

RESTORE OKC

Nutritional Sciences Pilot Program involving:



18 Interns



4 Restore Staff



3 NS Students



2 Faculty



Serving the community and opening health profession possibilities to local northeast OKC students

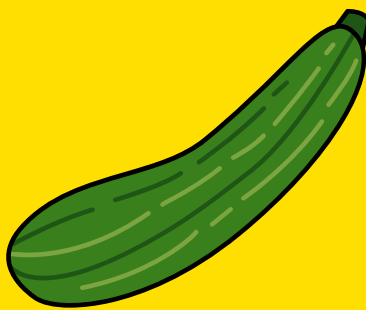
SCHEDULE AND CONTENT

- 3 hours: starting at 9:30am
- 3 interactive science-based nutrition lessons
- Preparation of 3 recipes
- Lunch and group discussion



RECIPES

- Lentil Bolognese
- Zucchini Tots
- Chocolate Banana Oatmeal Cookies

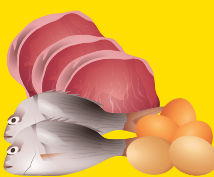


CARBOHYDRATE LESSON



- Macronutrient, calories per gram, function, food sources
- Positive/negatives of sugar, including fun activity
- Benefits of fiber

PROTEIN/HYDRATION LESSON



- Macronutrient, function, food sources, and amount needed
- Importance of hydration, sport performance



DIFFERENT DIETS LESSON

- Learning about vegan, vegetarian, pescatarian, flexitarian, and plant-based diets
- Health benefits, social outcomes, and potential nutrient deficiencies

FUTURE PLANS/DIRECTION

- 5 week Pilot: Winter 2022
- 16 week Implementation: Fall 2023-Spring 2024

