

Nutrition Education Presentations for your School

Who:

UT Southwestern Medical School and UT Southwestern School of Health Professions

What:

1. Nutrition students make presentations to child and adult audiences on selected topics. The student will choose a topic and develop their presentation. Potential topic areas are portion sizes, reducing sugared beverages/healthy beverages, fruits and vegetables, eating breakfast, energy balance, exercise, label reading, fast food, snacks, the plate method, fats, and sodium. Specific request will be considered. So students can observe each other, we prefer 2 or more consecutive presentations be scheduled at the same school. If an hour presentation is requested (high school or adults only), time may be split between students.

Presentation time: approximately 30 minutes.

Minimum audience size: 5

2. Medical students present **BEANS (Balancing Exercise and Nutrition for Students)**. The current program is "Getting Enough Fruits and Vegetables". Your students get to use audience response devices to participate in the PowerPoint presentation. This is being piloted in the Pediatric rotation as an option for a medical student outpatient experience. Other medical students also volunteer to do the presentations. Medical students present in pairs so 2 consecutive presentations are needed.

Presentation time: 20-30 minutes.

Audience size is **limited to 50**.

2 consecutive presentations preferred.

When:

Nutrition students: Tuesday through Thursday, Monday through Thursday evenings.

Contact: Linda Michalsky, PhD, RD, LD
UT Southwestern Department of Clinical Nutrition
Linda.Michalsky@UTSouthwestern.edu
Phone: 214-648-3045

Medical students: Wednesday mornings. Other times may be available.

Contact: Amy Lopez, RD
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Phone: 214-648-3045