Reviewer’s report

Title: NUTRITION AND CULINARY IN THE KITCHEN PROGRAM: A RANDOMIZED CONTROLLED INTERVENTION TO PROMOTE COOKING SKILLS AND HEALTHY EATING IN UNIVERSITY STUDENTS-STUDY PROTOCOL

Version: 0 Date: 18 Jul 2017

Reviewer: Sandra Crispim

Reviewer’s report:

Comments to the Author

The submitted manuscript "NUTRITION AND CULINARY IN THE KITCHEN PROGRAM: A RANDOMIZED CONTROLLED INTERVENTION TO PROMOTE COOKING SKILLS AND HEALTHY EATING IN UNIVERSITY STUDENTS - STUDY PROTOCOL" presents the study protocol planned for a randomized controlled intervention to promote cooking skills and healthy eating in Brazilian students. It is a very interesting program, which have followed methodological care to adapt an existing intervention to the Brazilian population, based on a American program. Some aspects need to be clarified, however, before it is ready for publication:

1. English revision is required to clarify some parts of the manuscript.

2. Proper registration of the trial is required following the editorial policy of the journal: guideline: https://www.biomedcentral.com/getpublished/editorial-policies#trial+registration The number provided is for the ethical approval.

3. Review spirit guideline accordingly. Items presented as NA, can be actually missing.

4. Description of the study protocol in future and past form makes the reading of the manuscript not easy. By the time, the manuscript should be published the all trial should be over. Therefore, may be more appropriate to use past tense. If unsure about possible modifications in the study protocol, it should wait for publishing, perhaps.

5. Abstract:

   * As done for the introduction, the rationale for evaluating university students should be clearer in the abstract.

   * Clarify outcome measure vii) self-efficacy for using fruits, vegetables, and seasonings

Should be: self-efficacy for using fruits, vegetables, and seasonings while cooking?
6. Introduction

* P5. Line 80-82 "Within this context, studies have discussed that the possible decline within individuals' cooking skills."... It is not clear to what decline is referring, within this context.

* P5. Line 91 "Reicks et al. [23] added the topic of evaluation of the health impact of home food preparation (cooking) on adults to the body of literature" Unclear sentence. English revision...

* P7 Line 138 "Internship to follow the original CWC program during five months": who did the internship: one main researcher? More than one person?

* P8 Line 167-170 repeats information mentioned in the sentence above.

7. Methods:

* The second including criteria is not clear to me "(2) having participated in the validation stage of the evaluation instrument on cooking skills and healthy eating practices;" Why was judged necessary this criteria? Would this hamper the generalization to other students, who have not had any contact with the instrument?

* About the "Control group participants were informed that they would take part in the intervention program after answering online surveys in three distinct moments..." Will this in fact be done? Clarify in the text.

* Cooking class 2: Getting to know the importance of including more fruits and vegetables in the diet daily lists recipes that do not necessary include fruits and vegetables. Can you clarify how was this in fact done? Maybe present the recipes in supplemental material?

8. Discussion:

Can you guarantee that control group will not be influenced by the intervention group? Do you have the information if some of the participants do not live together? That should be discussed as possible limitation, if not controlled.

Level of interest
Please indicate how interesting you found the manuscript:

An article of importance in its field

Quality of written English
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