P126 Skills Demonstrated in Cooking Videos in Response to Weekly Cooking Lessons

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Objective: To describe cooking skills youth demonstrated in user-generated videos in response to bi-weekly cooking lessons.

Study Design, Settings, Participants: The iCook 4-H project taught youth (9-10 years old) and their adult main meal preparer how to cook, eat, and play together. Participants received cameras to take home to create videos on topics they learned about in cooking sessions.

Outcome Measures and Analysis: After video narration and coding training, IRR testing revealed >80% agreement across four trained researchers. Participant videos (n=172) were narrated and thematically coded by two researchers independently. A third researcher compared the narrations and codes and resolved any discrepancies. Frequencies of codes were determined using NVivo software.

Results: Cutting, mixing, and measuring were the most frequent cooking techniques demonstrated. Cutting skills were evenly demonstrated among males and females (n=45, n=40, respectively), but females practiced proficient knife skills at twice the frequency of males (n=13, n=6, respectively). Handwashing was actively demonstrated in 27 videos. The recipes prepared were most often low and medium levels of complexity (48.1% and 43.8%, respectively). Of the 66 observations in which a child asked for help, 74.2% were requests from males. Male youth received more positive comments during cooking from an adult than females (n=59 and n=36, respectively).

Conclusions and Implications: The cooking skills demonstrated in these videos provided insight as to what participants learned in the sessions. The skills demonstrated in the videos reflected the content of the curriculum and provide qualitative support for the efficacy of the iCook 4-H program. Differences observed by gender warrant further investigation.

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P127 The Clean Plate Club's: Multi-Generational Impact on Child and Adult BMI

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Objective: Finishing everything on one's plate is strongly and positively correlated with Body Mass Index (BMI). This study explores the extent to which adults' clean plate tendencies are inherited from their parents and passed onto their children. Such tendencies' relation to BMI of adults and children is also explored.

Study Design, Setting, Participants: One hundred and thirty-six parents completed a written survey about current and past eating habits and self-reported height and weight. Heights and weights of children were measured by researchers.

Outcome, Measures and Analysis: Mediation analyses using PROCESS model 6 were performed with Children's BMI as dependent variable and Grandparents who asked their children to clean plates as independent variable. Parents who cleaned plates, parents' BMI, parents asking to clean plates and children cleaning plates were used a mediator variable (M1, M2, M3, M4, respectively).

Results: Positive correlation was found between parents who were told to clean their plates as children and their current BMI. Parents who recalled their own parents insisting on clean plates did the same to their children. Mediation analysis results shows that there is a process in which parents ask children to clean their plates which positively impacts the next generation repeating the same behavior as their parents. This mediation is moderated by the gender of the kids.

Conclusions and Implications: A vicious circle of parents asking children to clean their plates and the children actually doing it can cause overweight and obese children. More research is needed on plate cleaning as an adopted intergenerational trait and its relation to BMI. Nutrition education could focus on parent-child mealtime dialogue regarding eating behavior.

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P128 What Meals on Wheels Volunteers Think about Their Service?

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Objective: Seniors are the fastest growing segment of population in US and living longer. This will create challenges as individuals, families and government struggles to manage the needs and care of people. Meals on Wheels (MOW) plays a critical role in supporting ageing and care within the home. MOW rely on volunteers to deliver the service to the clients. The purpose of this study is to assess the satisfaction of volunteers working with Meals on Wheels.

Study Design, Setting, Participants, Intervention: A 23 questions web based survey was administered using Qualtrics to assess volunteer satisfaction among MOW volunteers. Thirteen statements assessed volunteers training, duties and fulfillment in a 4-point Likert

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