What was the Impact of Nutrition Education Provided during a Salmon Cooking Class?  
Ashley Sell  
Faculty Mentor: Lori Kanauss  
Dietetics, Fashion Merchandising and Hospitality

This research project was conducted in March 2015 to determine the amount of nutrition education university faculty or staff gained from attending a salmon cooking class directed by dietetic students. IRB approval was obtained prior to the class. A survey was created by the student researcher to ascertain the impact of nutrition education provided throughout the cooking class. Pre-test and post-test surveys were distributed to participant volunteers in the University Wellness Committee sponsored cooking class. The menu consisted of a salmon main dish with asparagus and red potato side dishes. Nutrition education regarding salmon was the primary focus of the class. Nutrition education included salmon health benefits on omega-3 fatty acids along with vitamins A, D, E, B6, and B12. The potential health benefits of salmon and these nutrients included reduced risk of cardiovascular disease, rheumatoid arthritis, Alzheimer’s disease, depression, and anemia. Nutrition education for asparagus focused on antioxidant and anti-inflammatory health benefits. The surveys were analyzed and data evaluated to determine the impact of nutrition education provided during the class. Ten participants completed both pre-test and post-test surveys, with 50% never cooking salmon prior to the event. An improvement in correct responses on the survey showed increased knowledge regarding the appropriate internal cooking temperature of salmon, recommended servings of fish per week, and recommended protein intake for adults. The Wilcoxon signed-rank test was also performed and will be presented.