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Cooking in Yorkshire

Submission date	Recruitment status	[X] Prospectively registered
18/10/2021	No longer recruiting	[X] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
22/10/2021	Completed	[X] Results
Last Edited	**Condition category**	[_] Individual participant data
28/05/2025	Nutritional, Metabolic, Endocrine	

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?
Karen Vaughan
mc17kv@leeds.ac.uk

Contact information

Type(s)
Public

Contact name
Mrs Karen Vaughan

ORCID ID
https://orcid.org/0000-0003-0387-4531

Contact details
School of Food Science and Nutrition
G11 Stead House
University of Leeds
Leeds
United Kingdom
LS2 9JT
+44 (0)113 343 2876
mc17kv@leeds.ac.uk

Type(s)
Scientific

Contact name
Dr Charlotte Evans

ORCID ID
https://orcid.org/0000-0002-4065-4397

Contact details
School of Food Science and Nutrition
G11 Stead House

University of Leeds
Leeds
United Kingdom
LS2 9JT
+44 (0)113 343 3956
c.e.l.evans@leeds.ac.uk

Additional identifiers

Protocol serial number
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

Primary study design
Interventional

Study design
Cluster randomized control trial

Study type(s)
Prevention

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(s)
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)

Key secondary outcome(s)
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)

Completion date
30/04/2023

Eligibility

Key inclusion criteria
Children aged 7 – 9 years in mainstream primary schools

Participant type(s)
Other

Healthy volunteers allowed
No

Age group
Child

Lower age limit
7 Years

Upper age limit
9 Years

Sex
All

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
United Kingdom

England

Study participating centre
University of Leeds
School of Food Science and Nutrition
G11 Stead House
Leeds
United Kingdom
LS2 9JT

Sponsor information

Organisation
University of Leeds

ROR
https://ror.org/024mrxd33

Funder(s)

Funder type
Other

Funder Name

Investigator initiated and funded

Funder Name
Nestle Healthy Kids

Funder Name
Purely Nutrition

Results and Publications

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?
Results article		14/04/2025	28/05/2025	Yes	No
Protocol article		01/08/2022	01/08/2022	Yes	No
Participant information sheet	version 2		16/12/2021	No	Yes