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Dear Consumer Wellness Center,

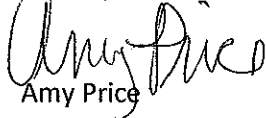
To prepare students for an introduction to wellness and nutrition, one of our teachers introduced the concept of the food pyramid. Students went online to MyPyramid.gov and used the MyPyramid Plan to customize their food guide and determine the number of calories and the servings from each food group they need each day. They also played the My Pyramid Blast Off Game to customize daily meal plans that correlate to what they should be eating and how much they should exercise. The students also learned to evaluate and improve the quality of the lunches they brought from home by participating in a lunchroom challenge. The challenge involved asking students (as a group) to eat a variety of 100 fruits and vegetables in a two-week time period. Students enjoyed participating in the challenge and were excited to go through their lunch every day to show off the fruits and vegetables they brought so they could mark it on our chart.

Our teacher decided that it would be useful to her students if they accompanied her to the grocery store to purchase the ingredients. Students surveyed recipes and talked about where certain foods would be found in the grocery store (freezer section, refrigerator section, or pantry section). The teacher contacted the local Giant Eagle grocery store and set up a tour for her students. As they learned about the different sections of the grocery store, the students shopped for the items on their list. When they got back to school, they discussed where each item should be stored in order to keep the food safe to eat. Students not only learned about nutrition and healthy choices. They also learned about food safety.

The students loved preparing the food and trying new recipes. One student discovered they liked a new food and even asked his mother to make it for him at home. For many of students, it was their first time ever using hand mixers and electric skillet. Some had never used butcher knives before. Many students have sensory issues causing them to eat a limited number of foods due to food textures. Seeing their peers try new foods helped to encourage them to try also. Thanks to the Consumer Wellness Center grant, students were able to not only develop a love for healthier food choices, but also a love for cooking. Students enjoyed making recipes such as the Kiwi Watermelon Salsa, Bacon Egg and Cheese Breakfast Sandwiches, Breakfast Banana Splits, Cheese Cake Crust, Chocolate Cheese Cake, Chicken Parmesan, Chocolate Peanut Butter Grahamwiches, and English Muffin Pizzas.

The students thoroughly enjoyed the Nutrition and Healthy Eating Unit. This unit could not have taken place without the Consumer Wellness Grant money that was provided. Thank you very much for providing our students with the opportunity to try new foods and see that there are good, healthy options to choose from. They learned how to use different cooking utensils and appliances, as well as correct temperatures to store food safely. They also learned how to wash dishes and keep a supply cupboard organized. This was a valuable unit that fit well into our vocational life skills course. We are grateful for the opportunity to teach our students such valuable information and skills that would not have been possible without the grant.

Thank you,

  
Amy Price