ENHANCING FOOD LITERACY THROUGH VIRTUAL COOKING
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BACKGROUND:
Food literacy education plays an important role in shaping diets and behaviors needed to navigate the food system. Experiential cooking lessons allow students to learn about food literacy concepts such as food preparation and nutrition. Virtual classes were a project created by the Oxbow team in response to COVID-19 restrictions.

INTERNSHIP AND METHODS:
- Interned with Oxbow Farm and Conservation Center
- Developed and delivered 3 synchronous cooking lessons in Spanish and English.
- Developed and administered pre-lesson and post lesson surveys.
- Conducted literature review on food literacy, cooking lessons, and virtual learning.

RESULTS:
Pre-Lesson Survey: In response to the first survey conducted, many of the students knew that food was important but their reasoning was still vague.

Post Lesson Survey: Zoom Poll Survey
The survey consisted of short question, when asked where most of their energy came from, students chose what kind of macronutrients they ate. Students were also asked questions related to sharing and collaborating.

Figure 3: This chart shows the students' response. They said that the food they eat is important because "it is healthy, food is fuel, and to know if it is healthy or not".

Figure 4&5: These are graphed results from the second survey students took. They answered questions related to post lesson activities. 66% of the students said that most of their energy came from protein and most students planned to share the food prepared with their family.

SIGNIFICANCE:
Importance of this research is that we know different ways that we can adapt cooking lessons and how these adaptations influence student’s engagement. Synchronous learning allows students to use multiple sources of communication to share content.

IMPLICATIONS
By combining cooking and education programs, educators will be able to increase exposure to fruits and vegetables and ideally improve children's eating habits. Some of the tools that allowed students to stay engaged were hands on learning, collaborative learning, and the use of synchronous classes. The hands on learning component was nurtured through cooking and the preparation of the food.

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