

Students,

The Southwest Medical Clinic (SWMC) in Niles has asked us to help them with updating some handouts/brochures that they could give from the pediatrics office. This is an opportunity for you to get hours towards your portfolio over the summer. Here is a list of topics that they are looking for:

Healthy snacks list

Healthy replacement foods (instead of french fries ... get / instead of soda drink...)

High Fiber diet (for constipation)

High Iron diet (for anemia)

Normal toddler diet

- serving of food groups

- serving sizes

- food suggestions

Increasing calories (for both toddlers and older kids - include vegan options)

Low fat / cholesterol diet

Omega Fatty Acids to increase healthy fats in the diet

Diet to help after vomiting / diarrhea

Low sodium diet

Balanced diet (general for kids)

- serving of food groups

- serving sizes

- typical meals

Restaurant Good Choices

- Best Restaurants (fast food)

- Best choices

Fast Healthy meals at home (avoiding fast food)

Helping the obese child- diet and exercise

(maybe the Physical Education department could help)

If you are interested in creating some of these handouts please contact Mrs. Krivak (krivak@andrews.edu) or Ms. Baker (erica@andrews.edu) with the topics you are interested in.

Guidelines:

***Please keep the handout short and simple (1 page).**

***Remember that the average reading level is 4-6th grade, so use simple terms.**

***Please use the knowledge that you have learned thus far in your classes to create these handouts. Try to limit your sources that come from the web!**

***Please make the handouts creative and eye catching, and not just words on a page. Also, remember that they should look neat & professional!**

***You will receive 3 hours of experience toward the community requirement for each handout that you create. You may do up to 5 handouts for a total of 15 hours (max).**

***Handouts need to be sent to Mrs. Krivak or Ms. Baker to be reviewed and may be returned for corrections.**