

# “Homemakase” - Master Healthy Cooking Skills During the Covid-19 Pandemic

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## Introduction

Community Teaching Kitchen (CTK) showed in researches could improve participants' knowledge, attitude and beliefs related to



healthy eating, prevention of chronic diseases complication related to poor diet and obesity-related chronic diseases<sup>1,2,3</sup>. The fully furnished CTK at Kwun Tong

District Health Express (KTDHCE) Core Centre facilitated implementation of cooking skills programmes, and evidence-based nutrition information given by Registered Dietitian (RD) to enhance their confidences and eventually change in eating behaviors to influence diet quality<sup>4</sup>.

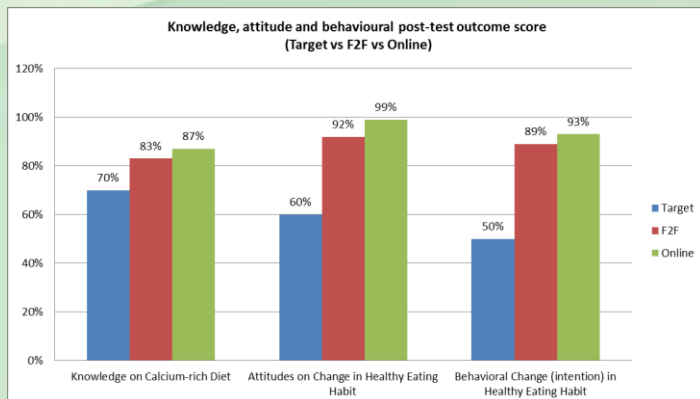
## Methods

Two identical 1.5-hour cooking workshops, face-to-face (F2F) and online (OL) module, focusing bone health nutrition based on district residents' health need, were piloted and compared during Nov., to March 2022. Due to 5th wave of Covid-19, actual cooking practical at CTK for F2F module have modified to a pre-recording cooking video for OL module performed by RD.

All participants received calcium-rich recipe and completed a post-workshop Knowledge-Attitude-Behavioural test (KAB) to examine their understanding of bone health eating principles, attitude, and readiness for a long-term adaptation to healthy eating.

## Results

A total of 16 and 29 participants (age 31 – 80, average 67) attended F2F and OL respectively, with 100% and 66% post-test response rate. KAB scores were all met with target level (TL) for both modules. Average knowledge scores for F2F and OL were 83% and 87% (TL >70%); average attitude scores were 92% and 99% (TL >60%); average behavioural scores were 89% and 93% (TL >50%) and average satisfaction scores were 86% and 93% (TL >80%) respectively.



## Conclusions

Despite tightened social distancing measures during 5th wave, people stayed home for safe, comfortable, healthy online learning observed with comparable positive outcome as F2F module, and middle-aged to young-old population accepted the challenge to use advanced technology, future tele-medicine or rehabilitation program would be warranted as smart ageing development in community and as contingency protocol in rapid changing era of the Covid-19 pandemic.

**Keywords:** Chronic disease management, Healthy Cooking, Online module

**Let's develop a Healthy Lifestyle!**