

Interactive food demonstrations: A promising multi-sensory, novel nutrition education tool for large audiences

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TOPIC/TARGET AUDIENCE: Healthy eating, community health, education

ABSTRACT: Food demonstrations may provide a novel nutrition education tool for large audiences. However, there are often logistical and food safety challenges as well as challenges in how to achieve audience participation and incorporate nutritional messages. Based on our experiences in providing food demonstrations, the Healthy Youth Program at the Linus Pauling Institute, Oregon State University, has assembled a checklist of best practices when preparing for and utilizing cooking demonstrations as a nutritional learning tool for large audiences, including: 1) guidelines for recipe selection for delivering nutritional messages; 2) logistics associated with audience participation; 3) food safety considerations when offering tastings; and 4) equipment, room set-up, and preparation.

OBJECTIVE(S): After reading our poster, learners will be able to: 1) list at least two guidelines for successfully selecting recipes for a large-audience cooking demonstration in order to convey common nutrition messages; 2) describe at least two logistical challenges associated with audience participation in a cooking demonstration; 3) identify at least four food safety considerations when offering tastings with a cooking demonstration; and 4) list recommended equipment and how to best prepare a room for the cooking demonstration.

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