

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: _____ a.m. p.m.
Alternate Date: _____ Time: _____ a.m. p.m.

Reminders for requester:

- Need to have at least 10 students in attendance
- Need to post flyers on your floor, hall, etc. for the event at least one week in advance
- Send out Emails to residents
- Provide incentives for the audience (small prize or food)
- Meet the presenter at least 5-10 minutes beforehand in the commons area or outside the front door (especially if they don't have access)

TYPE OF WORKSHOP

Please Check the Program/Topic Desired:

- | | |
|---|--|
| <input type="checkbox"/> Dorm-Style Eating/Greek House Dining | <input type="checkbox"/> Peers Information Table |
| <input type="checkbox"/> Dieting Myths | <input type="checkbox"/> Snacks Demonstration |
| <input type="checkbox"/> Sports Nutrition | <input type="checkbox"/> Cooking on Your Own (dorm, apartment-specify) |
| <input type="checkbox"/> Take a Nutritionist to Lunch/Dinner | <input type="checkbox"/> Other (please specify): |
| <input type="checkbox"/> Food Plate Analysis | _____ |

DESCRIPTION OF PROGRAMS

Dorm-Style Eating/Greek House Dining

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

Dieting Myths

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

Sports Nutrition

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 Information 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.

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.

You may fax this back to SportWell at 265-5025.