

Clinical Trial Protocol

Iranian Registry of Clinical Trials

22 Jul 2026

KidChen Study: Randomized-controlled trial of experiential healthy meal preparation among children in improving nutritional outcomes

Protocol summary

Study aim

To evaluate the effectiveness of a hands-on healthy meal preparation intervention on changes of psychosocial factors, home food environment and anthropometric measures among children

Design

Parallel, single-blind, school-based randomized-controlled trial with target sample size of 96 children.

Settings and conduct

Study will be conducted in schools in Kuala Lumpur, Malaysia. Stratified random sampling will be used in which one out of the total of three zones in Kuala Lumpur, Malaysia will be randomly selected. Then simple random sampling will be used whereby two primary schools will be randomly selected from the randomly selected zone. Both schools will then be randomly assigned to either intervention or control group. Finally, we will randomly select 48 children from each school. Participants will not know if there are in the intervention or control group.

Participants/Inclusion and exclusion criteria

Inclusion: Malaysian children aged 9-11
Exclusion: Children with any co-morbidity/learning disabilities
Children with food allergies (eg: wheat/gluten, dairy, or peanuts)

Intervention groups

Hands-on healthy meal preparation focusing on various food groups

Main outcome variables

Knowledge, attitude, practice and self-efficacy of healthy meal preparation. Home food availability.
Anthropometric measures (BMI z-score, waist circumference, body fat %).

General information

Reason for update

Acronym

KidChen (Kids in Kitchen)

IRCT registration information

IRCT registration number: **IRCT20190626044024N1**

Registration date: **2019-08-05, 1398/05/14**

Registration timing: **prospective**

Last update: **2019-08-05, 1398/05/14**

Update count: **0**

Registration date

2019-08-05, 1398/05/14

Registrant information

Name

Choon Ming Ng

Name of organization / entity

UCSI University

Country

Malaysia

Phone

+60 3-9101 8882

Email address

ngchoonming23@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-08-26, 1398/06/04

Expected recruitment end date

2019-09-02, 1398/06/11

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

KidChen Study: Randomized-controlled trial of experiential healthy meal preparation among children in improving nutritional outcomes

Public title

Hands-on healthy meal preparation in improving children's nutritional outcomes

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Malaysian children aged 9-11. Able to read, write and understand English/Malay language. Children that voluntarily participate, with their parent's consent.

Exclusion criteria:

Children with food allergies (eg: wheat/gluten, dairy, or peanuts) Children with any serious co-morbidity/learning disabilities

Age

From **10 years** old to **11 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **96**

Randomization (investigator's opinion)

Randomized

Randomization description

Stratified random sampling will be used in which one out of the total of three zones in Kuala Lumpur, Malaysia will be randomly selected. Then simple random sampling will be used whereby two primary schools will be randomly selected from the randomly selected zone. Both schools will then be randomly assigned to either intervention or control group. Finally, we will randomly select 48 children from each school. For randomization, we will use the Research Randomizer.

Blinding (investigator's opinion)

Single blinded

Blinding description

Participants will be blinded in the study. Children will not know whether they are in intervention or control group.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Medical Research and Ethics Committee (MREC),
Malaysia

Street address

Kompleks Institut Kesihatan Negara Blok A, No 1,
Jalan Setia Murni U13/52, Seksyen U13, Bandar Setia
Alam, 40170 Shah Alam, Selangor.

City

Selangor

Postal code

40170

Approval date

2018-05-04, 1397/02/14

Ethics committee reference number

NMRR-18-725-41268, KKM/NIHSEC/P18-815 (11)

Health conditions studied**1****Description of health condition studied**

Knowledge, attitude, practice and self-efficacy for healthy meal preparation, food consumption pattern and body composition

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Knowledge, attitude, practice and self-efficacy for healthy meal preparation

Timepoint

2 weeks before intervention, 2 weeks after intervention and a 3-month follow-up

Method of measurement

Reliable and valid questionnaire

2**Description**

Food consumption pattern

Timepoint

2 weeks before intervention, 2 weeks after intervention and a 3-month follow-up

Method of measurement

Reliable and validated questionnaire

3**Description**

Home food availability

Timepoint

2 weeks before intervention, 2 weeks after intervention and a 3-month follow-up

Method of measurement

Reliable and valid questionnaire

4**Description**

Body composition

Timepoint

2 weeks before intervention, 2 weeks after intervention

and a 3-month follow-up

Method of measurement

BMI z-score: Tanita SC-330 for weight and stadiometer
Seca 203 for height; waist circumference: measuring
tape; body fat percent: Tanita SC-330

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group:

Category

Lifestyle

2**Description**

Control group:

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

Primary school selected

Full name of responsible person

Ng Choon Ming

Street address

1, Jalan Puncak Menara Gading, Taman Connaught,
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Web page address**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

UCSI University

Full name of responsible person

Satvinder Kaur

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Grant name

Centre of Excellence for Research, Value Innovation and
Entrepreneurship

Grant code / Reference number

Proj-In-FAS-058

**Is the source of funding the same sponsor
organization/entity?**

Yes

Title of funding source

UCSI University

Proportion provided by this source

100

Public or private sector

Private

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

Academic

Person responsible for general inquiries**Contact****Name of organization / entity**

UCSI University

Full name of responsible person

Ng Choon Ming

Position

PhD Candidate

Latest degree

Bachelor

Other areas of specialty/work

Nutrition

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Person responsible for scientific

inquiries

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Full name of responsible person

Satvinder Kaur

Position

Assistant Professor Dr.

Latest degree

Ph.D.

Other areas of specialty/work

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Person responsible for updating data

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Position

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Latest degree

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Other areas of specialty/work

Nutrition

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to
make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to
make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to
make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to
make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Undecided - It is not yet known if there will be a plan to
make this available