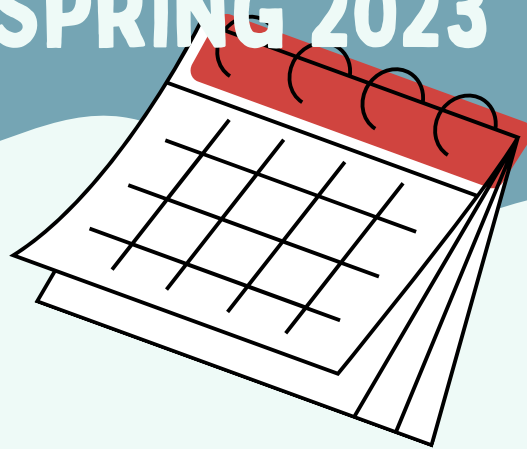


RESTORE OKC & OUHSC NUTRITIONAL SCIENCES YOUTH PROGRAM SPRING 2023

WHO, WHEN?

13 Restore OKC High School Interns
15 OUHSC CPMA students
7 OUHSC dietetic interns



Wed. Afternoons
Jan 25- Mar 1 2023

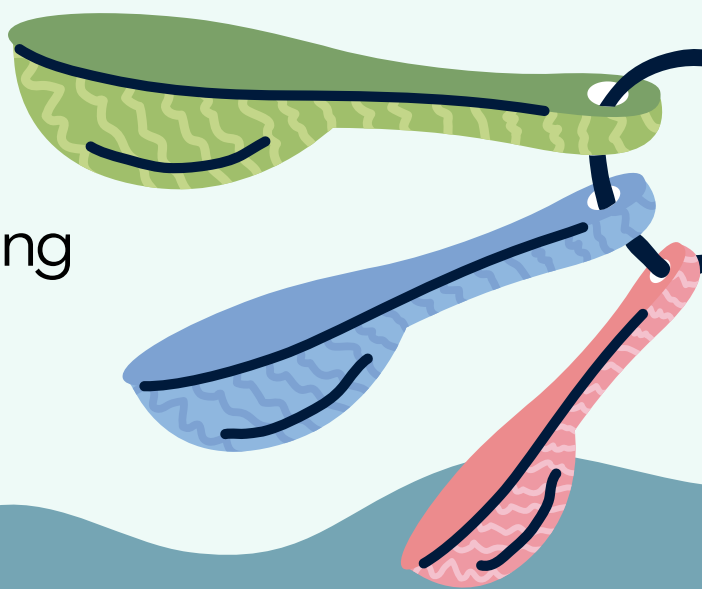
NUTRITION LESSONS



Held at Restore OKC office & farm
1 hour lesson over carbs & fats
Covering macronutrient qualities & disease states

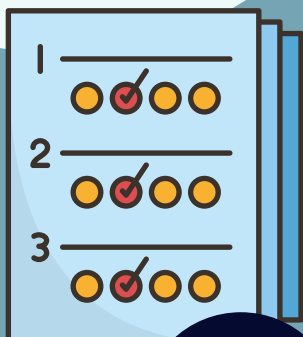
KITCHEN APPLICATION

Held at OUHSC Nutritional Sciences Food Lab
1 hour cooking lesson featuring a recipe that illustrates properties discussed in the previous nutrition lesson



EVALUATION DATA

- 64% boys, average age 16 years old
- 91% African American
- 60% increase in culinary literacy
- 50% increase in nutrition literacy
- 50% increase in healthy food habits



FUTURE DIRECTION

2

new interactive topics piloting in Summer 2023



Build towards NIH Science Education Partnership Awards in Fall 2024

