

McKinley Nutrition Workshop Request

ALL REQUESTS MUST BE MADE AT LEAST 2 WEEKS IN ADVANCE!

Current Date: _____	Contact Person: _____
Phone Number: _____	E-mail: _____
Organization: _____	Location of Workshop: _____
Estimated number of attendees: _____	Address of Workshop: _____
Date of Workshop: _____	Time: _____ <input type="checkbox"/> a.m. <input type="checkbox"/> p.m.
Alternate Date: _____	Time: _____ <input type="checkbox"/> a.m. <input type="checkbox"/> p.m.

TYPE OF WORKSHOP

Please Check the Program/Topic Desired:

- | | |
|--|--|
| <input type="checkbox"/> Buffet Style Eating | <input type="checkbox"/> Food Plate Analysis |
| <input type="checkbox"/> Dieting Myths | <input type="checkbox"/> Peers Table |
| <input type="checkbox"/> Sports Nutrition | <input type="checkbox"/> Snack Demonstration |
| <input type="checkbox"/> Take a Nutritionist to Lunch/Dinner | <input type="checkbox"/> Other (please specify): _____ |
| <input type="checkbox"/> Cooking on Your Own | |

DESCRIPTION OF PROGRAMS

Buffet Style Eating (Power Point Presentation):

Topics covered in this presentation include the affects of buffet-style dining on consumption, the food guide pyramid and portion sizes, hunger and satiety, and the affect of alcohol on food consumption.

Dieting Myths (Power Point Presentation):

Learn the truth about fad diets and how healthy eating and exercise are keys to weight loss.

Sports Nutrition (Power Point Presentation):

Topics include pre-competition meal, hydration, weight issues, general healthy eating, and sports supplements.

Take a Nutritionist to Lunch or Dinner:

Have a nutrition peer come to your hall or floor and discuss foods in the buffet line. The peer will point out "smart bites" or healthy food choices, discuss portion control, and answer questions for your residents.

Food Plate Analysis:

Peers will come to your dining hall, Greek house or cafeteria and assess the residents' plates. Calories, fats and portions will be discussed with each participant in addition to tips to improve the nutritional quality of his plate.

Peers Table:

Having a fair and looking for interesting display booths? Have the Nutrition Peers come out and showcase the importance of healthy nutrition, play games with fair participants and give away cool prizes.

Smart Snacks Demonstration:

Learn how to make healthy snacks that are quick, easy and taste great too! Taste samples of food and learn about key nutrients in a balanced diet. Note: The groceries for this program must be funded by the requesting organization.

Cooking on Your Own:

Have the peers come out and talk about healthy cooking including tips for grocery shopping and food preparation.