

2023BultemeierAmanda-abstract

## Abstract

As of March 2023, there are very few materials regarding nutrition education designed for middle-school-aged students that are available online for free. A literature review was conducted to understand the relationship between nutrition and children as well as review any past nutrition interventions. Social media, food insecurity, and the emergence of the COVID-19 pandemic has vastly affected how the quality, type, and amount of foods children consume. Thus, it was imperative that a free nutrition curriculum curated for this population needed to be designed. The curriculum focuses on explaining the types, functions, and sources of the six different classes of nutrients through presentations, videos, cooking activities, and review games. All lesson plans and materials can be accessed by anyone via Google Docs in efforts to reach any adults who are interested in teaching these lessons.

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