

From Kolkata to Mexico City: A Global Model for Sustainable Nutrition Interventions

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Background

The Mobile Teaching Kitchen International (MTKi) initiative, successfully implemented in Kolkata, India, has been adapted to Mexico City to address nutrition and health issues in vulnerable communities. A group of students from Tecnológico de Monterrey, in collaboration with the Mexico Regional Network, implemented the MTKi to deliver comprehensive culinary nutrition education and foster innovation and social change.

Objectives

This study aimed to evaluate the short-term impact of the MTKi adaptation on nutrition-related knowledge and attitudes among participants in Mexico City.

Methods

A convenience sample of 12 participants from Xochimilco and Tlalpan was selected. Data was collected using KAP questionnaires administered before and after the See One, Do One, Teach One (SODOTO) workshop. Demographic and socioeconomic information was also collected.

Results

The MTKi initiative positively influenced nutrition-related knowledge and attitudes. Participants reported significant improvements in knowledge of fruits, vegetables, high-protein foods, and balanced diets. Additionally, positive changes were observed in attitudes towards healthy meal preparation. Participants reported slight improvements in food and nutrition knowledge post-SODOTO workshops. All (100%) participants reported improvements in their knowledge of fruits and vegetables post-workshop compared to 41.6% at baseline. On topics relating to high protein foods and balanced diets, 66.7% and 83.3% of participants reported having good knowledge post-intervention compared to 8.3% and 8.3%, respectively, reporting no knowledge at baseline.

Conclusion

Findings from this analysis demonstrate the short-term effectiveness of the MTKi initiative in improving food and nutrition-related knowledge and attitudes. This is consistent with findings from previous iterations of the MTKi initiative in India demonstrating. This study also demonstrates the need for further research on the long-term impacts of the MTK as a sustainable and scalable tool for nutrition education.

For more information visit [Mobile Teaching Kitchen \(MTK\) | NNEdPro](#).

Key words: nutrition education, mobile teaching kitchen, SODOTO