Objectives

Identify the 10 parts of the digestive system and understand their role in the digestive process.

Understand the role of dietary fiber and food safety and its beneficial effects on our health and well-being.

Understand the science behind baking bread and the difference between whole wheat, white and gluten free grain products.

Plan, Purchase and Prepare meals and snacks according to USDA MyPlate recommendations! Learn the importance of choosing from all 5 food groups!

Become a Food Network Star by creating your own personal Cooking Episode that includes not only delicious food, but the nutritional benefit behind it!

Food Discovery

MONDAY—FRIDAY
9:00 AM—3:30 PM

Grades 6th—8th
Ages 12—14
June 6 –10 / August 3– 7

Cost: $285

For More Information
Or to Register
Contact:
Margaret Udahogora, PhD., RD.
mudahogo@umd.edu
OR
Lauren Pavone
My Body
WHERE DOES ALL THE FOOD GO?

- Is it true that **"WE ARE WHAT WE EAT?"**
- Learn how to fuel your mind, body and imagine by understanding the benefits of healthy food for our body systems.
- Campers will understand how we digest food to give us the energy we need throughout the day!

What Is Healthy For Me?

- **PURCHASING**
  Campers will be able to determine what foods are healthy for us and where to purchase foods that are sustainably grown and cost efficient.

- **STORAGE**
  Campers will understand how to properly store and hold all types of foods in order to maintain the freshness and quality of the food.

- **PREPARATION**
  Campers will gain hands-on culinary practice on how to prepare meals and snacks based on USDA MyPlate recommendations.

STIMULATE YOUR APPETITE TO A HEALTHY YOU

- The Dietetics Program at the University of Maryland will help campers appreciate how delicious it is to eat healthy.
- By engaging in hands-on activities, campers will understand how to identify healthful foods and incorporate them into nutritious snacks and meals.
- Campers will simulate grocery shopping online, and visit a local farmers market to learn about sustainable agriculture and food availability.
- Every day, campers will apply what they learn into their culinary creations, preparing them for their final performance, "Food Network Cooking Demonstration!"