Fuel for Fun: Cooking with Kids Plus Parents and Play

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Background

Fuel for Fun: Cooking with Kids Plus Parents and Play is an integrated research, extension, education project targeting 4th-grade students. Its long-term goal of reducing the risk of childhood obesity will be addressed by promoting healthful food and activity environments, policies and behaviors through: 1) evaluating the efficacy of a 4th grade comprehensive school-based intervention, 2) designing, implementing, and evaluating a family-based intervention, 3) applying it to an after-school setting to broaden its reach, and, 4) disseminating both versions through outreach. This experimental school-based program, designed to enhance fruit and vegetable preference, self-efficacy and attitudes toward cooking, and physical activity levels, has 5 components:

1. CWK – Columbia Builders of healthy eating and cooking skills training to enhance cooking skills and provide positive experiences with a wide variety of wholesome, healthy foods.
2. Sports, Play, and Active Recreation for Kids (SPARK) Active Recess – physical activity program designed to encourage maximum play for every participant, regardless of ability.
3. Fuel for Fun (FFK) Family – program that engages parents and reinforces what students experience through the classroom, recess, and cafeteria components.

Dissemination of Findings


Infographics

1. Informational graphics: in-school intervention for out-of-school settings: Student, staff, and caregiver challenges (describes potential fuel for fun curriculum and implementation changes necessary, under review by After School Matters!)
2. Exploring the relationship between parent and child physical activity measured through accelerometer (baseline compared, by review under review by Journal of Medicine and Science at Sports and Exercise).

In preparation:
4. Relational patterns of food competence to food and eating behaviors of predominantly non-Hispanic 4th-grade parents.
5. Individual fruit and vegetable intake and portion sizes are used to estimate elementary student self-service salad bar portions
6. Self-identified as in-publikation in publication development

Presentations

Cunningham-Sabo, L. Adapting Fuel for Fun for 4-H/STEM educators along the Front Range. Presentation and training for Colorado 4-H/STEM Agents; May 17, 2016, Greeley, CO.

Cunningham-Sabo L Cooking with kids improves their food preferences, attitudes and self-efficacy Invited presentation at: Cook and Health Scientific Symposium, Banque Culinary Center; November 24, 2015, San Sebastian, Spain.

Clifford J. Adapting Fuel for Fun for rural Colorado. Presentation and training for Colorado Family and Consumer Science extension agents; November 9, 2015, Fort Collins, CO.

Accepted Abstracts

Cunningham-Sabo, L. About Eating (AE) – program designed to encourage maximum play for every participant, regardless of ability.

Cunningham-Sabo, L. About Eating (AE) – program that engages parents and reinforces what students experience through the classroom, recess, and cafeteria components.

Cunningham-Sabo, L. CMEXX – Columbia Builders of healthy eating and cooking skills training to enhance cooking skills and provide positive experiences with a wide variety of wholesome, healthy foods.

Cunningham-Sabo, L. About Eating (AE) – on-line healthy eating and activity resource for parents.

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