CULINARY KIDS: A CROSS-CULTURAL CO-DESIGN FOR SNACK CREATION IN THE DELICIOUS PROJECT

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INTRODUCTION AND AIM

The modification of different dietary patterns has caused a decline on the adherence to the Mediterranean Diet (MD) in different European regions. DELICIOUS Project aims to reverse these tendencies by promoting **healthy and sustainable lifestyles in Mediterranean children and adolescents.**

The objective of the present study was to **design a co-creation activity** (chefs & children) to **develop new snacks** and study their **acceptance and cultural adaptability.**

MATERIAL AND METHODS

Med. Countries

- Beirut: Lebanon
- Lisbon: Portugal
- Cairo: Egypt
- Naples: Italy
- Cuenca/Córdoba: Spain

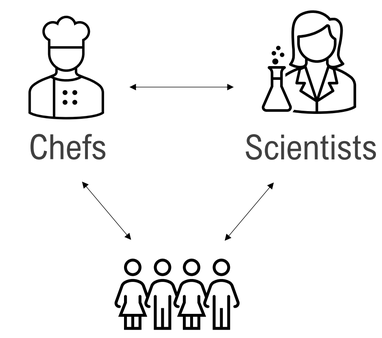
Snacks/Samples:

- Carrot cake bliss balls
- Carrot cake
- Honey granola bars
- Oat muffins
- Sesame tahini cookies
- Seed crackers

WORKSHOP CONTENT

1. Med Diet
2. Cooking/Tasting
3. Feedback
4. Assessment

Nº sessions: 11
Duration: 90-120 min



EMOTIONAL RESPONSES - Emoji:

STATISTICS ANALYSIS:

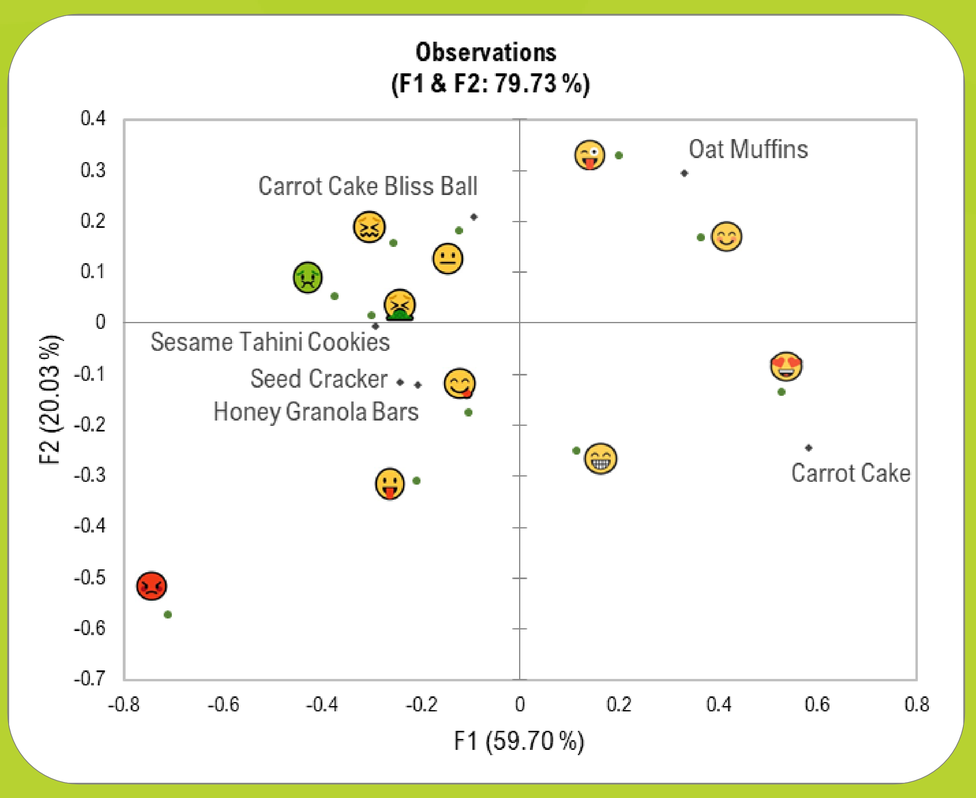
FISHER EXACT TEST
CORRESPONDENCE ANALYSIS

RESULTS

In general, considering all countries, **Carrot Cake** and **Oat Muffins** elicited **positive emotional responses,** while Honey Granola Bars and Sesame Tahini Cookies elicited less positive emotional responses (Figure 3).

Figure 3.

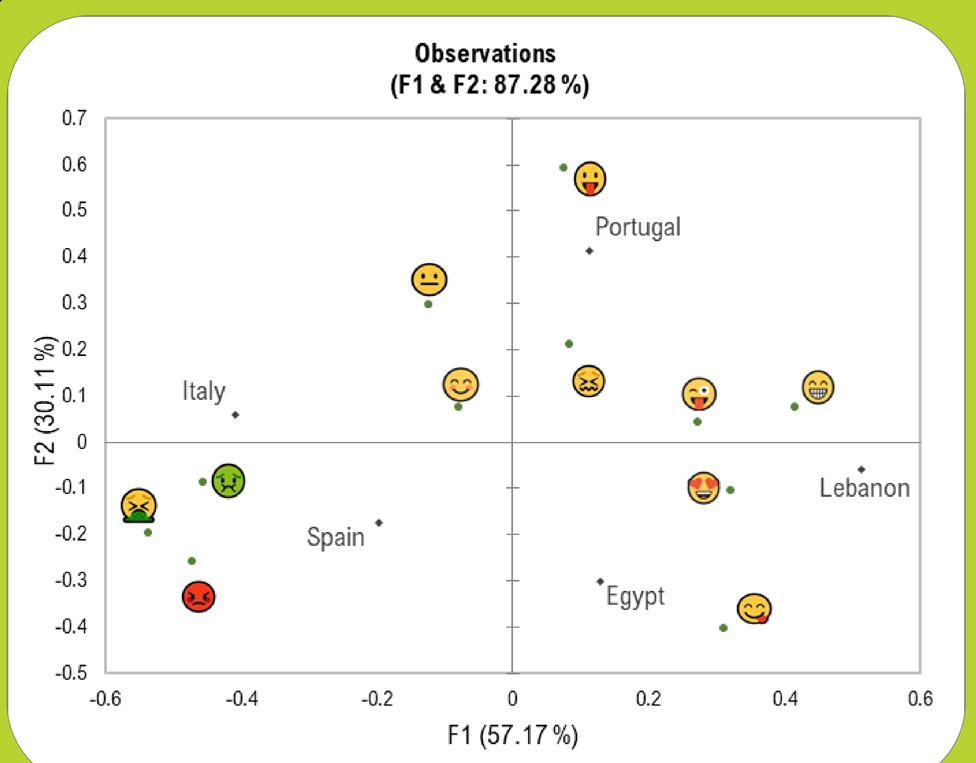
Correspondence analysis results showing the emotional responses associated with each snack.



Responses from Italian children were the ones mostly linked to negative emotions, followed by Spanish children's responses**.** On the contrary, **children from Lebanon** used emojis mainly linked to **positive emotions** (Figure 4).

Figure 4.

Correspondence analysis results showing emotional responses across different countries



CONCLUSIONS

A co-creation process resulted in **six Mediterranean-inspired snacks**. Their acceptability was evaluated among children and adolescents, allowing for the **identification of cross-cultural emotional reactions** to different snack types. The culinary activity was highly appreciated by children, proving its effectiveness as an educational tool and a valuable method for gathering feedback through co-design.

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