

# MARIAN UNIVERSITY

Indianapolis®



## RUTH LILLY HEALTH EDUCATION CENTER

in partnership with Peyton Manning Children's Hospital

### *Program Feature*

## Food For Thought

*"This was great! Thank you so much for coming and helping out our 4th grades!"*



*"Excellent Program. Good variety in instruction, kid friendly presentation!"*

The Ruth Lilly Health Education Center at Marian University rolled out a new version of the Food For Thought program for 4th grade students last fall, and has been met with overwhelming approval by both classroom teachers and students.

We've introduced Virtual Reality technology to the program, where students have the opportunity to create meals low in fat, then view their creations through the VR headsets to check their comprehension of what a meal low in fat looks like.

The class format utilizes activity stations students rotate through, then come together for several

opportunities for participation to further discuss healthy food choices.

One teacher commented: *"Things have gotten better over the years! I love how the kids are more engaged and every activity was relevant and interactive."* Julie Beaty, IPS 34

We hear students comment "WOW" repeatedly, and feel fortunate to be able to provide this opportunity. Our goal is to engage all students during the program, consequently elevate their learning potential. To date, we have seen 1302 students and 75 adults for the Food For Thought program in Marian and Morgan counties.