What’s On Your Plate?
Malnutrition and unhealthy eating habits among WPI undergraduates
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Problem:
Some undergraduates suffer from malnutrition due to underutilized educational resources at WPI.

Solution:
Workshop for students on how to budget, cook and eat healthily. The workshop is tailored to students at WPI and their specific needs.

Workshop:
In these sessions, we gave students:
• Information on meal prepping
• A kitchen equipment list for a college apartment
• A grocery shopping list for a week’s worth of food

Conclusion:
The workshop was successful in making WPI students more aware of healthy eating habits and meal prepping. The two Kahoots displayed an improvement in understanding of the material taught.

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References: