

Need for Nutrition Ubiquitous in Universities

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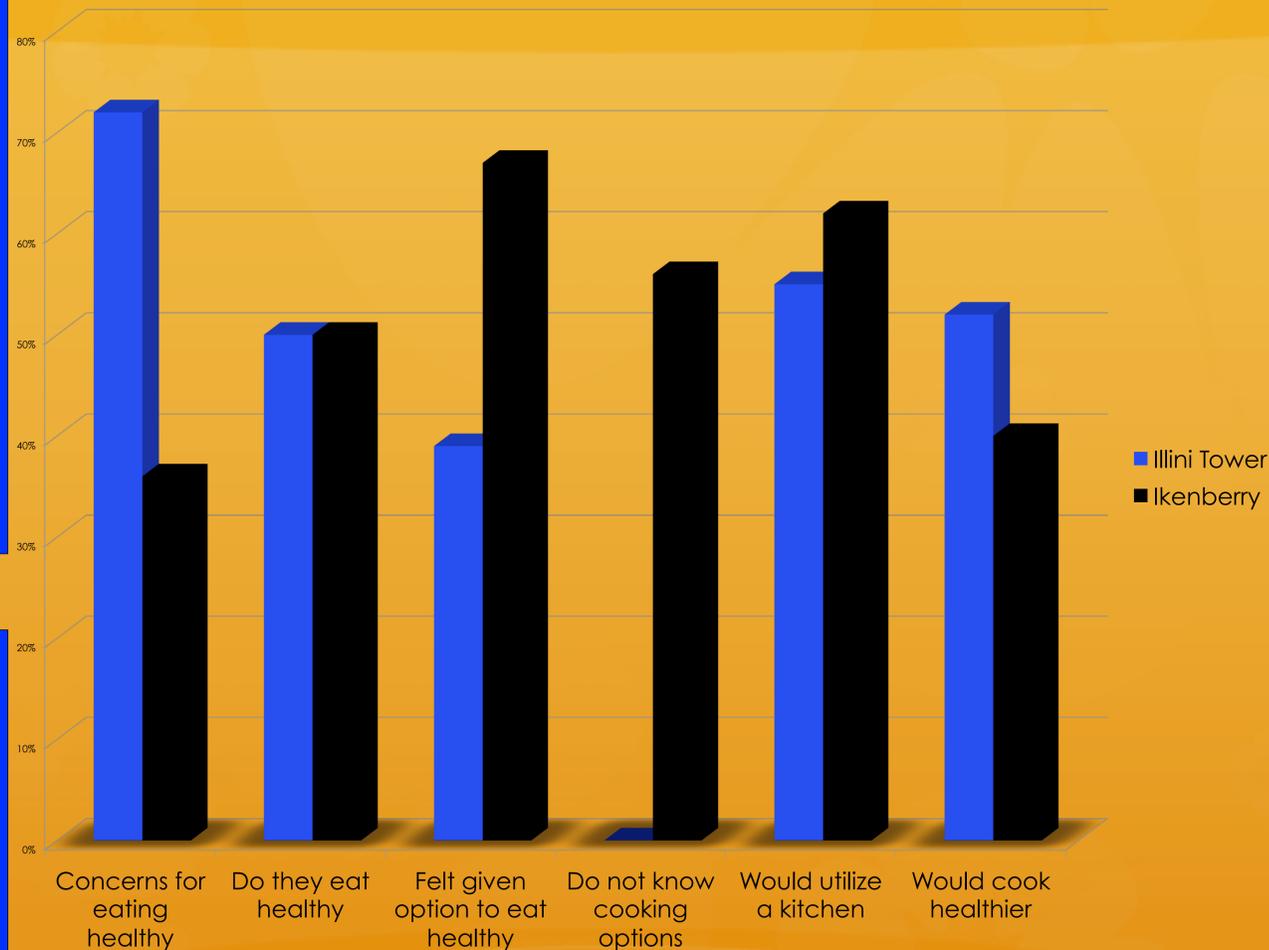
Intro

After taking one loop through a dining hall, it is easy to see why the phrase “the freshman fifteen” exists. Surrounded with options like pizza, pasta, desserts, the opportunity to go back for more, and the dining hall’s convenience, it’s sometimes hard to make the healthier choice. While eating this food for about two months, members in our group have found a major difference in eating at a dining hall as opposed to having a home cooked meal. The difference seems to be that a home cooked meal is much more healthy. The purpose of our research is to see how the university encourages students to cook their own meals and if these meals would be healthier than the options provided at the dining halls.

Methods

In order to answer this question we conducted surveys during the third week of October with seventy-two students. The surveys were answered by fifty students living in Ikenberry, and twenty-two students who live in private housing dorms that provide kitchens, mainly Illini Towers. We also interviewed a nutritionist from the university on October 26 about how she is working with the dining hall to provide more healthy options for students. Figuring the best way to see if cooking while living in the dorms was even an option, we decided to actually try cooking a meal using the kitchen in Nugent.

Rhetoric 105 (Section X6)



Interview Questions:

1. Do you know your cooking options?
2. Do you feel like you eat healthy? If not, do you feel you’re given the option to?
3. Describe the difference in your eating habits at home and at your dining hall.
4. Would you utilize a kitchen if you had the option?
5. What type of meals would you prepare?
6. Would you go out of your way to cook healthier meals? Why or why not?
7. Do you have an eye for sustainability in your daily habits?
8. Are you concerned with healthy eating habits?

Interview with Robin Allen

- Work With the Dining Hall
 - Provide healthy alternatives
 - Controlling portion size
 - Nutritional Value
 - Not fried
 - Fruits and vegetables
 - High fiber
 - Low sodium
- University Efforts to Educate
 - Displaying nutritional information
 - Meet the chef demonstrations
 - Special events
 - Paint the dining hall orange
 - Meet the dietitian
 - Instructional Kitchen (Limited)
 - Eat smart website

UNIVERSITY HOUSING



ILLINOIS

