

# NUTRITION LITERACY AND CULINARY SKILLS PROGRAM SPRING 2025

## Content

- Interactive nutrition lessons
- Hands-on cooking activities
- Group discussion and collaboration led by OUHSC Dietetic Students & Interns



## Who, When?



- 12 Restore OKC High School Interns
- 11 OUHSC Dietetic Students
- 6 OUHSC Dietetic Interns
- January - March 2025



- Introduction to carbs, fats, and protein science
- Practicing kitchen skills
- Using farm-grown ingredients
- Setting SMART goals

## Restore OKC Interns Demographics

- Average Age: 16.7 years
- 80% female
- 80% African American



**Goal :** To increase high school student's knowledge of food science, nutrition literacy, and self-perceived culinary skills



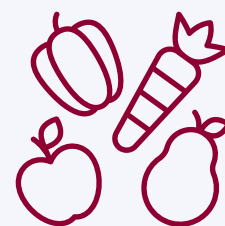
**50% of interns**  
**increased** their  
nutrition  
knowledge



**63% of interns**  
**increased** nutrition  
label knowledge &  
use



**50% of interns**  
**increased** their  
understanding of  
food preparation



**63% of interns**  
**increased** their fruit  
and vegetable  
consumption

# Lesson 1: Carbohydrates, Baking Muffins



Restore OKC high school interns learned about carbohydrates and practiced their mixing and baking skills making carbohydrate-rich applesauce muffins.

They also taste-tested noodles made with four different kinds of flour: white, whole grain, rice, and chickpea.

## Lesson 2: Fats, Baking Cookies



Restore OKC interns learned about fats and baked chocolate chip cookies using four different fat sources or fat substitutes: butter, oil, applesauce, and pumpkin.

They also taste-tested and compared milks with varying fat content: whole, 1%, 2%, skim, and whole chocolate.

## Lesson 3: Protein, Cooking Burgers



Restore OKC interns learned about protein and used stovetop skills cooking burgers with four different protein sources: beef, turkey, Impossible meat, and black bean.

They also taste-tested allergy-friendly protein sources: sunflower seed butter and soy milk.