

**Title:** Addressing Childhood Obesity in African Americans Through Improving Food Literacy and Cooking Skills

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**Abstract:**

**Objectives:** Obesity is a complex and pressing issue in the United States, affecting millions of adults and children, and it has significant implications for their health. Chronic diseases like type II diabetes, hypertension, and heart disease are just some of the potential consequences of obesity, along with mental health concerns such as stress, low self-esteem, and depression. To understand the obesity epidemic, it is essential to explore how family dynamics and habits affect children's dietary behaviors and contribute to obesity. Therefore, the purpose of this systematic review is to explore the parent-child relationship that contributes to childhood obesity.

**Design, Methods, and Instruments**

This research was conducted by doing a mixed-studies review with primary data gathered from personal experience to guide my search across three scholarly research engines, Pubmed, Google Scholar, and JSTOR; after conducting the investigation, twenty research articles were used in this systematic review.

**Results and Conclusions**

The findings suggest that parents who are active participants in educating and encouraging children to eat and try healthy food items have lower rates of obesity; school-based cooking intervention programs improved vegetable intake, but did not reduce BM; and school programs with nutrition intervention programs had students who consumed fewer unhealthy foods. While current research indicates a strong link between the parents' eating behaviors and the child's eating patterns, more research is required to establish conclusive results.

**Conflict of interest/funding disclosure statement:** None declared.