

# A Novel Approach of using Virtual Activity to Enhance Participants' Healthy Cooking Skills and Nutrition Knowledge by Community Dietitians

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## Introduction

Infection control measures including dine-in bans have been implemented in Hong Kong during the fifth wave of COVID-19, which leading some changes in home cooking and culinary practices among people in Hong Kong. To encourage healthy

cooking as part of healthier lifestyle, four-session courses were organized in March 2022 to equip participants with nutrition knowledge and healthy cooking skills. The content covered basic nutrition theory such as creating a well-balanced diet, tips for preparing 3-low-1-high meals with healthier ingredients of various cuisines, as well as menu designing skills and knowledge. Given that the adoption of social distancing measures in public places, the delivery mode was changed from face-to-face to hybrid virtual format (video recordings) and Zoom platform. The aim of this paper is to evaluate the effectiveness of changing participants' Knowledge, Attitude and Behaviour (KAB) before and after the novel course.



## Methods

Pre/post-test were conducted before and after virtual course to evaluate participants' change of KAB (n=14).

## Results

The novel course demonstrated virtual cooking class positively improves participants' KAB. By attending the virtual activity, participants can develop cooking skills and raise nutrition knowledge to initiate healthy cooking practices in sustaining a hearty eating pattern. Besides, community dietitians (facilitators) can reveal participants' needs and preference for developing future classes. The novel virtual activity may be more effective than conventional approach in terms of interactive learning, time management and preservation of education materials to improve participants' overall health outcomes.

Figure 2. Participants are interested in and enjoy cooking

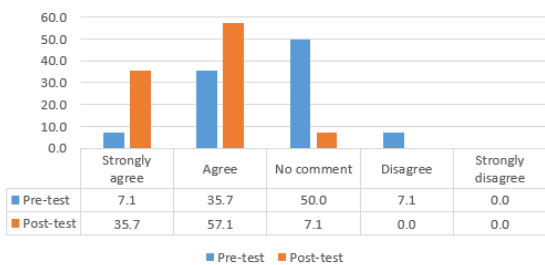


Figure 1. Knowledge change before and after virtual cooking class

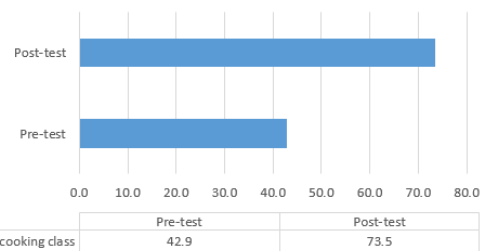


Figure 3. Participants think cooking is an easy job for them

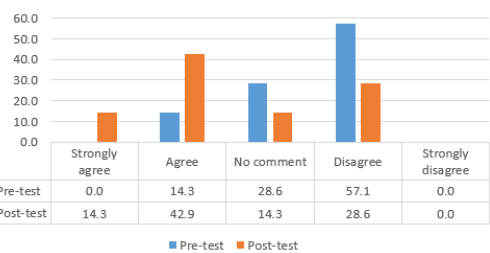
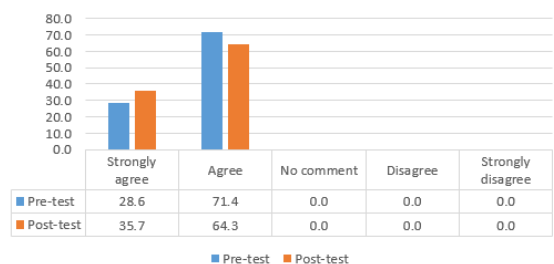


Figure 4. Participants agree home cooking can facilitate



## Conclusion

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The novel virtual activity may be more effective than conventional approach in terms of interactive learning, time management and preservation of education materials to improve participants' overall health outcomes.

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