

P36 (continued)

to train the owners and clients in the basics of healthy eating. They conduct cooking and activity demonstrations and leave educational materials beside the usual gossip magazines. Beauty and barber shops provide an excellent opportunity to reach men and women of all ages in a friendly, familiar, and comfortable environment. This initiative utilizes the shops as a venue to expand awareness regarding nutrition and health issues. A training program is included to provide beauty salon owners with resources and skills to empower their clients to improve their health through nutrition education and health promotion activities. Some examples of these activities are monthly visits to the shops by a team of nutrition educators to discuss topics such as “The Importance of Breakfast”, “Selecting Healthy Snacks”, “Food Handling, Preparation, and Storage”, “Cutting Back the Fat, Salt, and Sugar”, “Healthy Fast Food Choices”, and “Move It to Lose It”. Because of the loyalty most have with their hair stylists CPHP has the opportunity to follow up with regular customers and follow their progress of learned life style changes to promote better health overtime through surveys, pre-post tests and personal interviews.

P37 “Come Cook With Us”: Building Skills in Utilizing WIC Foods in Family Meal Preparation

Jennifer McCaffrey, MPH, RD, University of Illinois Extension, 300 N. Elizabeth, Suite 500C, Chicago, IL 60607, jmccaffr@uiuc.edu; Jacqueline Wilson, MS, University of Illinois Extension, 300 N. Elizabeth, Suite 500C, wilsonje@uiuc.edu; Amy Watgen, MS, University of Illinois, 300 N. Elizabeth, Suite 500C, watgen@uiuc.edu

Common barriers for preparing healthy meals perceived by low income families include lack of cooking skill and nutrition knowledge and not enough time or money. Additionally, previous research in low income audiences discovered participants had a preference for interactive, hands-on group activities that built on social relationships. Therefore, to address these barriers and preferences, University of Illinois Extension EFNEP along with Illinois Department of Health and Human Services WIC program and Catholic Charities of Chicago created “Come Cook with Us”, an interactive program where WIC participants learn in small groups of peers basic nutrition information and food preparations skills utilizing foods from the WIC food package. This program is a 5-day program that emphasizes healthy eating for the family, food safety, meal planning, and cooking skills. Based on Social Cognitive Theory, this program provided vicarious experiences and role modeling by indigenous EFNEP personnel and built self efficacy in participants through hands on cooking of meals and writing in daily journals. Quantitative results of the program con-

ducted with African American and Latino participants indicate that participants were able to change their nutrition, food safety, and resource management behaviors. Through focus groups, participants described the cooking skills they learned, changes in feeding their family, and knowledge gained of the food guide. Focus groups also highlighted how confidence was built through learning from peers and by making and eating recipes containing WIC foods with their children. Funded by University of Illinois, Illinois WIC, and Catholic Charities.

P38 Teaching Portion Sizes: An Active Learning Approach for Undergraduate Instruction

Michelle L. Vineyard, PhD, RD, LDN, University of Tennessee, Chattanooga, Department of Human Ecology, #4204, 615 McCallie Avenue, Chattanooga, TN 37403, Michelle-Vineyard@utc.edu; Catherine F. Coffman, Department of Human Ecology, #4204, 615 McCallie Avenue, Chattanooga, TN 37403, Catherine-Coffman@utc.edu

In this era of concern regarding increasing obesity rates, much attention is paid to the need for consumer awareness of the amount of food that is eaten. Yet many individuals seem unable to accurately estimate serving sizes. When asked to record foods for a dietary recall, college students in nutrition classes demonstrated an inability to estimate actual measurements of foods eaten. The purpose of this project was to develop an active learning experience for these students to teach measurement of serving sizes. Lesson plans were developed on the measurement of a variety of common food items including spaghetti, dry cereal, peanut butter, and liquids. First, students recorded an estimate of the usual amount of food eaten. Stations were set up with various sizes of dishes or glasses commonly used, and then each student served a typical portion of the food. Finally students used household measuring equipment to determine the actual amount served. This amount was compared to the original estimate. Students evaluated the learning effects of the lesson in terms of interest, clarity, pace, importance and overall benefit. Results indicated an overwhelming number of students found the lessons beneficial, interesting, and helpful to clarify the concept of serving sizes and methods of measuring foods. The techniques used in this project demonstrated an effective hands-on approach for teaching nutrition to college students and offers opportunities for alternatives to the traditional lecture style method of instruction. This project was funded by a UC Foundation Instructional Excellence Grant.