

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.