



Welcome to Nutrition Talk!

Week 1

# Ice Breaker

Side 1: Your favorite candies/snacks/foods  
Side 2: Outside the classroom I enjoy...

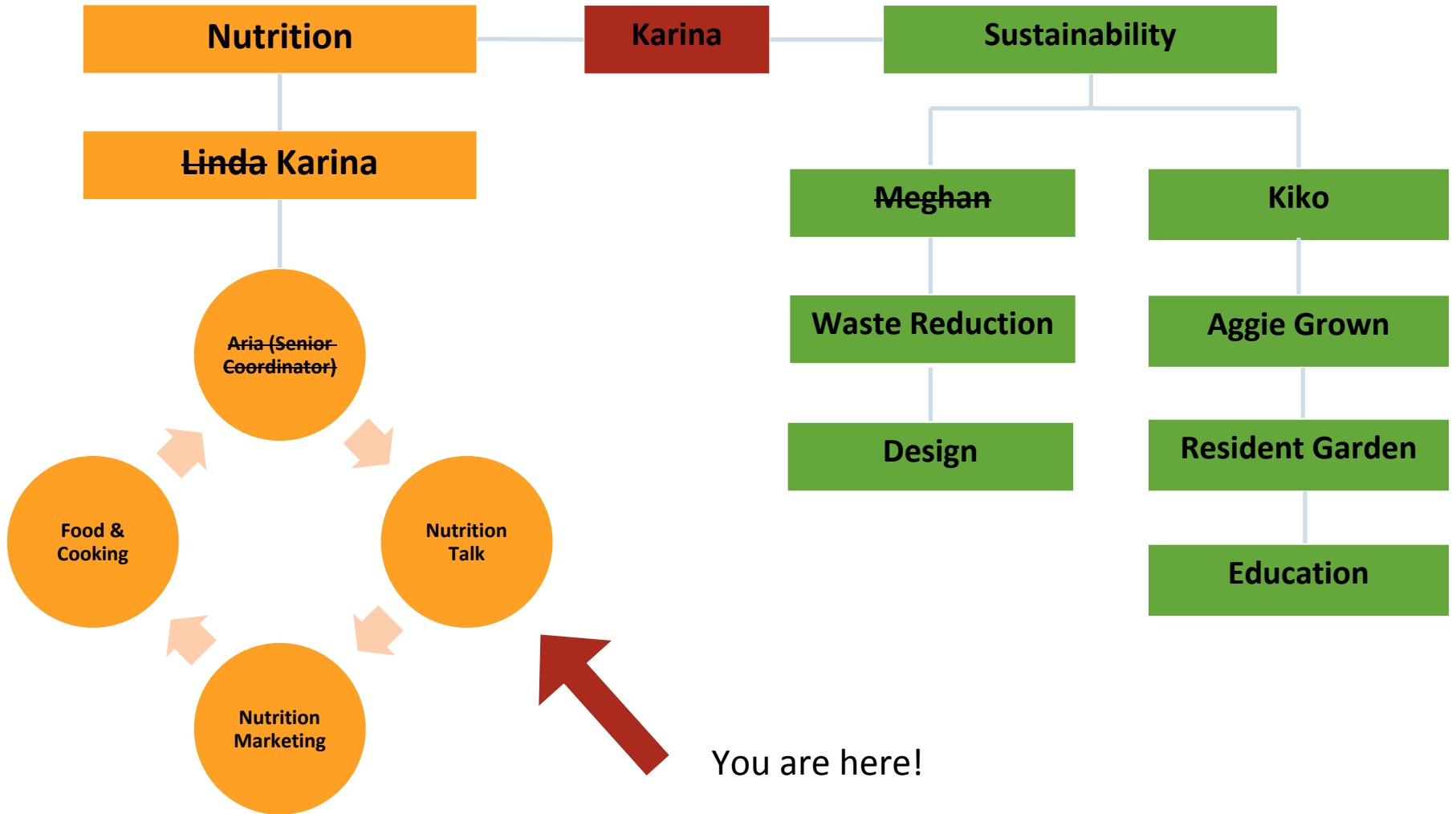


# Ice Breaker

What'd you do over spring break?



# The SNO Team



# Mission Statement

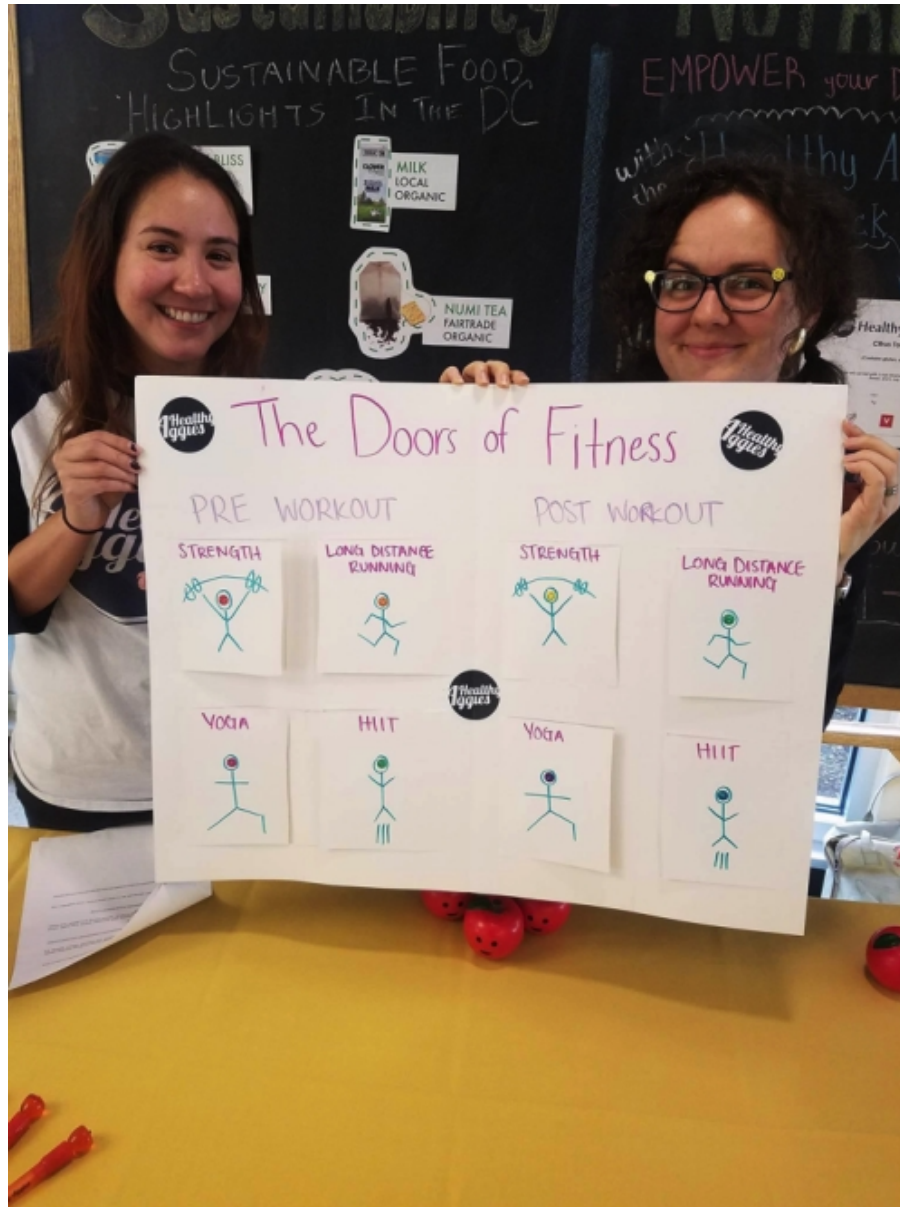
- “We are Healthy Aggies, a nutrition education program run by students, for students, and supported by UC Davis Dining Services Sustainability and Nutrition Office. Our mission is to teach and encourage healthy eating on and off campus - be at it the DC, downtown, or home. Using science-based evidence and administering nutrition education events, we want to inspire our peers to not only make more mindful choices but to make them a habit for a healthy lifestyle.”



# How to Table

- “Modest and covering”
  - Set up materials/prizes
  - Look engaged
  - Smile
- 
- If there’s nothing to do, there’s nothing to do...no worries

# Cuarto



# Segundo





# Tercero



# Silo



# ARC





# Your Resource

[healthyaggies.weebly.com](http://healthyaggies.weebly.com)

HOME

CALENDAR

NUTRITION TALK

FOOD AND COOKING

MARKETING

THE TEAM



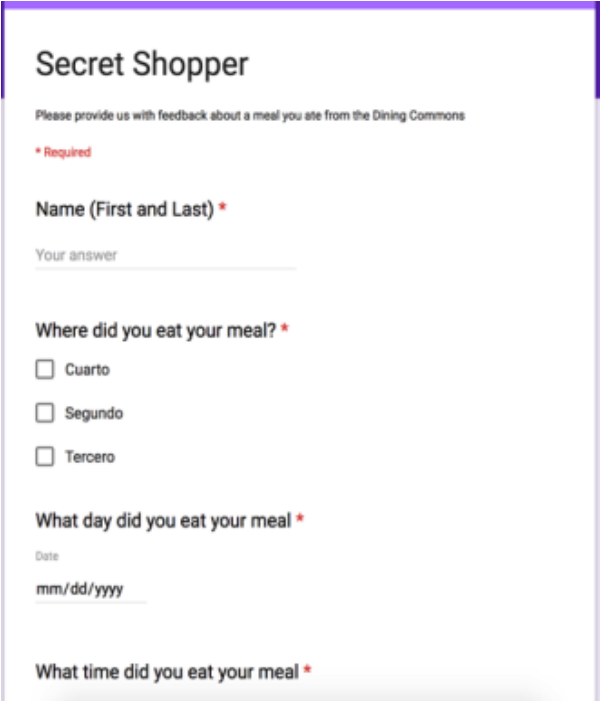
## NUTRITION TALK

The Nutrition Talk Education program operates in each dining room throughout the academic year and includes opportunities for students to learn key strategies to eat healthy and exercise right. The program features a nutrition bulletin board loaded with information about the weekly topics addressing some of the most common questions related to nutrition, wellness and exercise. Student Nutrition Coordinators plan the topics and education materials. Student Nutrition Interns deliver the education to students during dinner meals in the dining rooms.



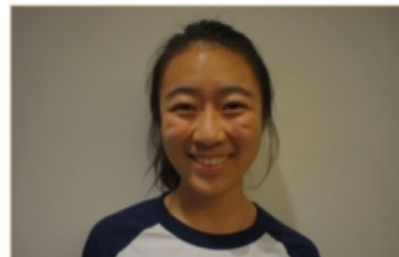
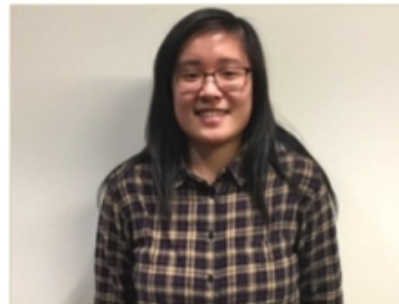
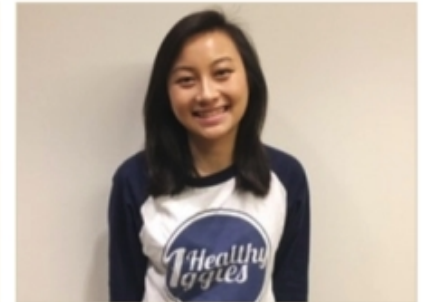
# Secret Shopper Forms

- Up to 4 per week preferably at different DC's (though not required)
- No more one word responses
  - “N/A”, “good”, “bad”, etc.



The image shows a screenshot of a web form titled "Secret Shopper". The form is enclosed in a purple border. At the top, it says "Secret Shopper" in bold. Below that, a smaller text reads "Please provide us with feedback about a meal you ate from the Dining Commons". A red asterisk indicates a required field. The first question is "Name (First and Last) \*", with a text input field below it containing the placeholder "Your answer". The second question is "Where did you eat your meal? \*", followed by three radio button options: "Cuarto", "Segundo", and "Tercero". The third question is "What day did you eat your meal \*", with a text input field below it containing the placeholder "Date" and "mm/dd/yyyy". The fourth question is "What time did you eat your meal \*", with a text input field below it.

# Intern Profiles



# Tabling Topic: Water

- 1) What color should your urine be?
- 2) List some factors that increase water needs.
- 3) True/False: You can get a significant amount of your daily fluid intake through food



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# Trendy Tip

Google

heart disease site:.org



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heart disease site:.edu type:.pdf



# Words of Wisdom

- “The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.”

-Ann Wigmore