PhD Research Opportunity

Project description

Cegin y Bobl (The People's Kitchen) works holistically to change the food system in Wales to improve social, health, educational and environmental outcomes for everyone. What we eat is failing our health, our farmers and our wildlife. Cegin y Bobl works with individuals and communities to change their food behaviours and improve their relationship with food through hands-on experiences and learning. They do this by using the skills of cooks and chefs in community settings and schools, teaching groups of all ages who face significant barriers to accessing nutritious food, whether through financial hardship, limited food options or a lack of confidence and skills, among other issues related to our dysfunctional food system.

A major focus of Cegin y Bobl's work is on early childhood interventions, where it is clear there are substantial opportunities to improve physical and mental health through food, and where current systems are failing a whole generation of young people.

This research aims to understand the impacts Cegin y Bobl's approach is having in different communities and with different individuals, and the challenges and opportunities in adopting this learner-centred, hands-on approach to food systems change.

The geographic focus is South Wales, collaborating with Cegin y Bobl and a range of their third sector and public sector partners. The successful candidate will explore the following questions:

- How do Cegin y Bobl's courses / interventions affect children's knowledge and skills of food and cooking? Is there evidence pointing to this knowledge as a driver for healthier eating and diets?
- Do these courses change what we think of as 'fussy' eating in children? Do they change children's willingness to cook and be involved in meal preparation and decision making at home?
- How much of a difference does Cegin y Bobl's trainthe trainers model make for interventions' longevity in schools and other community settings?
- In what ways are the interventions impacting different sections of the wider community e.g. including parents and caregivers and those running community organisations?
- Is the idea of a 'food culture' important, motivating or exciting to children? How are these programmes connecting children with Welsh food culture and heritage and what are the potential implications?

This interdisciplinary project offers the chance to contribute to multiple fields such as food policy, community nutrition, anthropology. Students should be open to

interdisciplinary methods and capable of thinking critically and creatively about complex issues. Students with Welsh-language skills or an existing knowledge of the cultural and social landscape in Wales will be particularly suited to this project.

Please contact Dr Nathan Einbinder (nathan.einbinder@plymouth.ac.uk) with further enquiries.