



Summer 2022 Newsletter

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Hi everyone,

We are trying something new this summer... a Summer Newsletter sharing recent updates from the UB Child Health and Behavior Lab (HABLAB)! When we interact with children and families in the Buffalo community, we are often asked how to find information about what we've been up to, including results from our studies. We share this information from time to time on our website and social media, but we thought it could be nice to summarize recent events in a newsletter.

This summer, our team has been out in the Buffalo community, recruiting study participants for the UB Restaurant and UB Baby Care Studies. We also had opportunities to lead hands-on cooking and enrichment activities with the second graders attending summer camp at the Gloria J. Parks Community Center and to enjoy some social activities as a team, including a yoga class on UB's campus through the Fitness in the Parks program. HABLAB student research assistants have been writing and editing articles about our recent research and community outreach efforts, as well as some fun activity ideas for kids.

As always, you can also find out what we are up to, including opportunities to participate in our studies, at our website at <http://ubhablab.weebly.com>. We also invite you to follow us on Facebook, Twitter, and Instagram if you are not already @ubhablab. We hope you have been having a healthy and fun summer, and we welcome any feedback you may have on our team's first newsletter!

Steph Anzman-Frasca, Director of the UB Child Health and Behavior Lab



Watermelon Suncatchers

This summer, we visited the Gloria J Parks Community Center's summer camp. We made a fun recipe with the 2nd grade class, played a game, and completed a craft! The craft was a watermelon suncatcher made with a coffee filter.



Material List

Coffee filters

Red, green, and black water based markers

Small spray bottle filled with water

Paper towels

Steps

- 1) Place a paper towel beneath the coffee filter.
- 2) Lay the coffee filter flat on a table.
- 3) Fold the coffee filter in half twice to make a triangle.
- 4) Color the inside of the triangle red. The color will move to the other layers too! Flip to the other side and color there too.
- 5) Leaving some white space in between, color the edge of the coffee filter green. Do this on both sides.
- 6) Take the spray bottle and spray the coffee filter until it is completely wet. The colors will start to mix together!
- 7) Open the coffee filter and allow it to dry.
- 8) Once the coffee filter is dry, use the black marker to create spots on the watermelon that look like seeds.
- 9) Fold or cut the watermelon to make pieces.
- 10) Once you are done, hang it on the window and watch the sun come through!



RATING HEALTHY KIDS' MEALS THROUGH TASTE TESTS WITH 4-8 YEAR OLDS

Research has shown that taste preference may have an impact on the likelihood of children making healthier choices in a restaurant setting.

OVERVIEW

- This study was conducted in 2019 at Anderson's Frozen Custard- a local restaurant chain in Buffalo, NY.
- The aim of this study was to determine which healthy meals children enjoy in order to gain insight into what might help a child to make healthier choices when eating out at restaurants.

FAST FACTS

- 37 children participated in the study.
- Families were recruited at 2 locations of Anderson's Frozen Custard.
- Children were given samples from a predetermined list of main dishes and side dishes.
- Children were given samples of 5 healthier main dishes and 5 healthier side dishes to taste and rate

MAINS

1. Avocado toast
2. Baked potato (with cheese and broccoli)
3. Grilled chicken strips
4. Peanut butter and banana sandwich
5. Turkey sandwich

FOODS TASTED



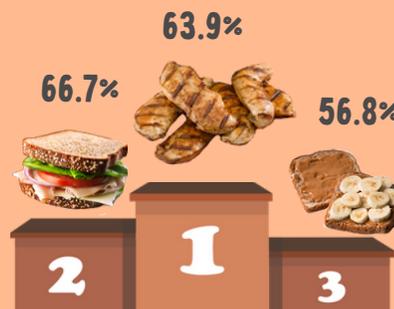
SIDES

1. Applesauce
2. Fruit cup (mango/peach/pineapple)
3. Steamed broccoli
4. Steamed spinach
5. Strawberry yogurt

RESULTS

- The most preferred main dishes were the grilled chicken strips, the turkey sandwich, and the PB & banana sandwich.
- The most popular side dish was the strawberry yogurt, followed by the applesauce and the steamed broccoli.
- The percentage of kids who liked each meal option is included above its respective photo.

MAINS:



SIDES:



FINAL THOUGHTS

Results of this study show that children liked many of the healthy options presented to them, which can help researchers and restaurateurs understand how to make it easier for kids to make healthier choices when eating away from home.

Q&A With HABLAB Members

By: Khushi Parashar, Zoe Pickerill, Vaishali Gupta



Elizabeth Kubiniec

is a Research Support Specialist at HABLAB. She graduated from the University at Buffalo with a degree in Spanish and a minor in Public Health. After 4 years in the lab, she is headed off to serve as a Fulbright Scholar in Mexico later this month.

When did you join the lab?

EK: I joined the lab as an Undergraduate Research Assistant during the Summer semester of 2018, which was the Summer following my freshman year at UB!

Ol: I joined the lab in Fall 2021, when I was a junior.

How would you describe your experience in the lab?

Ol: I was very surprised by the warm and friendly environment the lab had when I first joined. It made my college experience a lot better to handle knowing that there were people who were so encouraging, understanding, and academically driven.

EK: My experience in the lab has been comprehensive, interdisciplinary, and collaborative. As an Undergraduate Research Assistant, and currently as research staff, I've been given the opportunity to learn about and oversee many steps of the research process from idea development to sharing our findings with others. The interdisciplinary and collaborative nature of our work are two of my favorite parts of being in the lab, as it allows our team to investigate questions from many perspectives with partners in the community, at UB, and at other universities.

Opeyemi Ibitayo

is an Undergraduate Research Assistant at HABLAB. She is a senior at the University at Buffalo and will complete her degree in Neuroscience in 2023. She is working on a senior project this year.



What are the projects in the lab that you have worked on so far?

EK: The first projects I worked on in the lab were community-based studies, one at the Gloria J. Parks Community Center and the other at Food Truck Tuesday at Larkin Square. Both of these studies sought to promote consumption of healthier options in community settings. The majority of my time in the lab has been spent on the Intervention Nurses Start Infants Growing on Healthy Trajectories (INSIGHT) study, which is a collaborative project with colleagues at Penn State University. Our team here at UB has worked really hard over the last few years to determine if the INSIGHT intervention, which sought to promote healthy weight for children beginning in infancy, has had any long-term impacts on parent and child behavior. My time in the lab concludes with the Play With Me study, a parenting intervention that allowed us to welcome families into our lab for the first time since the beginning of the COVID-19 pandemic.

Ol: The projects I have spent the most time on are data collection with families for the Play With Me Study. I also watched video-recorded parent-child interactions from that study and learned how to code different aspects of those interactions. I have also helped with some tasks for other studies, including data collection for the Restaurant Study and the GO study.

Q&A With HABLAB Members

How has the lab helped you in your future plans?

OI: Being able to do tasks for the different studies showed me there are so many ways to investigate a topic while still leaving room for feedback and more questions. There always was the question of why and how. It's what helped me decide that a PhD path would be the right one for me.

EK: Focusing on promoting healthy lifestyles for children and families in the lab has helped refine and solidify my interest in pursuing primary care and/or prevention medicine. Additionally, having experience with community and family-based health promotion in the context of lab work was critical to supporting my supplementary project proposal for the Fulbright program, which seeks to bolster mutual understanding between the United States and Mexico by engaging young people in culturally-relevant conversations and activities about food.

Do you have any advice for the newbies joining the lab?

EK: I'd advise any new lab members, especially those who are completely new to research altogether, to join the lab with a very open mind about what research is and what it entails. For example, I believe that one of the most important steps of our "scientific method" here at HABLAB is one that is not always taught in the classroom, namely, developing relationships with families in the community and local organizations. New members should not only seek knowledge from professors and academic scholars, but also from community members, as our work is strongest when informed by their experiences, and as such has the greatest potential to benefit our Buffalo community and beyond.

What were your favorite classes at UB?

OI: For newbies joining the lab, don't be afraid to ask. If you are interested in a topic or you are overwhelmed, it never hurts to ask or let someone know. They will never be judgmental and are there to aid.

OI: My favorite classes at UB are The Brain (NRS 301), Drug Addiction (PSY 451), and Biomedical Genetics (BCH 410).

EK: My two favorite classes at UB were Medical Spanish (Prof. Sharonah Fredrick) and Indigenous Health Disparities (Prof. Dean Seneca), both of which discussed how one's cultural traditions and beliefs may be used as assets in promoting their best possible health status. Viewing culture as an asset is a lens through which I hope to conduct both future research and clinical practice.

Have you ever completed anything on your "bucket list"?

EK: Most of the items on my bucket list are travel-related! While studying abroad in Mexico in the Summer of 2019 I had the opportunity to visit the largest pyramid in the world, the Great Pyramid of Cholula. An item that I look forward to checking off my list soon is celebrating Día de los Muertos in Mexico, which I'll be able to do during this coming academic year!

OI: I have completed some things on my bucket list, one of which is a picnic.

Strawberry Banana Ice Cream with **Rainbow** Sprinkles



By Melissa Austin and
Rula Masoud

Make a healthier version of ice cream for your kids with the delicious recipe below. This recipe is so sweet you won't even realize it's good for you too!

Total Time: **15 min**

Servings: **4**

Serving Size: **3/4 cup**



Ingredients:

- 4 frozen bananas (peeled, sliced into coins, and frozen overnight)
- 2 cups frozen strawberries
- 2 tbsp maple syrup
- 1/3 cup milk
- 1 container rainbow sprinkles

Instructions:

1. Add all the ingredients (except sprinkles) to a blender or food processor.
2. Blend on high for 1-2 minutes, stopping to scrape the sides as needed.
3. Once blended together, your ice cream should be like a super thick smoothie or soft serve ice cream. You can eat the ice cream as is, or spoon it into a jar and place in the freezer to harden.
4. Top ice cream with rainbow sprinkles when ready to eat.

Notes :

If you choose to freeze the ice cream, allow it to thaw for 15-20 minutes before eating.

Have a Picky Eater?

Here's a tip!

a study from our lab

By Melissa Austin & Rula Masoud

Could your picky eater grow to accept a "yucky" vegetable if that vegetable was included in a fun game?

We put it to the test!

Repeated Exposure Group

9 second graders repeatedly tasted a disliked vegetable without a group game

Associative Conditioning Group

14 first graders repeatedly tasted a disliked vegetable while playing group games with other children

In both groups:

- ✓ Children were more accepting of the disliked vegetables after the repeated tastings
- 🍅 However, children who played the group games accepted their disliked vegetables faster than kids who did not play a game

Results

Your turn! What you can do at home

- 🍅 Both strategies show promising results. Don't give up!
- 🍅 Try repeatedly reintroducing foods to your little one, with or without a fun game.



SUMMER IN LAB

Written by: Opeyemi Ibitayo

ON A CLOUDY TUESDAY MORNING, some of our lab members headed out to enjoy yoga on UB's North campus as part of the Fitness in the Parks series. Yoga is a refreshing exercise good for beginners and advanced participants alike.



SOME PICTURES CAPTURING THE DAY

This is a wonderful excursion our team decided on together as a way to spend time outside of the lab. In the picture to the right, 2 of our members are in an altered warrior pose.



A FUN EXPERIENCE!

If interested, head to the Independent Health website and look for the Fitness in the Park series. The program welcomes all ages and skill levels to participate in the FREE outdoor fitness classes, led by certified instructors.

Check out these super recipe testers!

Earlier this summer, we were testing recipes that we may use in an upcoming study. We needed to know if families with young children liked the recipes, so we enlisted the help of several families to test them out!



We recruited interested families using our social media pages and provided them with all the ingredients to make recipes like creamy chicken pasta, crunchy Hawaiian chicken wraps, or turkey apple meatballs. We asked what the families thought of the final products and learned that most of the recipes were grown-up and kid-approved. Thank you to all of our recipe testers for your participation.

Watch our social media for future recipe testing opportunities!

Thank you to HABLAB staff and students Vaishali Gupta, Mackenzie Ferrante, Juliana Goldsmith, Rula Masoud, Cliff Minter, and Sara Tauriello for their contributions to newsletter editing and finalization.

Follow us on Facebook, Twitter, Instagram @ubhablab or check out our website <https://ubhablab.weebly.com/> for more updates on what we are up to!