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February 25, 2012

Nutrition Education Plan: Eating Healthy On Campus

Rationale: Many freshman students who move away from home for the first time have difficulty making wise food choices on campus. Students may lack knowledge about what foods are nutritious and where to find the healthier choices. Being given freedom to eat what they want may be a contributor to the “freshman fifteen”. A lack of healthy food choices may also be a contributor to gaining weight. On-campus dining may be somewhat limited, so it is important for students to know where they can make healthy changes to their diets. As long as students are paying for meal plans, it is probably important to them that they are not just eating junk food. Being able to discern what food they can obtain that is good for them and tastes good is one of the program goals. This program is not intended to tell students to not eat what they want or to go on a diet, it is intended to inform students about different choices that are available on-campus. This program focuses on how to eat healthy on Chico State’s campus in the dining halls/convenience stores.

Target Group: The target group for this program is freshman students at Chico State University living on campus.

Goal: To increase student’s knowledge about basic nutrition and what alternative food choices can be made on campus.

Objective 1: To give a 30-minute interactive presentation about basic nutrition to a group of 20 Chico State freshman students using notes from NFSC classes and dining hall menus.

Objective 2: To provide a 10-minute lesson about reading food labels to a group of 20 Chico State freshman using resources from SCNAC and nutrition classes.

Materials Needed: The materials needed for this program are: on-campus menus, notes about basic nutrition, and a room that can show a power-point presentation, examples of different food labels, water jug with fruit pieces (to try flavored water).

Methods: To recruit students to participate in this program, advertisements will be put up in the dormitories on campus. Students will also be contacted by email and will respond if they want to participate. This will also involve encouragement from resident advisors to recruit freshman to participate. Before running this program, a survey about freshman students' current eating habits is needed to assess what the most common food choices are on campus. It will be important to find out what perceptions students have about the choices on campus and to see what they need to make better choices. After results of the survey are analyzed, the dining hall menus will have to be analyzed in order to find out what the best items are that would provide nutritious meals. A date and time will be set for participants to meet in the dormitory lobby. The program delivered will be a 30-minute presentation about basic nutrition including a 10-minute lesson about reading food labels. Students will be educated on what a nutritious diet consists of. For example, they will be educated about what is a nutrient-dense food compared to a calorie-dense food. They will also learn about what will help keep them fuller for longer and the importance of eating a well-rounded diet. Emphasis will also be placed on the benefits of eating fruits and vegetables. They will be given facts about the nutritional content of foods typically eaten (gathered from the surveys). During the presentation, students will practice reading food labels and why it is important to read them as opposed to just the front of the package. At the end of the presentation, students will be given a handout that provides alternative suggestions for commonly consumed high-calorie foods.

Evaluation: To evaluate the effectiveness of the program, participating students will fill out a survey immediately after the presentation. The survey will have questions about knowledge increase, intention to make dietary changes or not, and other thoughts about the program. Two weeks later, another survey will be given to evaluate whether students are making better choices as a result of the program they attended.

Tasty Tweaks:

Pizza:

Commonly chosen- pepperoni/cheese with thick crust

298 calories



Alternative- vegetarian with thin crust and pesto sauce

198 calories

Hamburger:

Commonly chosen: Beef patty with cheese

359 calories



Alternative: Turkey burger or beef without cheese. Opt for lettuce instead of bacon

159 calories

Soda:

Commonly chosen: Coke, Mountain Dew etc

124-189 calories



Alternative: Flavored water or 100% fruit juice

0-120 calories

Snack:

Commonly chosen: Potato chips



150 calories (for a 1oz bag)

Alternative: Lightly salted mixed nuts

170 calories (yes more calories, but you get healthy fats and protein instead of empty calories)

Sweets:

Commonly chosen: Ice cream

125 calories (for 3.5oz chocolate)



Alternative: Frozen yogurt

115 calories (for 4 oz chocolate)

References:

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<http://caloriecount.about.com/calories-better-burger-turkey-i57724>

<http://www.webmd.com/community/healthy-weight-8/calorie-chart>

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