

- Conference offered unique opportunities to view the many ways food, eating, production, policy, and more impact the work of nutrition educators.

- **Abstract was accepted for a poster presentation**

**Objective:** *FSU Cooks: Learn.Cook.Eat* was developed by the Food and Nutrition Department (FND) at Framingham State University (FSU). The purpose of the program is to provide an educational environment focused on food and culinary literacy. Participants learn about food, participate in hand-on cooking, and eat their creations. The aim of the pilot was to assess the feasibility of offering the program to community members.

**Program Description:** *FSU Cooks* was piloted during fall 2018 with two introductory campus and community lectures and three culinary nutrition workshops focused on diet and brain health. Lectures provided a backdrop to the workshops which targeted 'brainy' foods: whole grains, dark-green leafy vegetables, and spices. Workshop were led by FND faculty and FSU's executive chef. In addition, students from the FND acted as culinary assistants. Each workshop included an overview of nutrition-related topics, cooking demonstrations, and hands-on culinary experiences.

**Evaluation:** Workshop activities were assessed using process evaluation. Participants rated questions on a scale (5=strongly agree and 1=strongly disagree). Qualitative data about the workshop was also collected.

**Results:** Twenty-one participants attended three workshops. All participants indicated that they strongly agreed or agreed that the workshop information was useful and they would recommend the program to family and friends.

**Conclusion(s):** Hands-on culinary workshops can be a fun and engaging way for participants to become empowered to make healthy choices. Based on information learned from the pilot, plans are in place to continue programming in spring 2019 with a focus on heart healthy foods. Additional evaluation methods will be incorporated to assess changes in participants pre-/post-workshop knowledge and intentions to change eating practices.



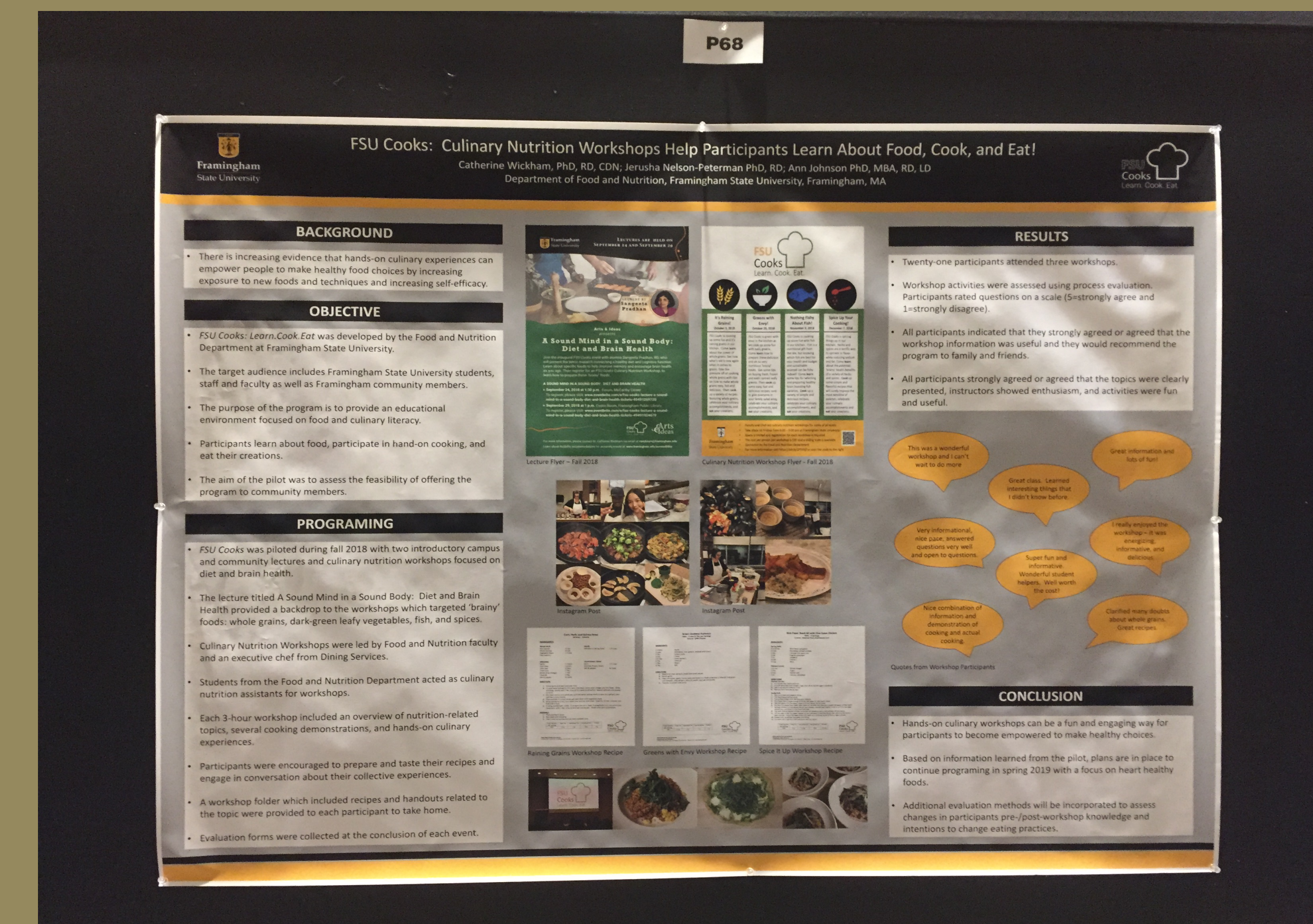
**Attend \$**

**Present \$**



**Apply \$**

**Learn \$**



Plan to incorporate competency objectives for Sustainable Food Systems Education into NUTR 384: Foodservice System

**Food Systems Curriculum Specific Competencies:**

- Build knowledge of how to identify science-based information from multiple disciplines and sources (e.g., government, national/international NGO publication, alternative literature sources)
- Develop understanding of production, processing, marketing, procurement and waste management standards that support sustainable, resilient, and healthy food and water systems.

Plan to incorporate Health Literacy/Nutrition Literacy & Plain Language objectives into NUTR 619: Professional Development and Communications

- Build awareness of low health/nutrition literacy
- Develop plain language writing skills including word choice, active voice, and organization & layout
- Practice teach back skills

