually.
- Time needs to lapse to see actual changes. Use intent-to-change and confidence questions when it's a one time workshop.





# How Data Has Been Used

- Masters thesis
- Conference posters
- UC Delivers/Blog
- Final report to funder, including justification to funder of decrease in reach, but increase in breadth
- Support for statewide approval and adoption
- Foundation for replication to other counties

