

Nutrition Presentation to CSUN's Residential Advisers

Nutrition Education at Residence Hall

Introduction:

Hello my Name is Noura Almethen and this is Eva Star. We are Nutrition students and Peer Nutrition Counselors, in the Family and Consumer Science Department. This is our last semester at CSUN and we are very excited to take this leadership opportunity to educate students at CSUN (especially the residence). We will present information regarding good nutrition practices, including nutrition tips for busy students, what is BMI? What is it used for? How to read Nutrition labels?

Nutrition tips for busy students

- 1) Teach students how to avoid colds, prevent weight gain, improve sleep, improve school work,
 - a. Skipping meals (Specifically issues of skipping breakfast)
 - i. Do better in school, brain need the fuel and the body runs empty
 - ii. Feel better the rest of the day.
 - b. Good nutrition on the run
 - i. Bring lunch to school
 - ii. Bring along fruits, vegies,
 - iii. Water instead of soda or iced tea
 - c. Fast nutrition at home or residence
 - i. Have healthy snacks instead of chips
 - ii. Instead of pizza have keep, fresh, dried fruit. Baked chips, string cheese,
 - d. Healthy eating at Geronimo's
 - i. Start with breakfast, lean meats, egg white, whole grain cereal
 - ii. Lunch, dinner – lean meat, vegies, fruits, whole wheat, etc
- 2) BMI
 - a. What does BMI stand for? Body Mass Index
 - b. What is it used for? BMI is a tool for indicating weight status in adults. It is a measure of weight for height
 - i. BMI is not accurate for athletes, elderly people or pregnant women.
 - c. Why we brought it here? To help us measure the weight status for our lovely residence students
 - d. Omron demonstration
- 3) Nutrition food label
 - a. A quick guide to reading the nutrition facts label
 - i. Serving size,
 - ii. Portion
 - iii. Total calories,
 - iv. % fat
 - v. 5% or less is low 20% or more is high
 - vi. Limit fat, cholesterol and sodium
 - vii. High in vitamins, minerals and fiber
 - viii. No saturated or trans fats

Conclusion:

Tonight we discussed a variety of topics from nutrition tips for busy students, what is BMI, and how to read nutrition food labels. Thank you for giving us this wonderful opportunity to present to you, it means a lot for us and we hope you give us another chance to talk to your residence. Please feel free to suggest any other topics you feel are in the interest of the students.

Thanks!!!! Any question!

Nutrition Presentation to CSUN's Residential Advisers

Before presenting our nutrition information to the residential advisers (RA's), a fellow student and I met to work on subject matters which would be beneficial to students. The information included tips for busy students, what is BMI and how to use it, and how to read nutrition labels. We spoke about specific food choices and approaches with an emphasis on how to make the best decisions on campus, at the dorms, and while dealing with a busy schedule and academic pressures. We both presented at the RA's meeting.

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Iron Chef CSUN

A Residential Advisor (RA) at the CSUN student dorms organized an “Iron Chef CSUN” contest for his residence. The dorm community program director, two fellow PNC students, and I were judges. We were asked to judge five groups that participated. Each group had only a microwave and a George Forman grill with which to cook. Prior to the contest a list of ingredients was provided by one of the PNC students to the RA in order to allow him to purchase the food. The categories of upon which we based or judging were taste, appearance, and how nutritious the food was. As part of the event the PNC students provided some insight into the food that was used and other useful tips about nutrition. The night before the contest I researched some of the ingredients used in the contest to determine their nutritional information and their health benefits in order to provide information to the audience. I gave spoke about the secret ingredient, which was “tomatoes”. Other PNC students discussed different topics, such as how to read food labels. Besides the students participating in the contest there were about an additional sixty students in the audience.

Iron Chef CSUN

IRON CHEF SCHEDULE

6:00 PM	SET UP		
6:30 PM	TEAMS SHOW UP		
	(go over rules/reveal all but hidden ingredients)		
7:00 PM	Start Cooking	Introduce Judges	
	(reveal hidden)	Introduce Teams	
7:10 PM	Nutrition Counselors Speak		
7:20 PM	Group Check IN	Josh with Assistants	1 1/2 mins
7:30 PM	(half-way buzzer)		
7:35 PM	Nutrition Counselors speak		
7:50 PM	10 Minute buzzer		
8:00 PM	COOKING ENDS	(judges begin judgment)	
8:15 PM	PRIZES	Josh w/ assistants	
8:30 PM	CLOSING	Thank you, etc...	

Iron Chef CSUN

