Moore Family Center
Healthy Communities Outreach Project 2014 – 15
Increasing Kid’s Appetite for Whole Grains:  Teen Mentors, Hands-On-Cooking and Tasting Tables in Schools

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**Impacts:**

- **Teens (state-wide evaluation n= 68)**
  - Received Oregon Food Handlers certification.
  - Increase their desire to be a role model.
  - Increase in teaching skills, comfort and self-efficacy.
  - Stated an increase in knowledge of whole & refined grains.
  - Used food labels to identify whole grains more often.
  - Indicated their most memorable experience was “getting a peer or younger participant to try a new food.”

- **Children (n= 42 matched pre-post)**
  - Positive changes in food choice behaviors.
  - Able to correctly identify recommended amount of fruits and vegetables at meal.

- **Parents & Family (n=5)**
  - All reported “My child has talked about recipes in some detail” and by request from children parents have prepared Food hero recipes featuring whole grains at home.

“**Use Your Bean**” Tasting Tables at Schools:
Intercept Food Survey with Parents and Children—Food Hero recipes featuring whole grains were prepared and offered to students & families at schools. Taste-testers then placed a lima bean in one of three containers labeled “Don’t Like yet” “Sort of ……” or “Like!”

Following the survey beans are tallied and food service staff received feedback. Implementing Tasting Tables at schools has fostered trust and a strong partnership which expands opportunities to work with school food service to increase whole grains, fruit and vegetables served.

<table>
<thead>
<tr>
<th>Food Hero</th>
<th>Recipe Tasted</th>
<th>Like</th>
<th>Sort of ……</th>
<th>Don’t Like Yet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple Spiced Baked</td>
<td>Oatmeal School 1</td>
<td>85</td>
<td>15</td>
<td>20</td>
</tr>
<tr>
<td>Apple Spiced Baked</td>
<td>Oatmeal School 2</td>
<td>279</td>
<td>57</td>
<td>17</td>
</tr>
<tr>
<td>Morning Muffins</td>
<td></td>
<td>99</td>
<td>10</td>
<td>13</td>
</tr>
<tr>
<td>Pumpkin Breakfast</td>
<td>Cookies</td>
<td>338</td>
<td>—</td>
<td>15</td>
</tr>
<tr>
<td>Barley, Bean &amp; Corn Salad</td>
<td></td>
<td>87</td>
<td>9</td>
<td>19</td>
</tr>
</tbody>
</table>

“**Teens as Teachers**”: Family & Community Health and 4-H Faculty collaborated to train 12 teens (age 15-17) to teach younger children about food preparation, kitchen safety and nutrition using whole grains, fruits and vegetables.

**Teams**: In 4 afterschool sites, a team of 3 teens each worked with an OSU Nutrition Educator to teach a series of hands-on small group cooking lessons with tasting of whole grain foods/recipes to children ages 6-11 in Medford & Grants Pass.

**Implementation**: Sixty 6-11 year olds participated in the afterschool classes. Evaluation conducted: retrospective pretest method of teen teachers, pre-post evaluation of children in afterschool program and a parent recipe survey was sent home.

“**This is so much fun! I am excited to come back every week!**”
Teen teacher