



Middle School Cooking Class Curriculum

Ruth A. Bowman



Middle School Cooking Class Curriculum:

Development of a Nutrition and Cooking Curriculum for Middle School Students in Los Angeles Alyssa Bartholomew, Esther J. Schultz, 2018 Obesity in childhood and adolescence is a major national and global public health concern Nutrition education programs are important tools in the fight against obesity Including cooking skill development as part of nutrition education programs could enhance the effectiveness of these programs in helping to prevent obesity With this in mind this project developed and implemented a combined nutrition and cooking curriculum based on MyPlate principles for 7th grade students in the Los Angeles Unified School District LAUSD This behavior based intervention program aimed to provide students with the knowledge and skills required to make simple nutritionally balanced meals in accordance with recommended dietary allowances RDAs of macro and micronutrients Students were to receive five 1 hour nutrition classes and five 1 hour cooking classes over a 5 week period The curriculum was delivered to one gifted 7th grade class in the medical magnet program at Christopher Columbus Middle School in Canoga Park California During the lessons qualitative observations were noted to allow for changes to be made to the curriculum to improve learning outcomes In addition four dietetic experts evaluated the curriculum and modifications were made based on their feedback Providing adolescents with nutrition knowledge and cooking skills is one tool to help prevent childhood obesity

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