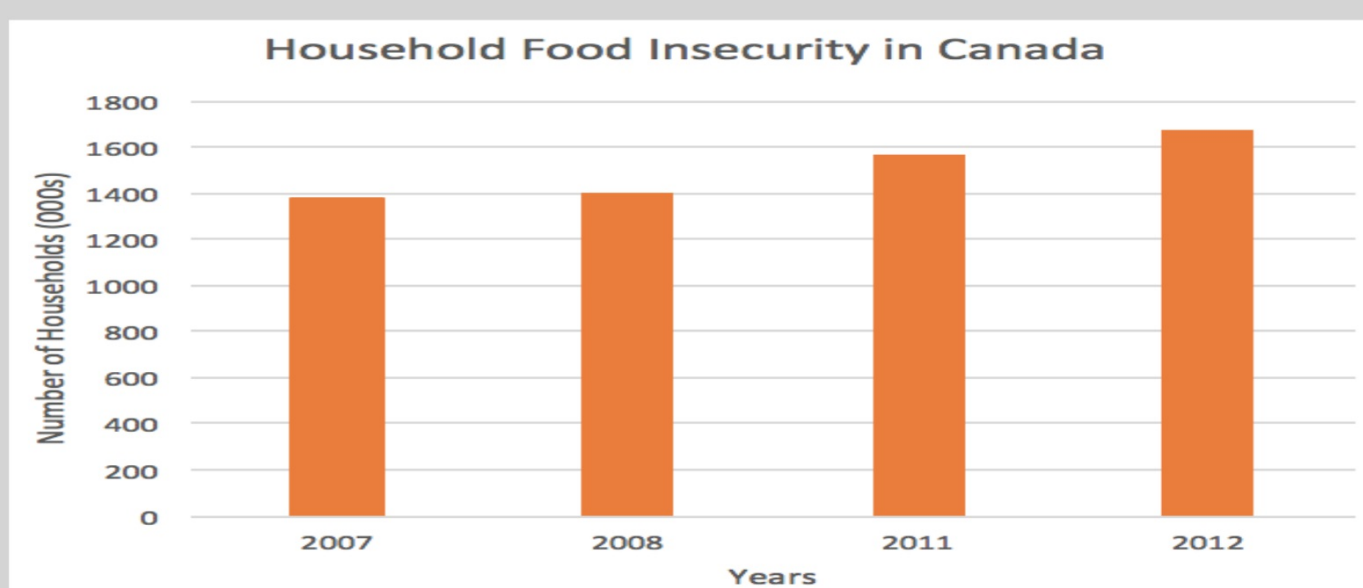
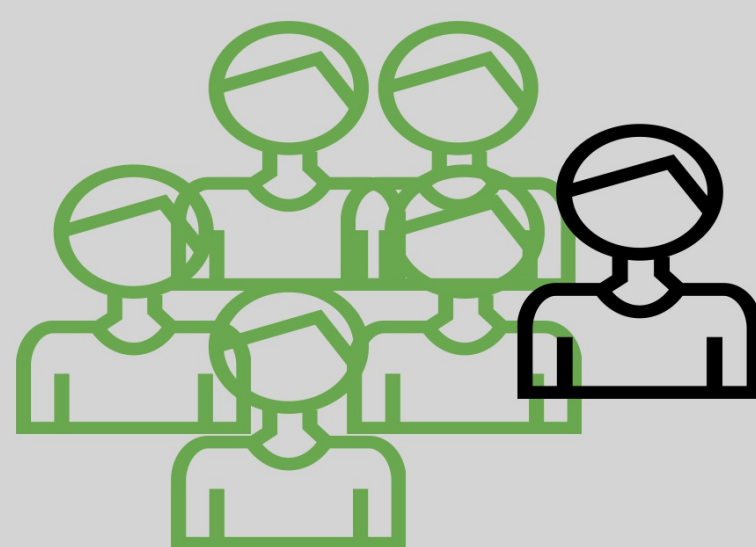


FOOD SCIENCE WORKSHOPS FOR KIDS

Issue:



Household insecurity has shown an increasing trend over the past years



Household food insecurity affects 1 in 6 children in Canada



Health Implications for food insecure children:

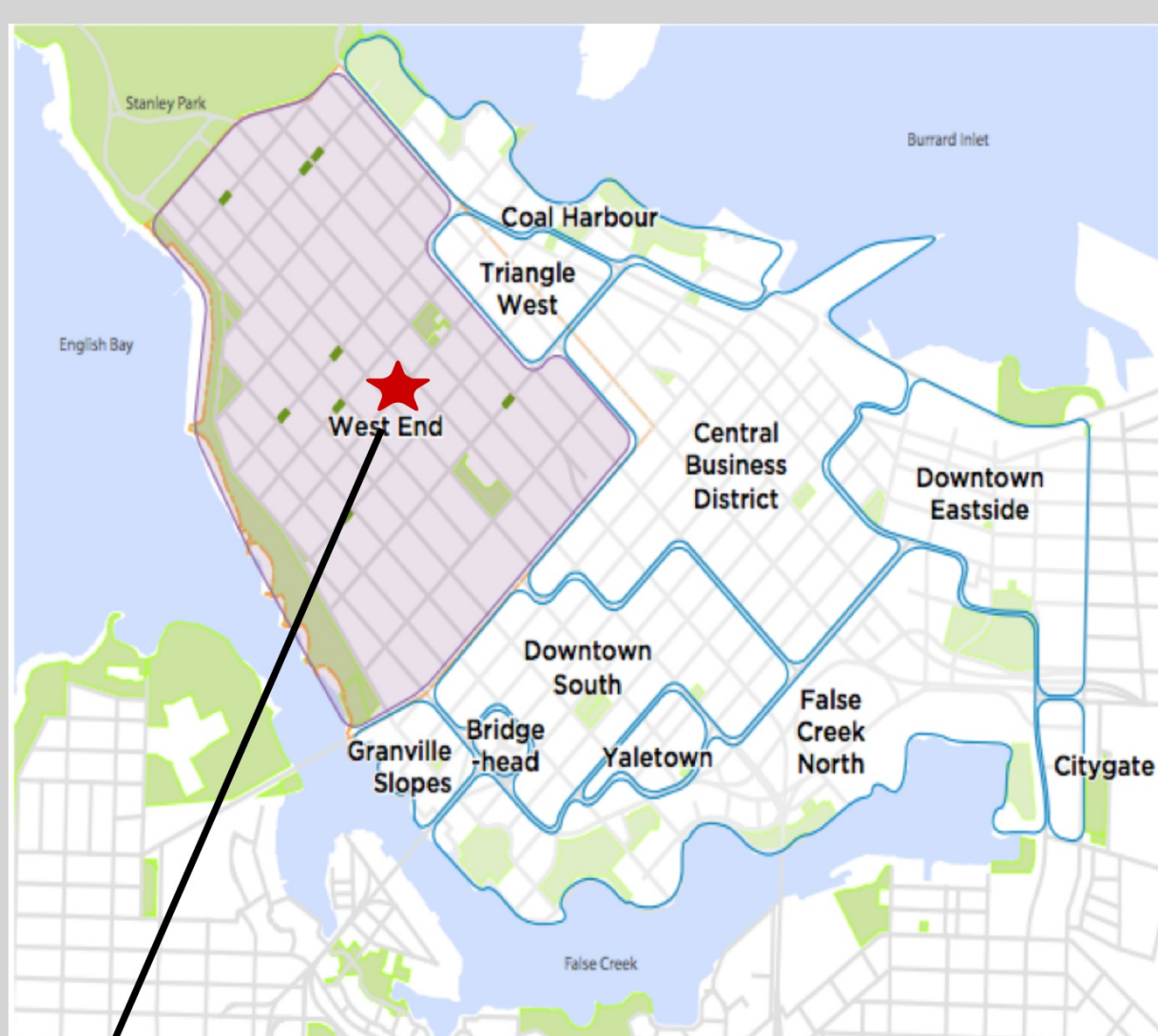
1. Micronutrient deficiencies
2. Developmental abnormalities
3. Compromised immune system



Increased food literacy among children can improve their nutritional status and help them make better food choices.

Our Approach:

Improving food security status among children through food literacy workshops aligned with Gordon Neighbourhood House's mission in providing programs to support families, children, and youth in West End neighbourhoods and beyond



Gordon Neighbourhood House

Participants:



Demographics:

7 Girls; 6 Boys
Age Range:
5- 12

Workshops:

- Butter making
- Ice cream making
- Fruit/vegetable tasting
- Kimchi making
- Acid/base properties
- Yeast experiment

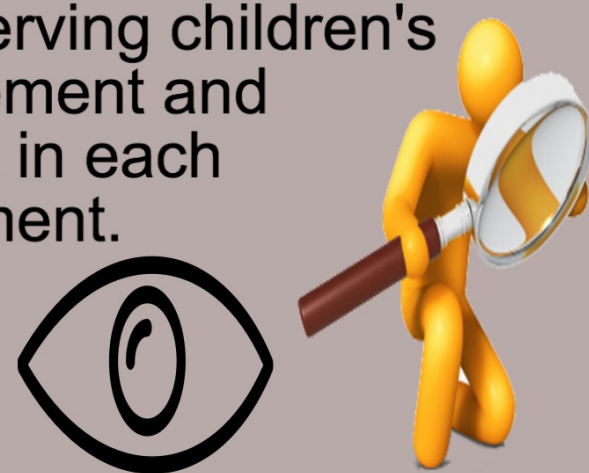


Evaluation Methods

1- Conducting short surveys before and after each experiment.

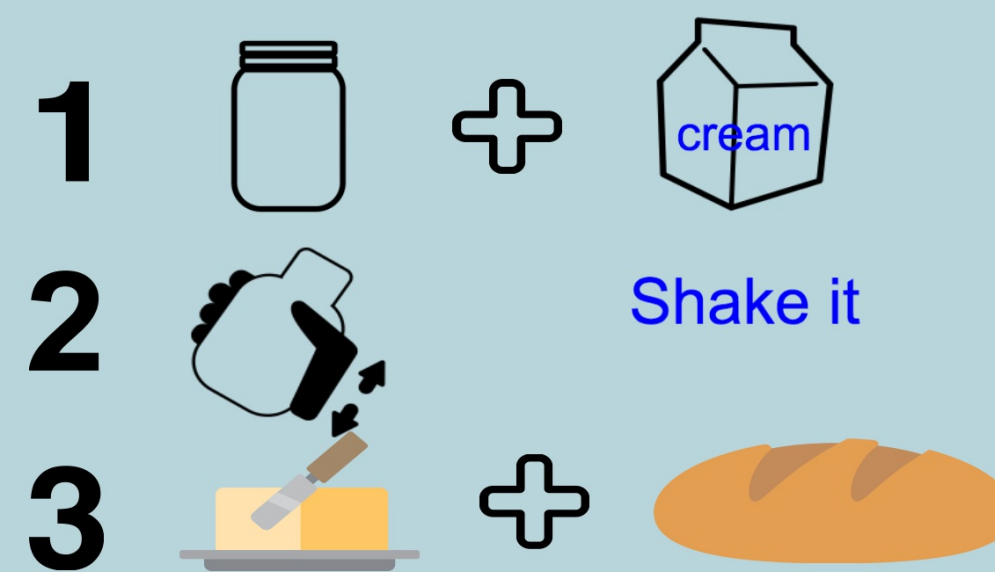


2. Observing children's engagement and interest in each experiment.



Example: Butter Making & Trying

Instructions:



Findings



Butter



Only 1 out of 13 did not try butter.

Kimchi

13 out of 13 tried Kimchi.

Vegetable tasting



Only 2 out of 13 did not try all the unknown vegetables.

Implications

Increase willingness to try vegetables.

Take the learnings home and share their experiences with their family members.



Acknowledgement:

UBC LFS 350 Teaching Team
Gordon Neighbourhood House Staff



a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA
Land and Food Systems

Source:

1. Health at a Glance. (2015). Retrieved November 25, 2016, from <http://www.statcan.gc.ca/pub/82-624-x/2015001/article/14138-eng.htm>
2. Roshanafshar, S., & Hawkins, E. (2015). Food insecurity in Canada. Can. J. Diet. Pract. Res.