

# Create Our Own Kai Project



## Information Leaflet for Parents

We are writing to invite your child and the other pupils in your child's class to take part in an important study. This sheet gives you some information about this study.

This study will be run by researchers from the University of Otago and is planned to take place over the July school holidays in 2017, with three further follow-up appointments over the next year. We very much hope that your child will be able to take part in the study. We have enclosed an information sheet and consent form for you. Please discuss the study with your child and fill in and sign the consent form enclosed with this letter to say whether or not you are happy for your child to take part.

Please put the parental consent and student consent forms in the Freepost envelope provided and return these to us. If you would like any more information or if you have any questions please contact the Study Co-ordinator:

**Name:** Caleb Robinson  
**Address:** Department of Human Nutrition, University of Otago, PO Box 56, Dunedin 9054  
**Phone:** 021 0446404  
**E-mail:** [cookingwithconfidence@otago.ac.nz](mailto:cookingwithconfidence@otago.ac.nz)

Thank you for considering your child's participation in this research study. Your help is greatly appreciated.

Principal investigator:

Dr Paula Skidmore  
Department of Human Nutrition

On behalf of the Research Team – Dr Katherine Black, Carla Thomson, Caleb Robinson, Rosie Jackson, Olivia Toldi and Sarahmarie Innes

### **What is the study about?**

Research shows that being involved in preparing and cooking family meals as a teenager is associated with better health both as a teenager and in adulthood. However, recent research in other countries shows that not many teenagers are actively involved in preparing family meals. Therefore we are inviting your child to take part in a five day cooking course, where they will be taught to cook tasty, cheap and nutritious meals in a fun and relaxed atmosphere.

### **Who are we seeking to participate in the project?**

We are asking children aged 12 to 15 from Year 9 and 10 classes in schools in Dunedin to take part in the study.

### **What will the study involve for your child?**

If you and your child decide that they will take part, your child will randomly be chosen to take part in the intervention or the control group.

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

For the second part of the study we will give your child 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 your child to fill in a questionnaire about food and cooking, and measure their height and weight. We will reimburse them with a \$20 voucher for completing this set of questionnaires and measurements.

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

If your child is in the control group they just have to fill in the questionnaires and have their height and weight measured three times over the year at weeks 1, 7, and 52. We will reimburse them 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, they do not have to complete all the questions/undergo measurements if they don't want to.

### **Is there any risk of discomfort or harm from participation?**

There is low risk to all children taking part in the study. No invasive measurements such as blood samples will be taken. We will ask you and your child about any food allergies that they may have and we will not provide them with that particular food, or allow them to cook with it.

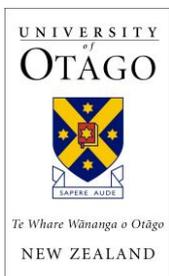
**What will the study team do with the things your child tells them?**

Each student's personal information will be collected on a separate paper form and this will be kept separate from the information we collect during the study. The anonymised information from all the questionnaires will be sent to the University web server and only the researchers involved in the project will have access to the data. The data collected will be summarised, presented to policy makers, and reported in research journals. At the end of the study the overall results will be available to children and parents who take part. No personal information about individual children will be reported.

**What do I do now?**

We very much hope that your child will be able to take part in the study. Please discuss the study with your child. Your child can choose not to take part, or he/she can withdraw from the study at any time. Please fill in and sign the consent form whether or not you wish your child to take part in this study. You can return the reply form in the envelope provided.

This study has been approved by the University of Otago Human Ethics Committee. If you have any concerns about the ethical conduct of the research you may contact the Committee through the Human Ethics Committee Administrator (ph +64-3-479 8256 or [gary.witte@otago.ac.nz](mailto:gary.witte@otago.ac.nz)). Any issues you raise will be treated in confidence and investigated and you will be informed of the outcome.



## Parent/Guardian Consent form

Name of parent:.....

Name of participating child:.....

1. I have read the Information Sheet concerning this study and understand the aims of this research project.
2. I have had sufficient time to talk with other people of my choice about participating in the study.
3. I confirm that my child meets the criteria for participation which are explained in the Information Sheet.
4. All my questions about the project have been answered to my satisfaction, and I understand that I am free to request further information at any stage.
5. I know that my and my child's participation in the project are entirely voluntary, and that we are free to withdraw from the project at any time without disadvantage.
6. I understand that my child will take part in five days of cooking classes and that they will be provided with food to cook a family meal for the next six weeks afterwards **only if they are in the study intervention group**.
7. I know that the questionnaires will explore my child's dietary and physical activity habits, and that if the line of questioning develops in such a way that they feel hesitant or uncomfortable they may decline to answer any particular question(s), and /or may withdraw from the project without disadvantage of any kind.
8. I understand the nature and size of the risks of discomfort or harm which are explained in the Information Sheet.
9. I know that when the project is completed all personal identifying information will be removed from the paper records and electronic files which represent the data from the project, and that these will be placed in secure storage and kept for at least ten years.
10. I understand that the results of the project may be published and be available in the University of Otago Library, but I agree that any personal identifying information will remain confidential between myself and the researchers during the study, and will not appear in any spoken or written report of the study.
11. I know that no commercial use will be made of the data. However I know that my child will receive some \$20 vouchers as a thank you for taking part in the study.

Signature of parent/caregiver: \_\_\_\_\_

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

Name of child (please print): \_\_\_\_\_

Telephone number: Home phone: \_\_\_\_\_

Cell phone: \_\_\_\_\_

Postal address \_\_\_\_\_

Email address: \_\_\_\_\_

We are asking for your phone number(s) and addresses so we can arrange delivery of food bags, if needs be.

Please tell us about any food allergies/intolerances that your child has, below:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please EITHER:

- Print, sign and scan this consent form along with your child's consent form to our email address
- OR
- If you would prefer, you can give consent via email for your child to participate. Please contact [cookingwithconfidence@otago.ac.nz](mailto:cookingwithconfidence@otago.ac.nz) and we will initiate this.