

Capstone Project Proposal
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I. Mission Statement

The capstone project that I am planning involves a nutrition and health curriculum for 1st through 6th graders in the local community. The health agendas in the local school systems have not been fully developed, and they lack the health and nutrition experts to effectively teach children of this age during after school programs. I intend to develop a health and nutrition curriculum based on previous experience and to implement at approximately 5 schools.

II. How you decided on the Project

I have been involved in community service for several years and was originally searching for a community that was primarily Arabic speaking. Pheasant Ridge has a large Sudanese population that I have worked with on Mobile Clinic. I contacted the afterschool program coordinator and discussed possibilities of involvement. Taking into consideration my field and education, we came to the conclusion that I would best serve their community working on a health and nutrition program. A “pilot” program was conducted at this after school program for Pheasant Ridge Community schools which had positive outcomes. During the school year of '08-'09, I visited the after school program once a week for two hours and spent time with the kids including 30 minutes to discuss a health topic. Pre and post assessments were performed showing promising results of improvement. I want to use the resources and knowledge available to me and disseminate to younger children that are eager to learn. This same system may be employed in local schools with a similar curriculum but with changes to the assessment. I have worked with the after school program director in Pheasant Ridge and he believes that this would be an excellent idea to expand to other schools. I have been in close contact with him and his colleagues to work on this project.

III. Resources needed

The lesson will be approximately 30 minutes once a week at the various schools. An assessment will be developed for pre and post curriculum. The curriculum topics are derived from anatomy, physiology, nutrition, and health consequences. These include various organs and function, the food pyramid, smoking and alcohol, safety, balance, among others. Lessons entail constant feedback from pupils via questioning and interaction as well as some interactive activity. These lessons are reinforced throughout the week via the teacher as well as during the weekly lessons. Resources that will be valuable for the children include a large food pyramid, food for presentations, coloring workbooks, healthy snacks, hand sanitizer for each child, and organ models. Funding for necessary items will be determined as lessons are finalized. We will utilize resources from Mobile Clinic and the Medical Student Ambassador Program, however a number of

education resources will be purchased to provide the best techniques and topics applicable to age groups.

IV. Timeline

The goal of the project is to maintain sustainability from year to year in the same schools. It will work semester to semester where a pre and post assessment survey is given to help monitor improvements within the children and provide feedback for the program itself. The program has begun for this semester and will continue with the collaboration of Community Health Outreach (CHO) elective students, teaching distinction students, and members of the student body willing to help.

V. Outcomes – Measurable Goals

Pre and post assessments will be analyzed and compared with each other. I would like to see an improvement in the post assessment exams by approximately 50%. The identical exam will be given pre and post curriculum.

VI. Assessment/evaluation methods

The assessments were designed by myself and reviewed by an afterschool youth consultant. Two different assessments were made: One assessment for grades 1 – 3 and another assessment made for grades 4 – 6. The assessment for grades 1 – 3 is similar to the assessment for grades 4 – 6 but uses pictures where necessary. We will provide the teachers with the lesson plans and activities used so they can help us reinforce them throughout the week.