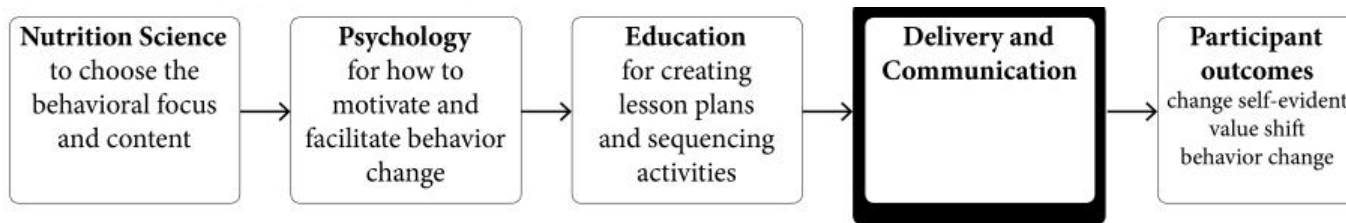


Ten Communication & Delivery Methods for Teaching Kitchens that Drive Behavior Change Across the Life Cycle

Good nutrition education is a process using the fields of nutrition science, psychology, education and delivery and communication, as depicted below. More research is needed to understand the delivery and communication part of this process.



Over the last 20 years, 10 **Communication and Delivery Methods** emerged from FCP's program development, refinement, evaluation, and dissemination. In combination, they have produced behavior change among all age groups.

FamilyCook Productions is conducting further research on these Methods in collaboration with **Teachers College, Columbia University, Program in Nutrition** to understand more about the experiences they create that are so critical to changing behaviors.



10 Communication/ Delivery Methods that Drive Behavior Change

Description

How each method creates motivational experiences that shift Core Values + Self-Perception of capabilities

Challenge	Challenging participants out of their comfort zone with new foods and skills
Celebration	An atmosphere so fun, enjoyable, and special, one does not want it to end
Collaboration	Participants feel part of something bigger and more important than themselves and their own needs
Home Environment	Home dynamics, facilities and access to healthy food are actively addressed, solutions worked out through activities
Palate Development	Experiencing a wide range of tastes and flavors, particularly fresh ingredients, but spices and condiments as well
Peer Support	Participants subliminally sense a level playing field; new behaviors become normative and acceptable
Recipe Concepts	Participants become adept at moving away from recipe driven cooking; use concepts to swap ingredients seasonally
Skill Building	Build both culinary and leadership skills (all ages) to become 'ambassadors' to share new healthy food strategies and flavors with others
Skill Reinforcement	Tangible measures to experience their skills are advancing and tasks that were initially challenging, have become easier
Success	Activities set up for participants to experience success