

Nutrition Van go

A Mobile Resource
Preview Center

for

Educators
and
Other Professionals



- What is "Nutrition Van-go?"

- It is a 25-foot customized van that travels throughout Pennsylvania and adjacent states to conduct nutrition workshops and share new nutrition resources (audiovisuals, software, curricula, print materials, displays, activities) with a variety of individuals such as: coaches, physicians, school teachers, community nutritionists, extension home economists, dietitians, nutrition aides, food service directors, day care providers, nurses and senior center staff.

- What are the various formats of a Nutrition Van-go workshop?

- Groups of 4-7 educators are scheduled for 60- to 90- minute rotating workshops inside the van.

- A workshop with 15-25 educators is conducted in an available meeting room for one to two hours. Van is open at the conclusion for quick walk-through tours.

- What types of nutrition workshops are offered?

- Preschool Nutrition - sugar, artificial sweeteners and behavior; food jags and feeding problems; activity based teaching strategies; recipes.

- Child Nutrition - sugar, artificial sweeteners and behavior; fat and fast foods; caloric expenditure; nutrition consumerism; children and sports.

- Adolescent Nutrition - self-image and food; weight control; eating disorders; nutritional implications of alcohol, tobacco, and drug use; pregnancy; nutrition and athletics.

- Sports Nutrition - Pre-game meals and snacks; sports drinks; ergogenic aids; precautions with child athletes; fluid balance; body composition; supplementation.

- Elderly Nutrition - highlights on fiber, sodium, and calcium; food and drug interactions; nutrition and exercise; recipes.

- Other workshops can be developed upon request.

- Who sponsors the van?

- The Nutrition Center within Penn State's College of Health and Human Development sponsors van trips. For further information, please contact:

Nutrition Van-go Coordinator, Penn State Nutrition Center,
Benedict House, Penn State University, University Park, PA 16802,
814-865-6323