

Cooking in Yorkshire

Submission date 18/10/2021	Recruitment status No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered
Registration date 22/10/2021	Overall study status Completed	<input checked="" type="checkbox"/> Protocol
Last Edited 28/05/2025	Condition category Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Background and study aims

PhunkyFoods is a healthy living intervention delivered in primary schools in the UK. Participating school staff are supported with training, school food policy and have access to curriculum resources to improve the delivery of food education. Children can participate in whole school assemblies, classroom activities, and after school clubs about food preparation, cooking healthy meals and healthy living. Schools, parents and children have access to healthy meal recipes through the PhunkyFoods website. This study aims to evaluate the impact of the PhunkyFoods programme on food literacy, cooking skills and eating habits of children aged 6-9 years.

Who can participate?

Pupils aged 7 - 9 years in years 3 and 4 at primary schools in Harrogate and Selby

What does the study involve?

The PhunkyFoods intervention is a flexible programme of options for schools to select from, including whole school assemblies, staff training, classroom activities, school food policy development, after school clubs, student ambassadors, child and parent cook clubs and parent information events.

The study aims to find out what the impact of the PhunkyFoods programme is on children's knowledge about food and nutrition, as well as their food preparation skills and dietary habits. To assess the impact, the research team will collect data through surveys at the beginning of the study and then 8 months after the PhunkyFoods intervention. There will be a short child survey about food and nutrition and cooking skills completed in the classroom. There will be a short food diary for parents to complete about their child's fruit and vegetable intake.

To compare, there will be 15 schools that receive the PhunkyFoods intervention and also 15 schools that receive the normal school curriculum. The researchers will look at all the data collected from the surveys to see if the PhunkyFoods intervention increases food literacy, cooking skills and improves dietary habits compared to schools that do not receive the intervention during the same time period. This comparison is to make sure that any changes are really a result of the PhunkyFoods intervention programme.

What are the possible benefits and risks of participating?

The PhunkyFoods programme could help to increase children's knowledge about food, nutrition and their cooking and food preparation skills. Families could be supported to have a healthy varied diet and higher consumption of fruit and vegetables. The risks are not higher than for any

normal school activities. Foods to which a participating child is allergic will not be used. Children involved in food preparation and cooking activities will be supervised by a responsible adult.

Where is the study run from?
University of Leeds (UK)

When is the study starting and how long is it expected to run for?
August 2021 to April 2023

Who is funding the study?
The Phunkyfoods intervention programme is funded through the Nestle Healthy Kids programme and Purely Nutrition. The study is investigator funded with some financial support from the WHO Collaborating Centre for Nutritional Epidemiology in Leeds (UK)

Who is the main contact?
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Contact information

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Additional identifiers

EudraCT/CTIS number

Nil known

IRAS number

ClinicalTrials.gov number

Nil known

Secondary identifying numbers

KV2021-23PhunkyClusterRCT

Study information

Scientific Title

Evaluation of the PhunkyFoods intervention on food literacy and cooking skills of children aged 7 – 9 years: a cluster randomised controlled trial in Yorkshire Primary Schools UK

Acronym

PhunkyFoods Cluster-RCT

Study objectives

The hypothesis of the study is that the PhunkyFoods intervention group will show higher mean scores for food literacy and cooking skills than the mean scores of the control group.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Approved 30/09/2021, School of Business, Environment and Social Services (AREA) Committee at the University of Leeds (The Secretariat, University of Leeds, LS2 9NL, UK; +44 (0)113 343 2876; researchethics@leeds.ac.uk), ref: AREA 21-011

Study design

Cluster randomized control trial

Primary study design

Interventional

Secondary study design

Cluster randomised trial

Study setting(s)

School

Study type(s)

Prevention

Participant information sheet

See study outputs table

Health condition(s) or problem(s) studied

Healthy dietary choices and prevention of obesity

Interventions

Participants will be children aged 7 - 9 years in UK primary schools. Schools based in North Yorkshire (in Harrogate or Selby) will be eligible to volunteer or self-select to participate.

Cluster randomization is at the school level. Randomization at the cluster level will be undertaken after baseline measures are collected so that stratified sampling can be used to minimize the imbalance between covariate means. Randomization will be to either the PhunkyFoods intervention group or to the Control (no intervention) group at a ratio of 1:1. There will be no masking for school and child participants, as the intervention is an experiential teaching programme and therefore cannot be masked.

The PhunkyFoods intervention is a flexible programme of options for schools to select from, including whole school assemblies, staff training, classroom activities, school food policy development, after school clubs, student ambassadors, child and parent cook clubs and parent information events.

Intervention Type

Behavioural

Primary outcome measure

1. Food literacy measured by the Tool for Food Literacy Assessment in Children (TFLAC - UK) at baseline (T1) and at 8 months post-intervention delivery (T2)
2. Cooking skills measured by the CooC11 child survey at baseline (T1) and at 8 months post-intervention delivery (T2)

Secondary outcome measures

Fruit and vegetable intake measured using the Child Assessment of Diet Evaluation Tool (CADET) at baseline (T1) and at 8 months post-intervention delivery (T2)

Overall study start date

01/08/2021

Completion date

30/04/2023

Eligibility

Key inclusion criteria

Children aged 7 – 9 years in mainstream primary schools

Participant type(s)

Other

Age group

Child

Lower age limit

7 Years

Upper age limit

9 Years

Sex

Both

Target number of participants

The target number of participants is 400+. The study design is for 30 clusters (schools), with 15 in each arm of the trial. Each cluster will have a minimum of 15 children for an effectively powered study. To make this practical in schools, and to allow for drop out and loss to follow-up, each school will have one class of 20-30 children participating, depending on how many are in the class that the school selects. Only classes in year groups 3 and 4 will be included. Schools serving communities with high levels of deprivation are especially welcome.

Total final enrolment

704

Key exclusion criteria

Children in years reception, 1, 2, 5 or 6

Date of first enrolment

15/12/2021

Date of final enrolment

24/03/2022

Locations

Countries of recruitment

England

United Kingdom

Study participating centre

University of Leeds

School of Food Science and Nutrition

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Sponsor information

Organisation

University of Leeds

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Sponsor type

University/education

Website

<https://www.leeds.ac.uk>

ROR

<https://ror.org/024mrx33>

Funder(s)

Funder type

Other

Funder Name

Investigator initiated and funded

Funder Name

Nestle Healthy Kids

Funder Name

Results and Publications

Publication and dissemination plan

1. Protocol paper, to submit by end of 2021, early 2022
2. Interim results may be reported in a conference submission in Summer 2023, ahead of a publication in a journal
3. One or two journal papers detailing the findings of methods, RCT outcomes to submit around December 2023
4. A study protocol and statistical analysis plan will be provided when this is available

Intention to publish date

31/10/2024

Individual participant data (IPD) sharing plan

Electronic data will be stored on the University of Leeds SAN (Storage Area Network), which comprises enterprise-level disk storage and file servers located in physically secure data centres with appropriate fire suppression equipment. Snapshots are taken every day at 10 pm (and accessible for 1 month). A second level of snapshots is taken every month and are kept for 11 months. Snapshots are user recoverable from the desktop. Consent to store data will be obtained and the data will be anonymised.

IPD sharing plan summary

Stored in non-publicly available repository

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Participant information sheet	version 2		16/12/2021	No	Yes
Protocol article		01/08/2022	01/08/2022	Yes	No
Results article		14/04/2025	28/05/2025	Yes	No