



Cooking with Kids® Fidelity Assessment Log

This log is designed to support fidelity of program delivery for **Cooking with Kids®** (CWK®) lesson series. Educators might find it helpful to write on a paper copy throughout the series. This log does not need to be submitted to Michigan Fitness Foundation (MFF) but could prompt a conversation with your local team about how to improve fidelity of program.

The evidence base for CWK® indicates that significant change occurred in fourth-grade students' fruit and veggie preferences, cognitive behaviors, attitudes towards food and cooking, and cooking self-efficacy.

The curriculum/cooking version includes lesson curriculum plans, classroom/take-home recipes, food and nutrition info, and suggested enrichment activities. The other version is tasting lessons, which include tasting lesson plans, farmer letters, food history, and nutrition information. English and Spanish materials are available, along with a school food service component linking classroom lessons with school meals.

Program Element	Fidelity Criteria		Criteria met														
Setting	Elementary schools																
	Community-based settings																
Grades	Curriculum/Cooking Lessons: Grades K-1, 2-3, or 4-5																
	Tasting Lessons: Grades K-1, 2-3, or 4-6																
Minimum Lesson Length	2 hours for each curriculum/cooking lesson																
	1 hour for each tasting lesson																
Minimum Number of Lessons	<i>Curriculum/Cooking + Tasting Lessons</i>	At least 8 lessons															
	<i>Curriculum/Cooking only</i>	At least 8 lessons															
	<i>Tasting Lessons only</i>	At least 8 lessons															
Lesson Delivery Frequency	Twice per week, weekly, or monthly																
Required Lesson Components	<i>Each lesson must include:</i>																
	1. Activities included in the lessons																
	2. Food Preparation																
	3. Tasting																
Supplemental (Optional) Materials	Cooking with Kids® School Lunch Recipes																
	Family Cooking Night Recipes																
	Cooking with Kids® Cookbook																
	Cooking with Kids® How-To Videos (Available in English/Spanish)																
Modifications	<p><i>Were there any modifications made from your original plan for the series? (Select all that apply.)</i></p> <table border="0"> <tr> <td><input type="checkbox"/> Changed sequence of lessons</td> <td><input type="checkbox"/> Replaced tasting with food demo (live or video)</td> </tr> <tr> <td><input type="checkbox"/> Decreased number of lessons</td> <td><input type="checkbox"/> Replaced recipe</td> </tr> <tr> <td><input type="checkbox"/> Increased number of lessons</td> <td><input type="checkbox"/> Delivered food to remote site</td> </tr> <tr> <td><input type="checkbox"/> Combined lessons</td> <td><input type="checkbox"/> Tasting component omitted</td> </tr> <tr> <td><input type="checkbox"/> Shortened lesson time</td> <td><input type="checkbox"/> Other: _____</td> </tr> <tr> <td><input type="checkbox"/> Combined classrooms</td> <td></td> </tr> <tr> <td><input type="checkbox"/> Changed or replaced activities</td> <td></td> </tr> </table>		<input type="checkbox"/> Changed sequence of lessons	<input type="checkbox"/> Replaced tasting with food demo (live or video)	<input type="checkbox"/> Decreased number of lessons	<input type="checkbox"/> Replaced recipe	<input type="checkbox"/> Increased number of lessons	<input type="checkbox"/> Delivered food to remote site	<input type="checkbox"/> Combined lessons	<input type="checkbox"/> Tasting component omitted	<input type="checkbox"/> Shortened lesson time	<input type="checkbox"/> Other: _____	<input type="checkbox"/> Combined classrooms		<input type="checkbox"/> Changed or replaced activities		
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Please provide a brief explanation for any required criteria partially addressed or not met:		Strategies to improve fidelity of program delivery for this intervention:															