

UIC College Prep Capstone Project: Nutrition
October 12th, 2011 2:15pm-4pm
Room 601/ AHSB, 1919 W. Taylor

Today's Topic: Sodium, Hypertension, and Health

Agenda/Plan:

2:15pm-2:30pm: We will meet in room 601 and discuss the plan for the day. Jamie Shifley will then discuss some specifics about sodium and health.

2:15-2:20pm: Break into groups.

- **Group 1:** Remain in room 601
- **Group 2:** Move into the computer lab

2:20-3:00pm

- **Group 1:** Take a quiz, then you will learn how to read a food label, then you will discuss ways you can lower sodium in your diet
- **Group 2:** Enter in 24-hour recall data, discuss your diet with the assistant

3:00-3:05pm: Flip-Flop Rooms

3:05-3:45pm

- **Group 1:** Enter in 24-hour recall data, discuss your diet with the assistant
- **Group 2:** Take a quiz, then you will learn how to read a food label, then you will discuss ways you can lower sodium in your diet

3:45pm-4pm: Reconvene in room 601. We will go over what we learned that day, as well as hold a Q & A session