

My EATWISE Experience

Posted At : July 1, 2009 12:25 PM | Posted By : Food Bank Staff
Related Categories: Children & Youth, Education, Nutrition & Food

by Sylvia Wu

My time at EATWISE (Educated and Aware Teens Who Inspire Smart Eating) over the summer of 2008 was an experience I will never forget. I learned valuable information regarding food and nutrition, such as micro- and macronutrients, diet-related diseases and hunger and poverty. We used what we learned to conduct nutrition-education workshops for elementary school students, and volunteered at places like the Food Bank's Community Kitchen and Senior Food Program.

In addition to teaching about good nutrition and helping provide food to other New Yorkers, we had meals of our own every Wednesday, when we learned how to make healthy, nutritious food and snacks like maple almond granola.

EATWISE made me realize my passion for food and nutrition. I made many friends who helped make this my most memorable and unforgettable experience. Through all that we have learned and accomplished in this program, I know that I want to be a dietitian. I want to spread my love of food and nutrition, and the knowledge I have gained, to others who want to eat healthier, or who struggle with their weight. I want to impact others the way EATWISE has impacted me.