



Presenters:

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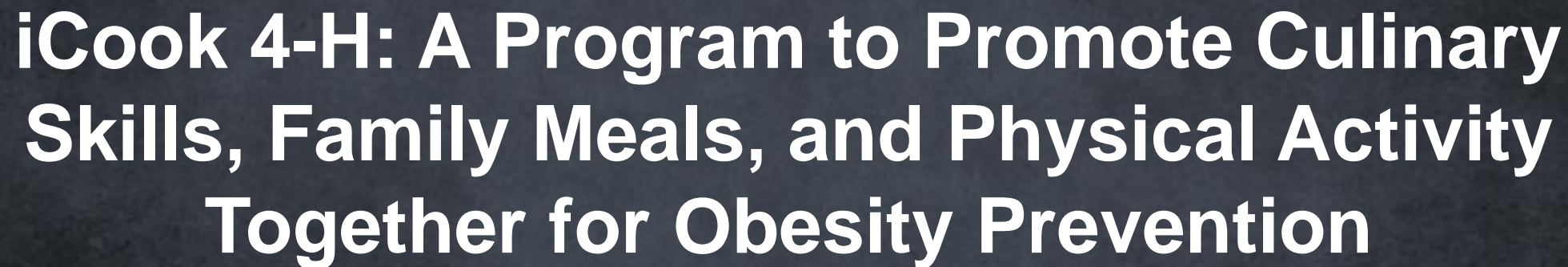
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Additional PIs:

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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



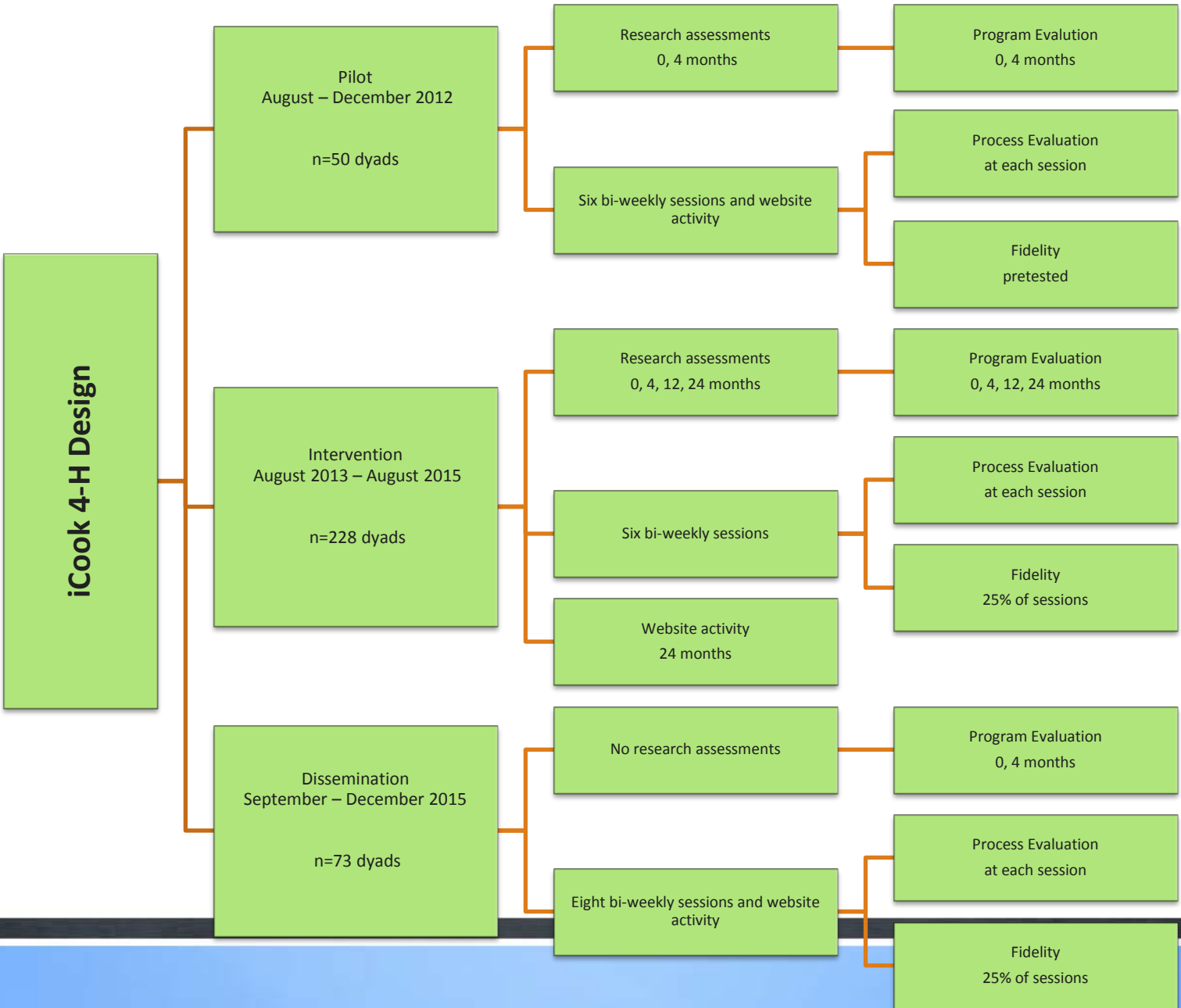
What is iCook 4-H?



Goal: Increase COOKING, MEAL TIME, and PHYSICAL ACTIVITY



Maine, Tennessee, Nebraska, South Dakota, and West Virginia 



Why pairs (dyads)?

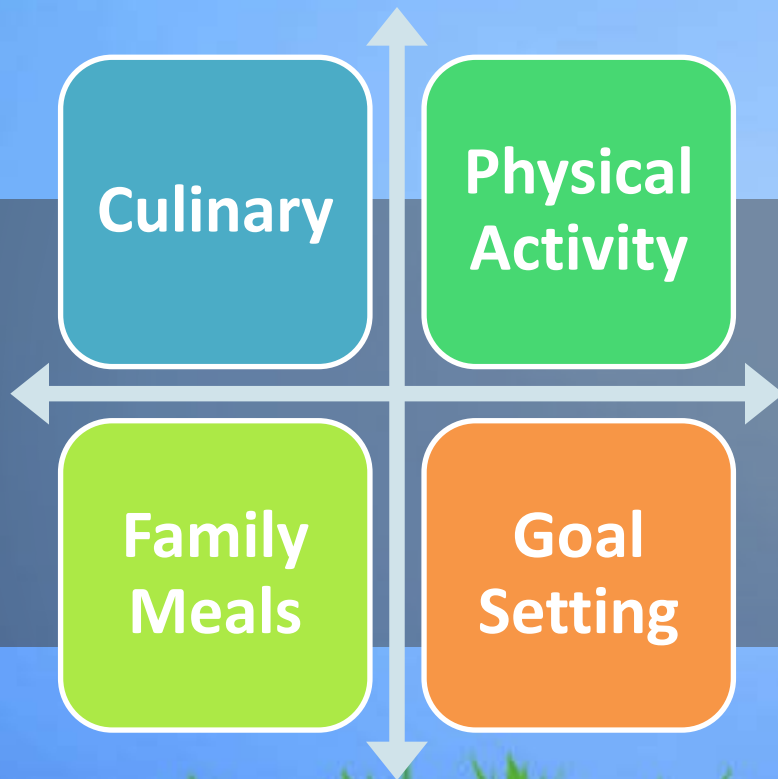
Using the dyad model, there is opportunity for synergism and translation to the home environment as families cook, eat and play together.



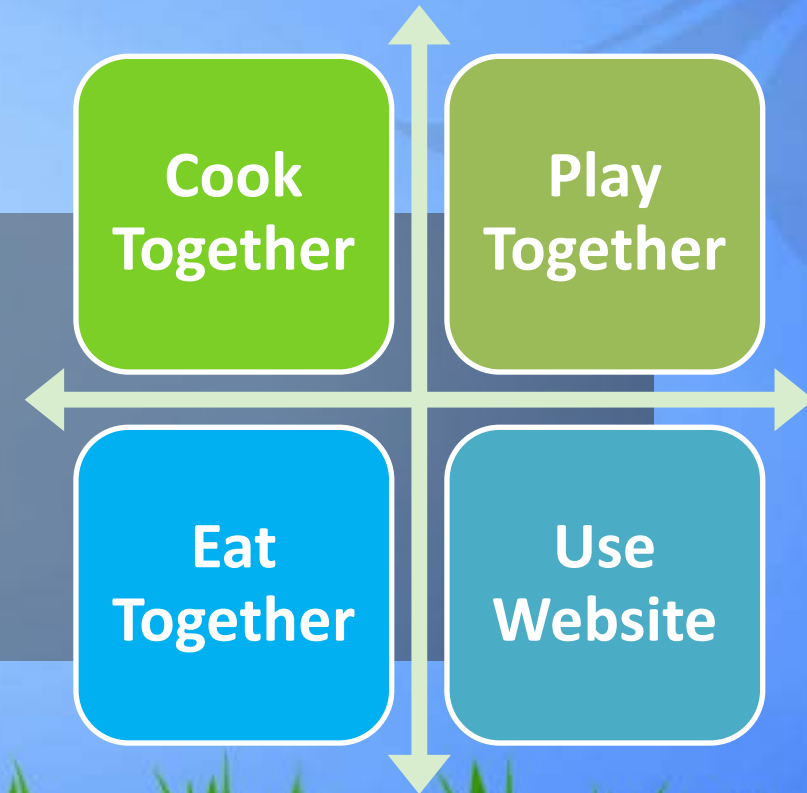
iCook 4-H Curriculum



Sessions focus on:



Activities at home:



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



Adult Participants



Session Leaders



Process Feedback: Description of Family Meals

Youth: Description of Family Meal



Adult: Description of Family Meal



What Did Leaders Say About iCook 4-H?



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

iCook 4-H



Happy Summer iCook4-H friends! Fill out this list to write a silly summer letter. After you complete the list of words below, turn the pages and fill your words into the blank spaces with the matching number.

- | | |
|--------------------------------|------------------------------|
| 1. Noun: | 8. Noun listed for number 4: |
| 2. Adjective: | 9. Article of clothing: |
| 3. Person: | 10. A liquid: |
| 4. Noun: | 11. Verb: |
| 5. Adjective: | 12. Verb: |
| 6. Person listed for number 3: | 13. Food: |
| 7. Food: | 14. Name: |

Fill in the blanks below with the words you listed on the first page 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 1 _____!! Today was a 2 _____ day. This morning 3 _____ took me and my brothers to pick 4 _____ at a nearby farm. It was really fun but it was also really 5 _____. After that 6 _____ brought us home for lunch. We helped make 7 _____ and a fresh salad topped with some of the 8 _____ we picked. After lunch we changed into our 9 _____ and went to the community pool. When we got there we put on 10 _____ to protect our skin. At the pool I 11 _____ off of the high dive. Then we 12 _____ home and cooked 13 _____. It was a good day.

Sincerely,

14 _____

Monthly Newsletters

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."

Winner: Bella from West Virginia

Blending Challenge



Sounds refreshing, Bella!



Physical Activity Challenge



Sun Salutation Challenge

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

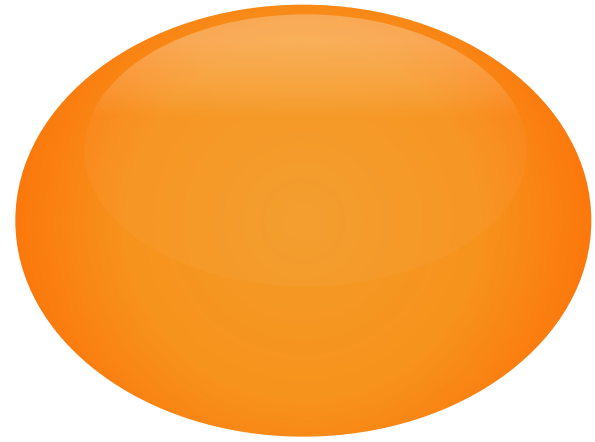
We prepare meals together with everyone helping instead of just eating together.

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

We spend 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 w/ 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 life style.



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*



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