

Extension educators adapt and demonstrate to Spanish speaking conference attendees

AT A GLANCE

University of Idaho Extension educators discovered an opportunity to present at the Idaho Potato Conference with Spanish translation to reach a wide audience of participants who spoke only Spanish.

The Situation

University of Idaho Extension family and consumer sciences educators have annually presented at a Mealtime Inspirations class, rotating the event through several eastern district counties in Idaho. Last fall, the event was expanded when educators found an additional avenue to present their inspirational meal ideas, including education on potato varieties, nutrients in potatoes and ways to prepare potatoes for optimal satisfaction to the taster. The Idaho Potato Conference provided an incredible opportunity where crop managers and field workers attended to broaden their understanding of the products they produce.

Our Response

English speaking educators adapted their traditional delivery to fill an educational need and were able to adjust their “Mealtime Inspirations” presentations to seven-minute demonstrations on preparing a variety of food dishes, each utilizing a different potato product: powder, flake, pearl, mashed and julienne.

The conference session was titled “Exploring Potato Varieties and Their End Use.” Each presenter had a prepared Spanish version of their handout, including recipes, for participants. Bilingual educators translated



UI Extension educators present in English and translate to Spanish at the Idaho Potato Conference. Photo by Deanna Poulsen.

the presentations into Spanish so that Spanish-speaking attendees at the conference could benefit from the wide array of education surrounding potato nutrients, starch content and cooking methods using a variety of potatoes that attendees are likely to produce.

Educators had side-by-side scripts of their English delivery and the anticipated Spanish translation, which proved to be helpful to the presenters and the translators.

Extension educators included Katie McFarland of Lemhi County who presented Science of Potatoes; Kari Ure of Bear Lake County who presented Idaho Potato Cake; Laura Sant of Franklin County who presented Potato Rolls; Deanna Poulsen of Jefferson County who

presented Gnocchi; and Lance Hansen of Madison County who presented Air Frying versus Oil Frying.

Three UI Extension educators translated the English presentations into Spanish: Joseph Sagers of Jefferson County, and Lance Hansen and Jared Gibbons, both of Madison County.

Presenters prepared samples to be taste-tested by each participant. This allowed them to try various potato varieties and recipes made from various forms, which participants may or may not have previously encountered.

Program Outcomes

Over 50 conference attendees participated in the session. The Spanish translations were well received and provided smiles as well as an increase of knowledge. Each participant received a raffle ticket for their completion of a survey. Twenty-five participants completed the survey, which was provided in both English and Spanish. An air fryer was the raffle prize to encourage a healthy cooking option, and as incentive to complete the survey.

All participants indicated an increase in likelihood of changed behavior in the following areas:

- will consider the starch content when shopping for potatoes
- plan to use potatoes when baking desserts
- plan to use potatoes to make bread or rolls
- plan to use potatoes to make gnocchi

- plan to change the type of potatoes based on the cooking method used

The percentage of correct answers in a series of knowledge questions varied, as is evident in Table 1. This could be due to presentation delivery, translation, wording of the question or a combination of those factors.

Table 1. Rate of correct answers regarding knowledge (n=25)

Question	% Correct
Which potato has more starch?	80
What component of potatoes improves digestion and blood sugar control?	56
What are the benefits of baking with potatoes?	40
Which nutrients are gnocchi a good source of?	24

The Future

These University of Idaho Extension educators will continue to offer the Mealtime Inspirations programming and seek opportunities to present to the Spanish-speaking communities by way of translating presentations and handouts.

Cooperators and Co-Sponsors

Air fryer raffle prize was donated by the University of Idaho Extension office in Madison County.

FOR MORE INFORMATION

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