

Nutrition for Personal Health + Wellness

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Introduction

This pilot program was a 5-week nutritional course that focused on educating Upland Unified School District parents.

The program was designed with three main components: behavioral change towards healthy eating habits, improve nutritional literacy, and demonstrate healthy food options.

1

BEHAVIORAL

Provide applicable knowledge to make changes in behavior

2

NUTRITIONAL

Provide nutritional knowledge in an easy to understand way

3

FOOD DEMO

Provide easy and nutritious food demonstration.



Mindfulness

Being able to detect behavioral cues is the first step towards change.



Knowledge is power

With the right knowledge, people can make the right choices.



Healthier alternatives

Claremont
GRADUATE UNIVERSITY

PBH
PERSONAL BEHAVIORAL HEALTH