

# Create Our Own Kai Project



## Information Leaflet for Students

### Why are we doing this study?

Research shows that being able to prepare and cook tasty and healthy meals is associated with better health in teenagers and that these health benefits can last into adult life.

### Why me?

You are receiving this information leaflet as we are recruiting Year 9 and 10 students from Dunedin schools to take part in a cooking study.

### What would I have to do?

If you do decide to take part, you will randomly be chosen to take part in the intervention or the control group.

If you are in the intervention group there are three parts to this study. For the first part we will ask you to attend some informal, interactive cooking classes for five days during your July school holidays (10<sup>th</sup>-14<sup>th</sup> July). You will learn how to cook several meals, in groups of two, and we will provide all the food for you to do this. These classes are especially designed for people your age and to be fun. They will be led by trained chefs and there will be input from local role models. You will also be able to ask any questions you have about food and health. We will also ask you to fill in a questionnaire about food and cooking and things related to this (e.g. physical activity, food choice) and measure your height and weight. On the last day of the classes you will cook a meal for your family and they will be invited to come along and taste it and to take part in another cooking and information session, if they want to. We will also ask you to fill in the questionnaire again.

For the second part of the study we will give you food to cook at least one family meal per week for the next six weeks. We will post new recipes and competitions on a Facebook page and we will have a weekly prize draw for those who post pictures of the meals that they cook, or who take part in the competitions. At the end of the six weeks we will ask you to fill in the questionnaire again and measure your height and weight. We will reimburse you with a \$20 voucher for completing this questionnaire and measurements.

We will keep updating the Facebook page for the rest of the year and you can continue posting pictures of your food, or your favourite recipes. At the end of the year we will ask you to fill in the questionnaire again, and measure your height and weight. We will reimburse you with a \$20 voucher for completing this questionnaire and measurements.

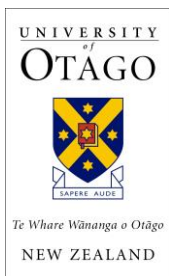
If you are in the control group you just have to fill in the questionnaire, and have your height and weight measured, three times over the 62 weeks, at weeks 1, 7, and 52. We will reimburse you with a \$20 voucher for completing each set of questionnaires and measurements.

**All of these questionnaires and measures have been used before in studies in students and are very safe.** However, you do not have to complete all the questions/undergo measurements if you don't want to.

**What do I do now?**

Thank you for reading this information. We hope you will be able to take part in our study. Please fill in the reply form with your parent or guardian and bring it back to school or email us and consent can be given via email. If you have any questions you can contact us by telephone, email or by writing to us:

**Study coordinator name:** Caleb Robinson  
**Telephone:** 021 0446404  
**E-mail:** [cookingwithconfidence@otago.ac.nz](mailto:cookingwithconfidence@otago.ac.nz)  
**Address:** Department of Human Nutrition, PO Box 56, Dunedin, 9054



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## CONSENT FORM FOR STUDENT PARTICIPANTS

Thank you for reading the information sheet for this study. Please ask us if there is anything that is not clear or if you would like more information.

I understand what this study it about. All my questions have been answered in a way that makes sense.

I know that:

1. Participation in this study is voluntary, which means that I do not have to take part if I don't want to and nothing will happen to me. I can also stop taking part at any time and don't have to give a reason;
2. Anytime I want to stop, that's okay.
3. If I don't want to answer some of the questions, that's fine.
4. If I have any worries or if I have any other questions, then I can talk about these with Paula, Caleb, or the rest of the study team.
5. The computer file with my answers will only be seen by Paula and the people she is working with. They will keep whatever I say private.
6. Paula and her team will write up the results from this study for their University work. The results may also be written up in journals and talked about at conferences. My name will not be on anything that Paula and her team write up about this study.

I agree to take part in the study.

Signature: \_\_\_\_\_

Name (print): \_\_\_\_\_

Date: \_\_\_\_\_