

NUTRITION & OBESITY



“We are what we eat.” Nutrition is the process of nourishing or being nourished. It is the cornerstone to physical and mental well being as it fuels growth development and replacement of tissue, while minimizing the susceptibility to disease.”

The food studies institute founder Antonia Demas, PhD has received national recognition for her research studies. Her food education curriculum won national awards from the US Department of Agriculture and Excellence in Nutrition Education.

Dr. Antonia Demas will train the Kids on the Move America, Nutritionist and staff. The nutrition/obesity and etiquette programs will teach students about food, nutrition and healthy living.

Learning Objectives:

- We will provide healthy eating through education that our students can foster good eating habits with focus on taste, texture and smell.
- Teaching the students the different food groups, grains, vegetables, fruits, dairy, meat and beans.
- Educating students concerning the relationship between food choices and disease prevention. Students will learn to eat healthfully through hands-on experiences with food.

The components of the programs include nutrition/obesity and healthy eating.

- Students will take an active role in growing foods making healthy food choices and cooking foods.
- Engage students in cooking activities of different types of foods and understand their contribution to health and wellness.
- Encourage students to keep a journal as they observe and learn how pesticides and fertilizers can affect your body in harmful ways as in cancer and other illnesses.
- Students will have a field trip to an organic farm to see how crops are grown completely natural..
- Inform students that the animals we eat as in chicken, cow and pork are raised in a factory and are fed steroids.
- Obesity is a national crisis, a public health concern. There are many health risk associated with obesity, asthma, diabetes, hypertension, sleep apnea, and heart failure.
- The nutrition program is designed to reduce health risk associated with obesity.
- Student will be actively participating in exercising activities (such as walking, running, kick-ball, dancing, jump rope and baseball).

At the completion of the programs students would have an improved quality of life. They will know how to make healthy food choices, grow food, preparing and cooking foods. Students have been provided with the tools of how to avoid health risk associated with obesity. They have experienced the importance of exercise in healthy living.