

Dana Kent
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Nutrition Education Project
NFSC 465

Rational

There is an apparent decline and devaluing in home cooked meals in the United States population. Nutrition started with close ties to home economics and has shifted to a more science based approach. What is the Dietitian's role in cooking at home? This nutrition education model will demonstrate the role of a dietetic's student teaching students that feel uncomfortable cooking how to improve their cooking skills. They will also experience the enjoyment and taste of something cooked from scratch. This nutrition education intervention will also cover the need to increase the number of students on campus that know how to incorporate ingredients that are fresh and locally sourced. In a nutrition and Dietetics Journal this information was straightforward and bold "the profession of Dietetics has actively avoided a professional role in teaching the 'joys of quick and easy food preparation from scratch, using produce that is in season at various times of the year'" (Andrea Begley, 2010)ⁱ. In my opinion cooking is a large part of the dietetics profession for prevention of chronic disease. A connection with food starts with buying the food from the grocery store or the farmers market then taking it home preparing the meal for yourself or people in your life. A disconnection with food has been brought about by fast food, eating out, and people being too busy to cook. By being involved with

this intervention the participants will leave confidence in food preparation skills and a greater control with their food choices food choices.

Target Group

The target group for the cooking classes is students at CSU-Chico students that want to learn how to cook to reduce their food expenses and make their own food that tastes delicious. The class will also attract students who want to learn how to cook new and innovative meals with unusual ingredients.

They will also possess the desire to learn how to cook with local and seasonal ingredients from the Chico area.

Goal

Increase CSU-Chico students ability to cook home cooked meals and incorporate local and season food into everyday eating habits and new cooking skills.

Objective 1

To provide 2-1 hour cooking classes for Chico State students for 2 months using seasonal and local items, by the end of the class the students will the attendees will feel comfortable cooking healthy meals with local and seasonal produce. Each participant will take home the recipes cards for the meals they prepared.

Objective 2

To create a recipe book with 2 recipes for each season with information gathered at the farmers market and websites about what is in season for each season and produce 8 recipes that go along with ingredients that will be found at the Farmers Market in Chico, Ca.

Material Needed

For the cooking classes on campus I will need to go to the farmers market on the Saturday before the Tuesday cooking course and buy appropriate ingredients for a side dish, main dish, and desert. Not all the products will be purchased locally but the meal will be centered on local and season items. The products that cannot be found at the farmers market will be purchased from nearby grocery stores. For the dessert I will incorporate and purchase Fair Trade Chocolate. I will create recipe cards on the computer so when students arrive to do the cooking course they will each receive a recipe card. After the cooking course they will receive a copy of each recipe. They will also receive two recipes for each season, eight recipes total. The main ingredients for the recipes will be found at the Chico Farmers market. The recipes will be cheap and quick for the college student's budget and time constraints.

Implementation Methods

There will be two cooking classes with 16 people in each. A CSU-Chico student can only do the class once and should gain enough information from one session to feel more confident in their cooking

ability and awareness of sustainable food issues. During the cooking classes there will be interactive discussion about where the food was sourced and a little information about the farmer that grew the food. Since the dessert will have Fair Trade chocolate I will start a discussion about how our favorite products like chocolate, bananas and coffee are only grown in the southern hemisphere and the problems with the industries and the emerging trend of Fair Trade Certification. While eating the food that was prepared I will have talking points to make the dinner fun and interactive. The topics will include how they felt cooking, if they feel more confident about cooking, information about local food products, fair trade, organics, and any questions they may have about nutrition.

Evaluation

During the dinner I will go around the table and have each student tell me one thing they learned either while cooking or through the information I provided on local and Fair Trade Certification. By reviewing the information that was discussed I hope they will remember what they have learned and apply it to their eating style by being a conscious consumer of ingredients and preparing a meal.

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Andrea Begley, D. G. (2010). Should Cooking Be a Dietetic Competency. *Nutrition and Dietetics* , 41-46.