



# FCP Published Program and Culinary Nutrition Research References



## Non-Program Specific:

Croxford, S., Stirling, E., MacLaren, J., McWhorter, J. W., Fredericks, L., & Thomas, O. W. (2024). Culinary medicine or culinary nutrition? Defining terms for use in education and practice. *Nutrients*, 16(5), 603.  
<https://doi.org/10.3390/nu16050603>

Fredericks, L., Weinstein, O., Imamura, A., MacLaren, J., McClure, A., Saito, K., Farmer, N., & Massa, J. (2022). Theoretical framework for food as medicine interventions in clinical settings. *Journal of Integrative and Complementary Medicine*, 29(2), P31.  
<https://doi.org/10.1089/jicm.2022.29113.abstracts>

Rothpletz-Puglia, P., Fredericks, L., Dreker, M., Patusco, R., & Ziegler, J. (2022). Position of the Society for Nutrition Education and Behavior: Healthful food for children is the same as adults. *Journal of Nutrition Education and Behavior*, 54(1), 4-11.  
<https://doi.org/10.1016/j.jneb.2021.09.007>

Fredericks, L., Koch, P., Liu, A., Galitzdorfer, L., Costa, A., & Utter, J. (2020). Experiential features of culinary nutrition education that drive behavior change: Frameworks for research and practice. *Health Promotion Practice*.  
<https://doi.org/10.1177/1524839919896787>

Fredericks, L., Koch, P., Utter, J., & Shah, A. (2019). Affirming the adolescent and adult framework for ten experiential drivers of behavior change with youth engaged in Teen Battle Chef. *Journal of Nutrition Education and Behavior*, 51(7), S101.  
<https://doi.org/10.1016/j.jneb.2019.05.529>

Fredericks, L., Liu, A., Koch, P., & Contento, I. (2018). Ten communication and delivery methods for teaching kitchens that drive behavior change across the life cycle. *Journal of Nutrition Education and Behavior*, 50(7), S21-S22.  
<https://doi.org/10.1016/j.jneb.2018.04.059>

Fredericks, L., Lin, Y., & Ektheerachaisakul, P. (2015). Kids food reboot: A campaign to reboot what kids eat using social media. *Journal of Nutrition Education and Behavior*, 47(4), S24-S25.  
<https://doi.org/10.1016/j.jneb.2015.04.065>

Fredericks, L. (2007). South Bronx community food assessment: Leveraging large organization, government and community-based resources to transform food access and dietary health. Presentation, American Public Health Association.



## PreSchool / Willow:

Lison, S. (2019). Willow comes to WIC: Participants' perceptions of effects on fruit- and vegetable-related attitudes and behaviors (Master's thesis, University of Tennessee at Knoxville).  
[https://trace.tennessee.edu/utk\\_gradthes/5465/](https://trace.tennessee.edu/utk_gradthes/5465/)

Fredericks, L., Sanchez, M., Parry, J., Lyon, V., & Apfelbaum, L. (2017). Child-focused program for WIC families supports positive association among children and seasonal produce to encourage families' measurable behavior change. Presentation, American Public Health Association.  
<https://apha.confex.com/apha/2017/meetingapp.cgi/Paper/390785>

Magro, A. (2014). Western Massachusetts Head Start preschoolers' vegetable consumption in response to a puppet-based nutrition education intervention focusing on the sensory properties of vegetables (Master's thesis, University of Massachusetts at Amherst).  
<https://scholarworks.umass.edu/theses/883/>

Wilson, A., Hartell, B., Fredericks, L., Ryan, K., & Nagy, J. (2012). Evaluating a one-year innovative fruit and vegetable sampling program for WIC children: Willow comes to WIC. *Journal of the Academy of Nutrition and Dietetics*, 112(9), A76.

Edwards, L., Estrow, F., Fredericks, L., Seman, L., & McLaughlin, J. (2009). Operation Frontline's program for family childcare professionals: Addressing a gap in food and nutrition training. *Journal of Nutrition Education and Behavior*, 41(4), S13.  
<https://doi.org/10.1016/j.jneb.2009.03.084>

Fredericks, L., Koch, P., & Pope, J. (2024). Nibble with Willow: Successes and barriers of a culinary nutrition preschool program. *Journal of Nutrition Education and Behavior*, 56(8), S68.  
<https://doi.org/10.1016/j.jneb.2024.05.156>



## Adult / Deliciously Healthy:

Fredericks, L., Gaba, A., He, J., Sanchez, S., & Upad, A. (2022). Efficacy of Deliciously Healthy: A virtual teaching kitchen intervention for chronic disease patients. *Journal of Integrative and Complementary Medicine*, 29(2), P41. <https://doi.org/10.1089/jicm.2022.29113.abstracts>



## Adolescent / Teen Battle Chef:

Fredericks, L., Utter, J., Tang, L., Shah, A., Wilson Lofts, C., Parry, J., & Koch, P. A. (2023). Can the effects of high school culinary nutrition education be sustained into adulthood? *Health Education Journal*, 0(0). <https://doi.org/10.1177/00178969231178593>

Fredericks, L., Koch, P., Utter, J., Zuniga, M. (2022). Barriers and facilitators to virtual teaching kitchen instruction for youth. *Journal of Integrative and Complementary Medicine*, 29(2), P42. <https://doi.org/10.1089/jicm.2022.29113.abstracts>

Fredericks, L., Koch, P., & Tang, L., & Shah, A. (2022). Identifying how youth report sustained behavior change as motivated by the 10 experiential drivers of behavior change. *Journal of Integrative and Complementary Medicine*, 29(2), P43. <https://doi.org/10.1089/jicm.2022.29113.abstracts>

Martin, S., Heo, M., Jimenez, C., Lim, J., Lounsbury, D., & Fredericks, L. (2019). Personalizing the dietary guidelines: Use of a feedback report to help adolescent students plan health behaviors using a SMART goal approach. *Child and Adolescent Obesity*, 2(1), 47-62.

<https://doi.org/10.1080/2574254x.2019.1651169>

Heo, M., Jimenez, C., Lim, J., Isasi, C., Blank, A., & Lounsbury, D. (2018). Correction to: Effective nationwide school-based participatory extramural program on adolescent body mass index, health knowledge and behaviors. *BMC Pediatrics*, 18(1).

<https://doi.org/10.1186/s12887-018-1053-7>

