P126 Skills Demonstrated in Cooking Videos in Response to Weekly Cooking Lessons  
Chelsea Allison, BS, clessard@vols.utk.edu, University of Tennessee; 1215 West Cumberland Avenue, Knoxville, TN 37996; Sarah E. Colby, PhD, RD, University of Tennessee; Kendra Kattelmann, PhD, RD, LN, FAND, South Dakota State University; Lisa Franzen-Castle, PhD, MS, RD, University of Nebraska - Lincoln; Melissa D. Olpert, DPH, RD, MS, LD, West Virginia University; Rochelle Butler, PhD, University of Tennessee; Magen Payne; Ainsley Ellington; Sa’Neal德拉 Wiggins, BS; Adrienne White, PhD, University of Maine

**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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P128 What Meals on Wheels Volunteers Think about Their Service?  
Krisha Thiagiagarajah, PhD, RD, kthiagarar@indiana.edu, Indiana University, 1025 East 7th Street, Bloomington, IN 47405

**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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