iCook 4-H: A Program to Promote Culinary Skills, Family Meals, and Physical Activity Together for Obesity Prevention
What We’ll Cover Today

• What is iCook 4-H?
  – Project foundations & overview

• Process Evaluation Perspectives
  – What participants got out of the program

• Follow-up Evaluations & Interactions
  – Ripple Mapping
  – Booster Sessions
  – Adult Interview
What is iCook 4-H?

1. 5-State Project
2. 5-Year Grant
3. For children aged 9-10 years old & their adult primary meal preparer

Goal: Increase COOKING, MEAL TIME, and PHYSICAL ACTIVITY
Maine, Tennessee, Nebraska, South Dakota, and West Virginia
Why pairs (dyads)?

Using the dyad model, there is opportunity for synergism and translation to the home environment as families cook, eat and play together.
Sessions focus on:

- Culinary
- Physical Activity
- Goal Setting
- Family Meals

Activities at home:

- Cook Together
- Play Together
- Eat Together
- Use Website

iCook 4-H Curriculum
What did participants get out of the program?
Cooking & Culinary Experiences

Being Physically Active

Family Mealtime – Frequency & Quality
Process Feedback: Most Important Aspects of/Things Learned from iCook 4-H

Youth Participants
- Foodsafety
- New foods
- Cooking
- Kitchen safety
- Physical activity
- Nutrition
- Knife skills

Adult Participants
- Recipes
- Learning
- New foods
- Community
- Togetherness

Session Leaders
- Togetherness
- Cooking
- Tasting
- Physical activity
- Meal planning
- Communication
- Kitchen tips
Youth: Description of Family Meal

- Tasty
- Boring
- Talkative
- Joyful
- Interesting
- Healthy
- Good
- Peaceful
- Together
- Exciting
- Filling
- Awesome
- Okay
- Dry
- Funny
- Enjoyable

Adult: Description of Family Meal

- Fun
- Chaotic
- Nutritious
- Wonderful
- Consistent
- Inconsistent
- Unpredictable
- Casual
- Loving
- Joyful
- Chaotic
- Conversational
- Rushed
- Yummy
- Enjoyable
- Togetherness
Both kids and parents loved the crisps and the fruit salsa! They also said that they would make it again at home and liked having a healthier dessert or snack to add to their repertoire.

Parents working with children and letting the children do the work, not doing it for them.

Charades was a big hit, as was the MyPlate activity. It made a lot of sense with meal planning discussion. Preparing and eating the root vegetables was also a big hit.
24 Mth Intervention
After the 6 sessions (~3 mths)
Website Activity

- Post videos
- Monthly challenges
- Family Activities
Hi Summer iCook4-H Friends! Fill out this list to write a silly summer story. Then post on the iCook4-H website to tell us about how you are spending your summer!

Dear iCook4-H,

It is now summer, and you know what that means: no school!! Today was a____ day. This morning, _____ took me and my brothers to pick _____ at a nearby farm. It was really fun but it was also really _____ After that, _____ brought us home for lunch. We helped make _____ and a fresh salad topped with some of the _____ we picked. After lunch, we changed into our _____ and went to the community pool. When we got there, we put on _____ to protect our skin. At the pool, _____ off the high dive. Then we _____ home and cooked the _____ It was a good day.

Sincerely,

#### June Challenge Winners:

**Recipe Challenge**

Bella said, "I made homemade popsicles. I blended frozen fruit with milk and yogurt...Then I poured it into popsicle molds. I froze them over night and ate them for a snack they were so good!"

**Blending Challenge**

**Physical Activity Challenge**

**Sun Salutation Challenge**

Winner: Bella from West Virginia

Winner: Alex from South Dakota
## Youth Ripple Mapping Feedback

### Cooking Together
- We (Youth) know how to cook when we grow up
- You benefit, mom, maybe other friends because you could be cooking for them and teaching them something as well, you are healthier
- We are cooking more

### Eating Together
- Your family benefits because you are trying new herbs, spices, veggies, or combinations
- Moms bank account, you are saving money by staying in and eating instead of going out

### Playing Together
- I am outside more
- People learn that TV doesn’t matter. They say, I need more fresh air. They are motivated to get away from candy and TV.

These are just a few examples of the tremendous impact iCook 4-H had from child’s point of view.
Adult Ripple Mapping Feedback

- **Cooking Together**
  - We made the veggie smoothies for our family and now they make them too
  - Make healthier decisions
  - Our family shared recipes with their friends

- **Eating Together**
  - Keeping a better grocery list now
  - Parents benefit because they have more of a selection [variety of food] that kids will eat
  - Having real conversations. We’re always on the go and this gives us family time

- **Playing Together**
  - Playing more together
  - Start playing together and do not even realize we are exercising
  - Visit the local parks more

These are just a few examples of the tremendous impact iCook 4-H had from parents point of view
Boosters
Booster Feedback

We prepare meals together with everyone helping instead of just eating together.

Yes, it's a good reminder of nutrition principles. It inspires us to be more active and snack healthfully.

We spent more time to do exercise and prepare homemade food than before.

Oh YEA - if others are like me (who needed guidance) it gives them a chance to interact with others, learn about nutrition, get answers and all sorts of things.

Yes, it's such a nice way to have kids & parents work together towards a healthier lifestyle.
ADULT ICOOK INTERVIEW
“If a child and parent are looking for the ingredients for success, they will find it in iCook 4-H” — Mother of a 10 year old girl

Interested? Visit bit.ly/icook4h
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