

# The Benefits of a School-based, Hands-On Cooking Program on Children's Food Literacy



Based on an after-school Master Chefs/Mini Chefs program provided by Windermere Hub Community School Team (CST)

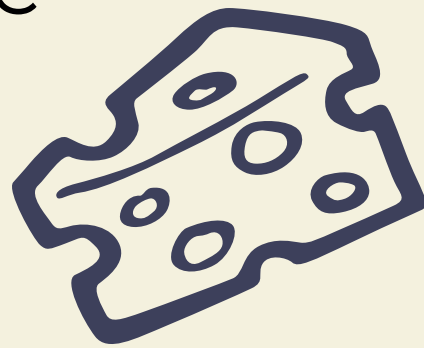


## Background

The **Community School Team** is an initiative of the Vancouver School Board that works to provide pre and post-school programs for students ages K-12.

**Master Chef's** after school program

- 12 students in grades 3-6
- to increase food literacy in at-risk or food insecure children in a fun and engaging way.



## Significance

Impacts of school-based, **hands-on cooking program**:

- Development of **confidence** and a **positive relationship** towards more diverse food items and the **positive perception** towards cooking (Markow et al., 2012; Zahr & Sibeko, 2017).
- Potential **reduction** of **food insecurity risk** in adulthood (Wolfson et al., 2020).

## Results



GOALS		RESULTS	
SOCIAL-EMOTIONAL SKILLS	Have engaged in meal preparation, primarily baking, with others	Before	40%
		After	70%
SELF-CONFIDENCE	Delegated to get involved in the food making process	First	40%
		Last	90%
FOOD LITERACY	Knowledgable of Basic Food Safety Rules	First	30%
		Last	90%

## Goal

- Build social and emotional skills in children, and to develop their self-confidence
- Increase children's food literacy skills
- Provide an inclusive learning space for all students



## Approach

### Conduct 5 workshops at Graham D. Bruce Elementary

- Prepare 6 meal plans 1 week in advance to each program
- Teach the students how to read and follow recipe cards
- Emphasize food safety
- Make food with the students

### Ensured the availability of recipes and ingredients by following these guidelines:

- Keep within a \$20 budget
- Source ingredients from local stores
- Use simple kitchen equipment



## Next Steps

- Our workshops were effective at increasing **food literacy**
- Conduct more **workshops**
- Focus on students who experience **high levels of food insecurity**

## References

Markow, K., Coveney, J., & Booth, S. (2012). Enhancing food literacy through school-based cooking programs : What's working and what's not? Journal of the Home Economics Institute of Australia, 19(2), 2-11.

Wolfson, J. A., Insolera, N., & Cohen, A. J. (2020). Childhood food involvement: Protection against food insecurity in young adulthood. American Journal of Preventive Medicine, 58(1), 31-40. doi:10.1016/j.amepre.2019.09.001

Zahr, R., & Sibeko, L. (2017). Influence of a school-based cooking course on students' food preferences, cooking skills, and confidence. Canadian Journal of Dietetic Practice and Research, 78(1), 37-41. doi:10.3148/cjdpr-2016-030