

MAKING A DIFFERENCE



Grand Challenges

K-State Research and Extension develops and delivers practical, research-based solutions to challenges faced by all Kansans, which includes the grand challenges:

- Global Food Systems
- Water
- Health
- Community Vitality
- Developing Tomorrow's Leaders

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Grand Challenge: Health

Title: Kids in the Kitchen and Teen Cuisine

Why is this issue important?

Healthful eating in childhood and adolescence is vital for proper growth and development, and to prevent various health conditions. Healthful eating also has a positive effect on school performance.

However, most youth

- Don't eat enough fruits and vegetables
- Don't drink enough water
- Eat too much sugar and solid fats which contribute empty calories

How did Extension address this issue?

Shawnee County EFNEP provided *Kids in the Kitchen* and *Teen Cuisine* to 100 youth last year. Lessons were taught virtually and in-person with a hands-on cooking demonstrations during each class. Class locations included Boys and Girls Club at Logan Elementary and virtual classes were conducted with Hope Street Academy and Highland Park Girl Up group.



Nutrition Education objectives included:

- Improved basic nutrition knowledge and healthier food choices
- Improved food budgeting skills
- Improved food safety
- Improved physical activity

What was the impact?

Diet Quality

- 67% Children and youth improved their abilities to choose foods according to Federal Dietary Recommendations

Food Safety

- 32% Children and youth used safe food handling practices more often

Physical Activity

- 56% Children and youth improved their physical activity practices

Food Resource Management

- 33% Children and youth improved their ability to prepare simple, nutritious, affordable food

