

# Imitation of a teacher who eats vegetables.

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The primary aim of this study is to investigate the effect of imitation of a role model, the teacher, and the effect of convivial eating on the intake of a vegetable in children aged 4 to 6 years of age. The aim in a more long-term perspective is to...

<b>Ethical review</b>	Approved WMO
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	Other condition
<b>Study type</b>	Observational non invasive

## Summary

### ID

NL-OMON37904

### Source

ToetsingOnline

### Brief title

Imitation of a teacher

### Condition

- Other condition

### Synonym

niet van toepassing

### Health condition

niet van toepassing

### Research involving

Human

## Sponsors and support

**Primary sponsor:** Stichting Dienst Landbouwkundig Onderzoek - Food & Biobased Research  
**Source(s) of monetary or material Support:** EU FP7 Medium scale collaborative project in Thema 2 (Food Agriculture and Fisheries and Biotechnology)

## Intervention

**Keyword:** -Children, -Food, -Imitation, -Teacher

## Outcome measures

### Primary outcome

Amount consumed: The amount of the vegetable consumed will be recorded in grams at each session as a measure of intake.

### Secondary outcome

Liking based on choice will be derived from the choice children make when presented with four types of vegetables (including the target vegetable) and on their consumption of this vegetable.

## Study description

### Background summary

Most children in the Netherlands do not meet the recommended daily amount of vegetables intake. Four- to six- year-olds on average eat about 44 grams of vegetables per day despite of the recommended amount of 100 to 150 grams of each. The percentages of children with inadequate consumption of vegetables is in this age range close to 100%. Inadequate intake of vegetables may potentially lead to inadequate eating behavior later in life and is shown to be related increased susceptibility for chronic diseases.

It is important to develop strategies to increase children's intake vegetables, because of the shown health benefits of long-term intake vegetables. The current aims at to reveal the effect of using a role model (the teacher) and convivial eating to increase vegetable consumption, taking advantage of the natural imitation behaviour of children (age of the children: 4 to 6 years).

This study is part of the EU FP7 Medium-Scale Collaborative Project "Determining factors and critical periods in food habit information and breaking in early childhood: a multidisciplinary approach" (HabEat)

## **Study objective**

The primary aim of this study is to investigate the effect of imitation of a role model, the teacher, and the effect of convivial eating on the intake of a vegetable in children aged 4 to 6 years of age.

The aim in a more long-term perspective is to develop strategies to increase vegetable consumption and contribute to childrens' health.

## **Study design**

There are two experimental groups which will be compared:

multicomponent group (n=50); multi-component imitation:

Week 1: a role model (teacher in front of the class) is eating the vegetable in an enthusiastic manner. The children do not eat the vegetable at that moment.

Week 2 to 5: the children eat the target vegetable together with the teacher in front of the class.

single-component group (n=50); single-component imitation:

Week 2-5: the children eat the target vegetable together with the teacher in front of the class.

In addition there is a baseline group (n=50); no imitation. This group is included in the study with the mere aim to monitor intake of the target vegetable in a non-experimental setting. This group will be presented with the target vegetable at the beginning and the end of the research period.

The amount eaten will be measured by weighing the bowls with the vegetables before and after the snack moment.

In addition, a choice test will be performed on three occasions to get an idea of the liking of the target vegetable. Four vegetables will be presented in a pre-, mid- and post choice test of which each child can choose one vegetable which they would like to eat. The amount eaten will be measured as well.

## **Study burden and risks**

There are no risks involved in participation in this study; vegetables are offered that fit a normal healthy diet and are available in supermarkets. Children with allergy for the selected vegetable are excluded from the study and an alternative will be offered.

The burden is negligible as the children are free to decide to eat or not eat the offered snack during the snack moment at school. From experience it is known that children like to participate in studies like the suggested study.

## Contacts

### Public

Stichting Dienst Landbouwkundig Onderzoek - Food & Biobased Research

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NL

### Scientific

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## Trial sites

### Listed location countries

Netherlands

## Eligibility criteria

### Age

Children (2-11 years)

### Inclusion criteria

- 4-6 year-old children
- healthy
- normal primary school

### Exclusion criteria

- allergy for the used vegetables
- consent from not signed by the parents

## Study design

### Design

Study type:	Observational non invasive
Intervention model:	Other
Allocation:	Non-randomized controlled trial
Masking:	Open (masking not used)
Control:	Active
Primary purpose:	Prevention

### Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	08-05-2012
Enrollment:	125
Type:	Actual

## Ethics review

Approved WMO	
Date:	01-06-2012
Application type:	First submission
Review commission:	METC Wageningen Universiteit (Wageningen)

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

## Other (possibly less up-to-date) registrations in this register

No registrations found.

## In other registers

Register	ID
CCMO	NL39836.081.12