Fuel for Fun Impact Study Affirms Positive Effect on Fruit & Vegetable Preference and Approach to Cooking in School Age Youth

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Results

Surveyed were administered in class at baseline [T1], 7 months later (follow-up 1/T2) and at the start of the next school year (4 months later; follow-up 2/T3) by trained research personnel; make-up opportunities were scheduled for children absent on day of administration. In addition to scales that measured Fruit and Vegetable Preference (18 items), attitude toward Cooking (6 items) and Self-efficacy for cooking and eating fruits and vegetables (6E; 8 items), 76 the survey included questions on cooking experience (3 items), attitudes toward eating (3 items), and physical activity (8 items).

Control

Baseline (T1)  Follow-up (T2)  Follow up (T3)  
Total Sample  FFF  Control  P

RI  F = 0.001) and AT (F = 0.006), but did not change for C. Change in combined Fruit and Vegetable Preference did not differ by gender (these were F(1, 345) = 0.04 and F(1, 345) = 0.02 respectively, P > 0.05 for both). Also, Change in fruit preference did not differ by gender (F(1, 345) = 0.05, P > 0.05). Change in combined fruit and vegetable preference did not differ by gender (F(1, 345) = 0.02, but did not change for C. Change in fruit preference did not differ between FFF and C. However, Friedman’s test showed that distribution of FFF significantly increased over time (P = 0.001), but did not change for C. Change in vegetable preference did not differ between FFF and C. However, Friedman’s test showed that distribution of FFF significantly increased over time (P = 0.006), but did not change for C.

Measure

Purpose

Baseline (T1)  Follow-up 1 (T2)  Follow-up 2 (T3)

Preference for 7 fruits and 12 vegetables (18 Items)  18.90  .82  .81  .83  6.30  .76  .76  .78

Attitude toward cooking and making food (6 Items)  8.40  .78  .80  .83

Self-efficacy for skills related to cooking (8 Items)

FUEL FOR FUN IMPACT STUDY AFFIRMS POSITIVE EFFECT ON FRUIT & VEGETABLE PREFERENCE AND APPROACH TO COOKING IN SCHOOL AGE YOUTH

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Data Collection

Participants

In a randomized controlled, multi-year study with a convenience sample of 8 elementary schools, 236 of 248 students were eligible to participate. Students that achieved a normal distribution. Data across 3 time points were analyzed with a repeated measures ANOVA with post-hoc Bonferroni correction for the a priori hypothesis and controlling for baseline cooking experience. Significance was set at P<0.05.

Fruit and Vegetable Preference Change: In preference did not differ between treatments after controlling for cooking experience. However, FFF increase in preference was significantly greater for those without cooking experience (Fruit and Vegetable Preference: P = 0.001; F = 0.06), as well as for those with cooking experience (Fruit and Vegetable Preference: P = 0.034; Veg = 0.031).

Ref Summary