

How to encourage students to eat healthier by adding more color to their plates.



100% free video presentations, lesson plans, quizzes and additional resources on nutrition from the award-winning

Educated Choices Program



WHY FOOD EDUCATION MATTERS

Micronutrients are an important part of a balanced diet and are vital to healthy development, disease prevention, and the well-being of our youth. Though only a small amount of micronutrients are needed, not consuming the recommended levels can have devastating consequences including undernutrition which is associated with 45% of child deaths globally according to the World Health Organization. While the more serious outcomes of micronutrient deficiencies are less common in more developed nations, a lack of proper nutrition can still have significant health impacts including reduced energy levels, mental clarity, productivity, and overall capacity.

With these facts in mind, it is critically important to the future of humankind that young people are aware of the power they have to shape their health through their food choices.

Nearly 50% of our viewers make positive changes to their diet after viewing our presentations.

At Educated Choices Program, we have developed academic presentations to educate students (ages 12-18) on the direct link between what they eat and their overall health. Our professionally-narrated “**Micronutrient Rainbow**” video presentation is 11.5 minutes long and examines the importance of micronutrients and how adding colors to your diet can help create a healthier, balanced diet.

Our videos rely on information from mainstream, reputable sources, including the World Health Organization, Centers for Disease Control and Prevention, Harvard School of Public Health, and many others. We’ve educated millions of individuals worldwide, empowering them to make food choices that build a healthier, more sustainable future for **everyone**.



*For the greatest impact, present these materials in a school-wide assembly.

ages
12+

evidence
based



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narrated

11.5
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HOW TO SHARE THIS INFORMATION WITH YOUR STUDENTS

1 **Book "Micronutrient Rainbow" Now**

Visit www.ecprogram.org/shorts and click "Book Now" to book our "**Micronutrient Rainbow**" short. All of our presentations and resources are 100% free and available online 24/7. After booking, you will receive additional, exclusive information to further increase the impact on your students and our collective future.

2 **Encourage Further Learning**

Micronutrient Rainbow is one of our short presentations that dives into just one of the many topics covered in our most popular presentations, "Healthful Eating." This video presentation is 36 minutes long and examines the role the Western Diet plays in the development of some of the most common chronic diseases, including cardiovascular disease, certain cancers, and Type 2 diabetes. Students will also examine how our food system contributes to modern public health concerns, including foodborne illnesses and pollution. This presentation is free and comes with lesson plans, discussion prompts, a post-video quiz, and more. Book it and other educational presentations at www.ecprogram.org.

3 **Provide Additional Resources**

Take advantage of our Next-Steps Toolkit, a complete library of educational materials for a deeper dive into our food choices' impact on our health. Use this Next-Steps Toolkit as a resource for future lesson plans, assignments, or a personal resource for your students as they begin their journey towards a healthier life.

BOOK NOW

AT WWW.ECPROGRAM.ORG