

## What's On Your Plate?

Malnutrition and unhealthy eating habits among WPI undergraduates

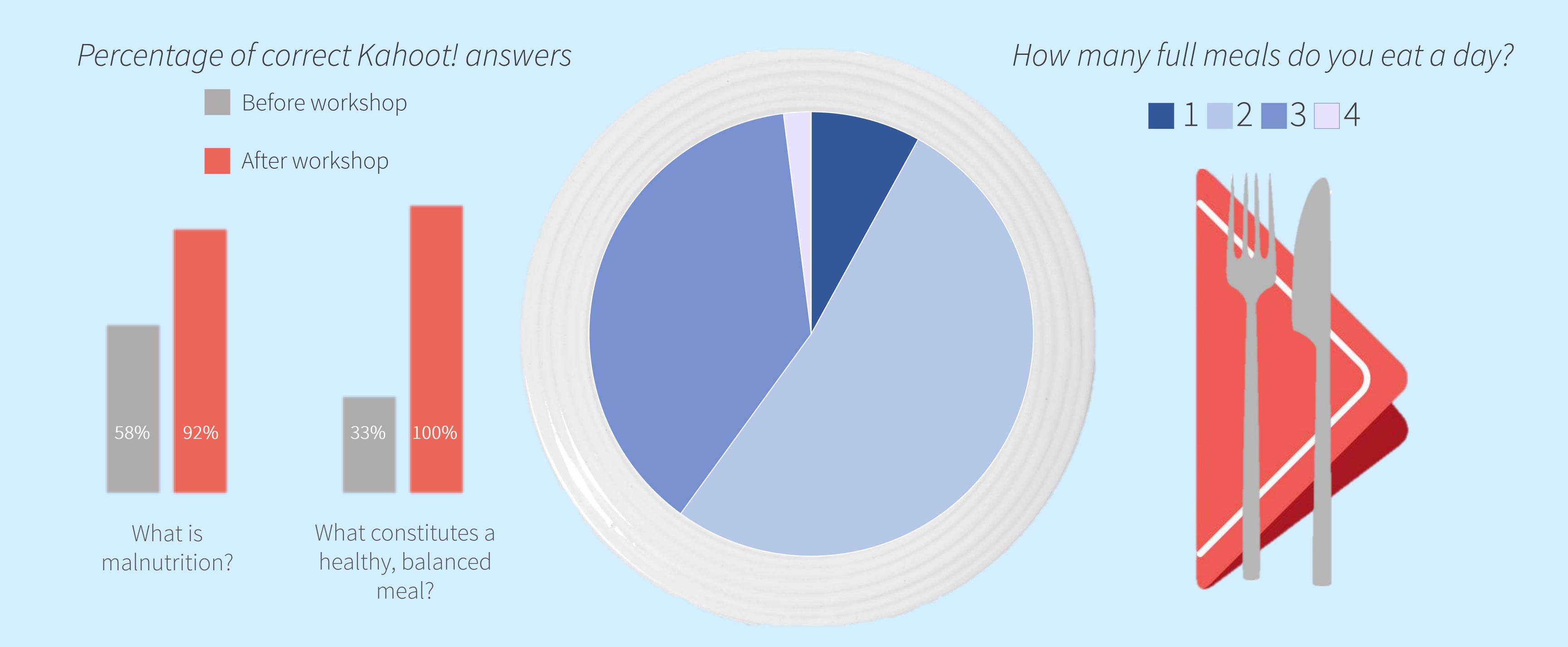
Gabriella Cervone (ME), Paloma González Gálvez (MA), Marshall Watts (CE) Prof. Michael Johnson (MA), Prof. Robert Traver (UGS) Lauren Handel (ECE)

### 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



taught

## 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

# Aknowledgements:

Conclusion:

students more aware of healthy eating habits and

The workshop was successful in making WPI

meal prepping. The two Kahoots displayed an

improvement in understanding of the material

Special thanks to Lauren Handel and Shavaun Cloran for working with us



#### References:

Hilger, J., Loerbroks, A., & Diehl, K. (2017). Eating behaviour of university students in Germany: Dietary intake, barriers to healthy eating and changes in eating behaviour since the time of matriculation. Appetite. Vol. 109, pgs. 100-107, doi: 10.1016/j.appet.2016.11.016.

Wilson, C., Mathews, J., Seabrook, J., & Dworatzek, P. (2017). Self-reported food skills of university students. Appetite. Vol. 108, pgs. 270-276, ISSN: 1095-8304.

Yahia et al. (2016) Level of nutrition knowledge and its association with fat consumption among college students. BMC Public Health. 16:1047 DOI 10.1186/s12889-016-3728-z