Nutrition Improvement In Abby Kelley Foster Charter Public Middle School

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**Problem**

The lunch and breakfast menus at this middle school offer unhealthy and unnutritious choices to children attending the school. The food offered is too high in calories, contains too much fat and carbohydrates, and not enough protein and vitamin A.

**Solution**

After evaluating the food items on the school’s menu, we will try to persuade the administration to re-evaluate their current menus and replace the sugary, fatty foods with more nutritious choices with the intent to significantly drop the number of calories the children take in at school.

**Nutritional Necessities**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>9-13 Years Old (Recommended Amount)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>40 g</td>
</tr>
<tr>
<td>Vitamin A (mcg RAE)</td>
<td>600</td>
</tr>
<tr>
<td>Total Fat (g)</td>
<td>63.6-89</td>
</tr>
<tr>
<td>Calories</td>
<td>1241 (girls) 2135 (boys)</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>130</td>
</tr>
</tbody>
</table>

Vitamin A is known to prevent “night blindness,” and carrots are loaded with Vitamin A. So, why not load-up today!

When a source of Vitamin C (tomato) is eaten with meat or cooked dry beans, the body makes better use of the iron in the protein food.

**Promotional Material**

- Information Session
- Commercial

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Great Problem Seminar: Feed the World