

Name: S. B. [Signature]

Date: 9-2-14

### Nutrition Projects

You are a **dietician** and are in charge of **delivering** a presentation to **cruise director** of a large cruise ship line. You hope to pilot an **improved** diet program on his ship and to study its effects on the passengers. You **intend** to collect data on the health of the passengers when they board the ship and when they disembark (get off) the ship. This is a perfect way to see if it was your diet that improved their health since they will not have access to any other foods. You are sure that if you can collect data that shows an improvement in the passengers' health, you can then use that data to convince the entire cruise line to **adopt** this new, healthier, menu. You know that it would positively impact the lives of thousands of people a year.

You think to yourself, "I can see it now, a cruise liner that advertises the fun AND the health benefits its passengers will have. How exciting and what a great way to serve others!"

You have been trying to figure out a way to impact Americans' diet for years. You have made this pitch to **restaurant managers** before without success, but you are not a quitter. You **persevere** despite the disappointing setbacks. You tell yourself, "I will keep trying until I find someone who is willing to help me make my dream happen. I will find someone who cares about others' health just as much as I do. I will find someone to partner up with me to make this happen. I will find a **collaborator**, and with their help, I will make a difference."

You walk into a giant office building. It must be 50 stories tall! You ride the elevator up and the secretary walks you into a room with a long table. There are 7 people there in suits. At the end of the table, the CEO, the guy who runs the entire cruise liner company is sitting there looking impatient. Am I late? No, the cruise ship manager is smiling at you. Trying to calm your nerves. He has **obviously**, some how, convinced the big guy, the CEO, to come to the meeting. This meeting is a lot more important than I thought. "This is my big chance!" you think. You smile at your collaborator, and say, "Good morning everyone." The future depends on your data and how convincing your presentation is. You smile inside and think, "I've got this!"

...5 years ago, you began on a quest to improve the health of Americans. You saw a problem, and you decide not to quit until you've solved it. You will show others that there is a health crisis.

You are the dietician. You want to solve this problem. But how will you do that?

Let's learn about the problem, collect data, and make our presentation. You know how to do this. You learned how in third grade! These big shot cruise liner guys don't have a chance against you!

Helping people with their diet.

When you see the adventure you think its a good healthy.

talking to the CEO about your diet good.

you are trying to find someone to help people.

there is a problem, you are able to find a solution.

you find the problem.

What's the Difference Between Different Foods?

Name: Reagan

Date: 9/11/14

Choose 2 labels to compare 2 labels.

How many calories do they have in all? 130 ✓

How many more calories does one have than the other? 130 ✓

Which of the two foods has the most calories? veggie straws ✓ How many more does it have? 130 ✓

Compare the same 2 labels. (You will compare the number of grams of fat in each.)

How much fat do they have in all? 7g ✓

How much more fat does one have than the other? 7g ✓

Which of the two foods has the most fat? veggie straws ✓ How many more does it have? 7g ✓

Again, compare the same 2 labels. (You will compare the number of grams of sugar in each.)

How much sugar do they have in all? 1g ✓

How much more sugar does one have than the other? 1g ✓

Which of the two foods has the most sugar? veggie straws ✓ How many more does it have? 1g ✓

Look at the data you collected. Which of the 2 foods would you say is a healthier choice?

Dr Pepper (diet)

Explain why you think so:

cause Dr Pepper (diet) has 0g of sugar 0g of fat and 0 calories.

Sugar Casing in Baa-2005

Rangan

1820

1840 PF

1860 PF PF

1880 PF PF PF PF

1900 PF PF PF PF PF

1920 PF PF PF PF PF PF PF

1940 PF PF PF PF PF PF PF PF

1960 PF PF PF PF PF PF PF PF PF

1980 PF PF PF PF PF PF PF PF PF PF PF

KLG Casing = 5 lbs. per year