

# What's On Your Plate?

Malnutrition and unhealthy eating habits among WPI undergraduates

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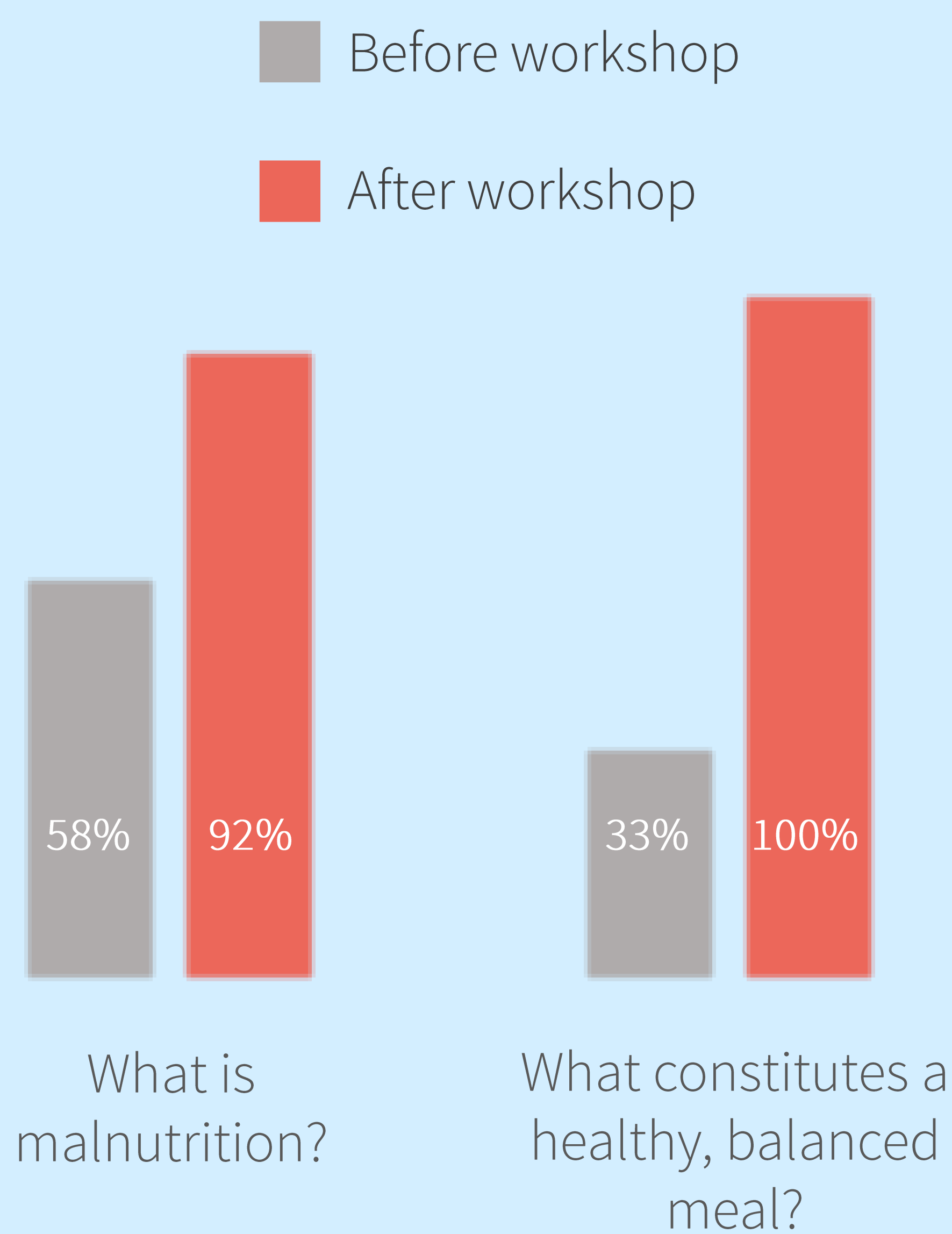
## Problem:

Some undergraduates suffer from malnutrition due to underutilized educational resources at WPI

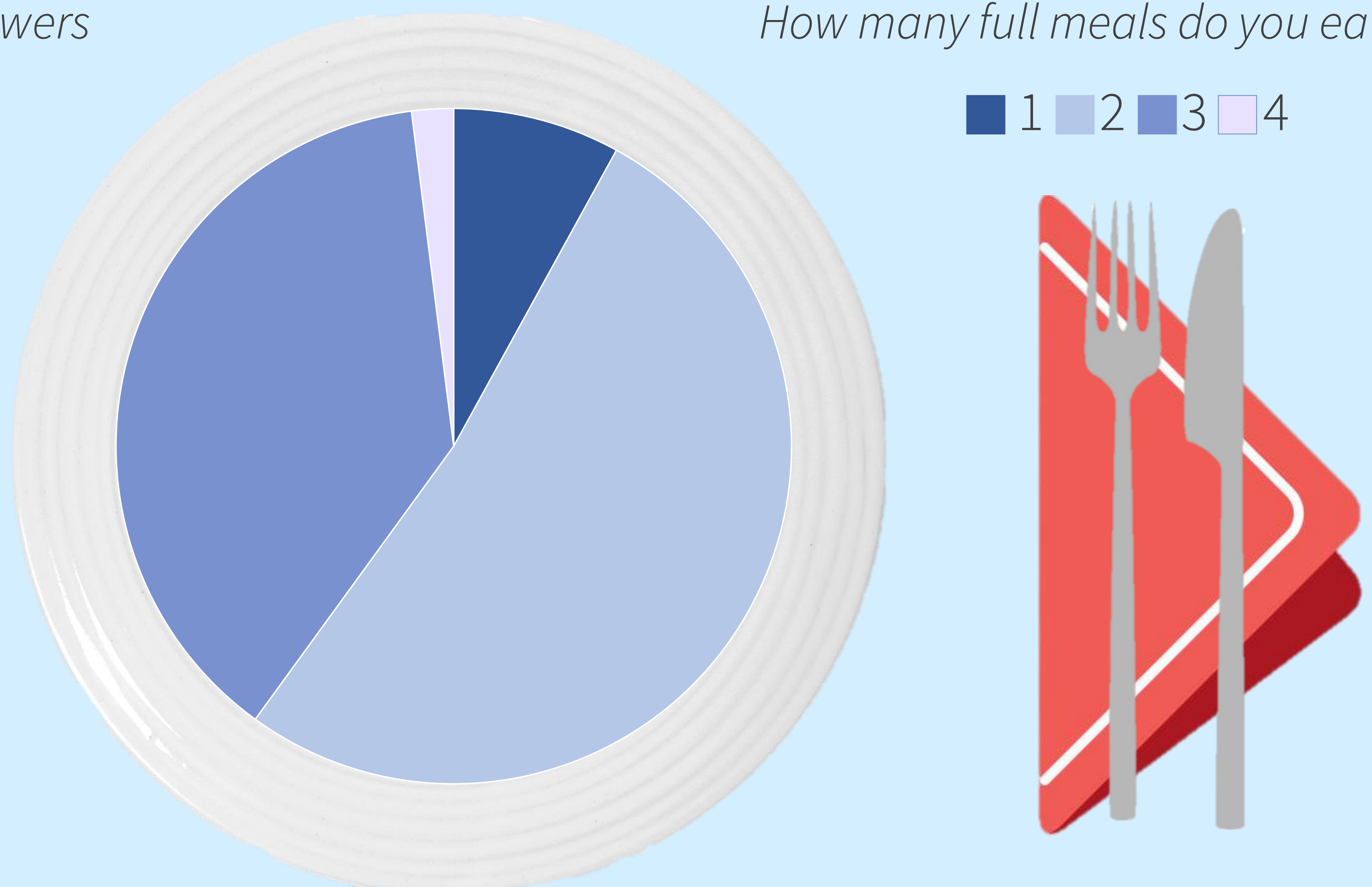
## Solution:

Workshop for students on how to budget, cook and eat healthily. The workshop is tailored to students at WPI and their specific needs

Percentage of correct Kahoot! answers



How many full meals do you eat a day?



## 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

## Conclusion:

The workshop was successful in making WPI students more aware of healthy eating habits and meal prepping. The two Kahoots displayed an improvement in understanding of the material taught

## Aknowledgements:

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## References:

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