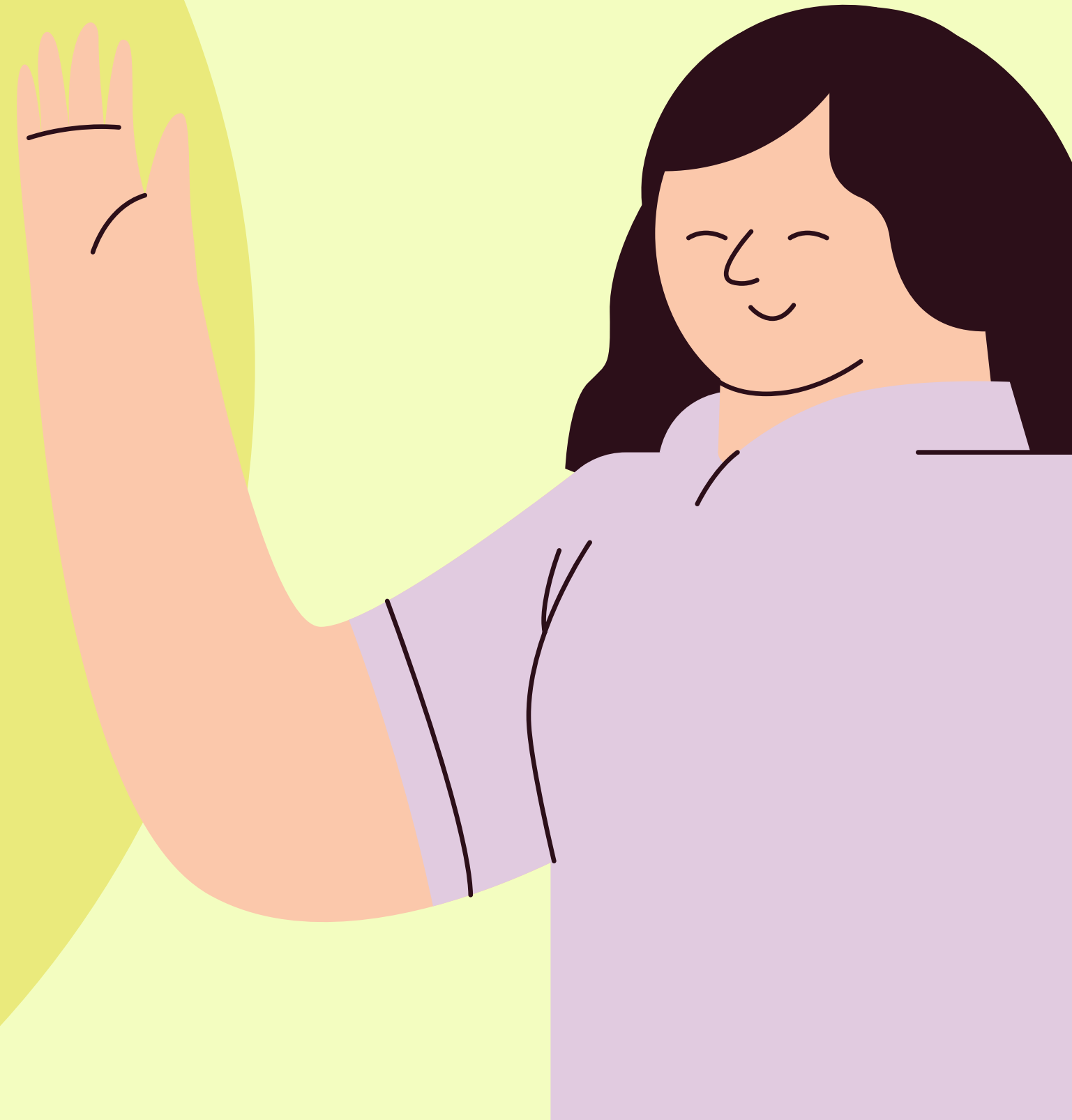


EXPO

Food and Health in Chinese
CHNS 4800



Service Learning in Boston Medical Center

Project Show--Project 1

DIABETES PLATE

The Diabetes Plate helps us get a variety of foods to stay healthy. The suggestions below do not include everything in that food group. Ask your dietitian where your favorite foods fit if you don't see them below.

Nonstarchy Vegetables
½ cup cooked or 1 cup raw

- Asparagus
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Chayote
- Cucumber
- Eggplant
- Green beans
- Greens/salad (arugula, collard greens, kale, romaine, lettuce spinach, swiss chard),
- Mushrooms
- Onions
- Pepper
- Summer squash
- Tomatoes (tomato sauce & salsas),
- Zucchini

1 Nonstarchy Vegetables

2 Protein Foods

3 Carbohydrate Foods

4 Water or 0-Calorie Drink

Carbohydrate Foods
Each example is 15 g of carbs

Grains

- 1 slice of bread
- 1 6-inch tortilla
- ½ English muffin
- ½ mini or ¼ regular bagel
- ¾ cup unsweetened cereal
- ½ cup oatmeal (cooked)
- 4-6 crackers
- ½ cup cooked pasta
- ½ cup cooked rice
- 10 tortilla chips
- ½ arepa
- ½ pupusa
- ½ teff injera

Starchy Vegetables

- ½ cup cooked sweet potato
- 1 cup cooked pumpkin
- ½ cup corn, peas, and beans
- ½ small potato or ½ cup mashed
- ½ small plantain or ¼ cup cooked

Fruit

- 1 small fruit
- 1 cup fresh cut fruit
- ½ cup canned fruit
- ¼ cup dried fruit
- ½ cup juice
- 17 grapes

Dairy

- 1 cup or 8 fl oz dairy and oat milk*
- 1 cup plain yogurt *almond and soy milk have 2-3 grams of carbohydrate per serving.

Protein Foods

Plant based:	Animal based:	Fish:
• Lentils	• Chicken	• Tuna
• Beans	• Turkey	• Salmon
• Tofu	• Pork	• Halibut
• Nuts and seed	• Lamb	• Cod
	• Ground meat	• Shrimp
	• Eggs	• Scallops

What about fat?
Fat is not listed on the plate because most of the time fat is found in many different food groups. Foods high in fat include

- Oils: 1 tablespoon olive oil, peanut, avocado, canola oil for high temperature cooking
- Olives: 20 whole olives Avocado: ½ whole avocado
- Nuts: (walnuts, almonds, peanuts, cashews) ¼ cup unshelled whole, 2 tablespoons nut butter

When a student is tasked with translating the diabetes plate process, the need to explain the concept to someone who is not familiar with it and translate the instructions into a different language.

To translate the diabetes plate process, the student begin by explaining that the method involves dividing a plate into three sections: one half for vegetables, one quarter for protein, and one quarter for starches or grains. They provide examples of foods that fit into each category, such as broccoli and carrots for vegetables, chicken or fish for protein, and rice or pasta for starches.



MANAGING YOUR BLOOD SUGAR

People with diabetes can manage their blood sugar levels to keep it from going too high or too low. Hyper means high. **Hyperglycemia** means high blood sugar. **Hypoglycemia** means low blood sugar. Having both hyperglycemia and hypoglycemia can make you feel sick and can cause longer term complications. The best way to manage your blood sugar is to make sure to **1) be prepared 2) know the signs** and **3) act immediately!**

	Hyperglycemia (High blood sugar) Finger stick reading >140 mg/dL	Hypoglycemia (Low blood sugar) Finger stick reading <70 mg/dL
Why does it happen?	High blood sugar can be caused by eating large portions of foods high in sugar (glucose), not exercising enough, medications not working well or missed,	Low blood sugar can be caused by not eating enough, exercising too much, taking the wrong amount of medication, or taking medication at the wrong time.
1. Be prepared	<ul style="list-style-type: none"> • Portion foods high in carbohydrates • Move your body regularly • Pair carbohydrate foods with fat and protein foods • Take medications as directed • Find support for reducing stress 	<ul style="list-style-type: none"> • Eat balanced meals and snacks spread out throughout the day • Avoid skipping meals • Take your medication as prescribed • Have snacks that are high in sugar readily available (see below)
2. Know the signs	<ul style="list-style-type: none"> • Extreme thirst • Dry mouth • Weakness • Headache • Frequent urination • Blurry vision • Nausea • Confusion • Shortness of breath 	<ul style="list-style-type: none"> • Hunger • Tired • Trouble concentrating • Fatigue • Sweating • Confusion • Fast heartbeat • Shaking • Headache
3. Act immediately	<p>When you check your sugar, if it is <u>more than 130 when fasting or more than 180 two hours after eating:</u></p> <ul style="list-style-type: none"> • Drink water or sugar-free fluids • Move your body • Take your medication as prescribed • Work to stay calm • Think about what may have made your sugar increase to that high level <p>If blood sugar is >240 mg/dl for more than 2 days, call your doctor.</p>	<p>Check your blood sugar to see if it is ≤ 70 mg/dl. If it is low, eat 15 grams of carbohydrates:</p> <ul style="list-style-type: none"> • 4 glucose tablets • 2-4 pieces of hard candy • 4-6 oz of juice or regular soda • 1-2 tablespoons of honey <p>Wait 10-15 minutes and then check your blood sugar again. If it is still low, repeat the steps above. If you have low sugar more than 2 days in a row or it doesn't come up after following those steps, call your doctor immediately.</p>

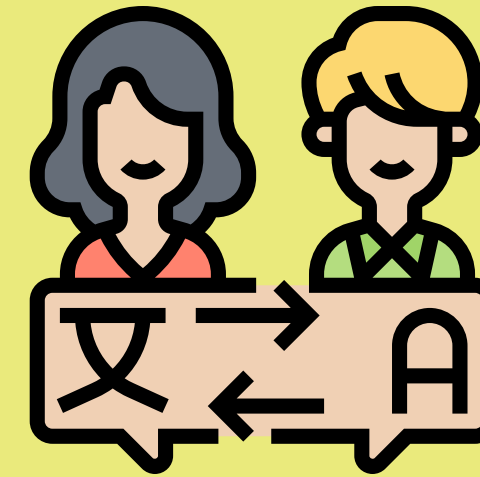
November 2022



Translating instructions into Chinese can be particularly helpful for individuals who may have difficulty understanding instructions in English or who may not have access to English-language resources. By translating the instructions, the student can help to ensure that more people have access to information and tools that can help them manage their diabetes effectively.

In addition, by learning how to manage sugar for diabetes, the student has gained valuable knowledge and skills that can help them to make healthier choices for themselves and for others. Diabetes management typically involves monitoring blood sugar levels, making dietary changes, exercising regularly, and taking medication as needed. By translating instructions into Chinese, the student can help individuals with diabetes to better understand these concepts and put them into practice.

Project Show--Project 2



名字	译文编号	原文链接
Ceara & Wenting	3	https://mp.weixin.qq.com/s/ufqG4xP7UmXF9pc-B3p2w
Ceara & Wenting	31	https://mp.weixin.qq.com/s?_biz=MzAxMjMyMTMyNg==&mid=2650094201&idx=1&sn=ff65ccc78b2b36bfe23eb9d29f28a12&chksm=83b20d38b45842e2763524af77ce2e21b6c24199c0b29e5ffe3b84b78a5e82e069b5e8796b&token=1410212315&lang=zh_CN#rd
Ceara & Wenting	6	https://mp.weixin.qq.com/s/o7Zn8xVa5mXzVTxX3GWow
Ceara & Wenting	28	https://mp.weixin.qq.com/s/ahDo7fkySA12B-to9dR4zQ
Jonathan & Tian Xia	4	https://mp.weixin.qq.com/s/iH1wfoM_i5awWj-fZvIZGA
Jonathan & Tian Xia	13	https://mp.weixin.qq.com/s/SYxkFtEX4qHT6uHo6T0N9Q
Jonathan & Tian Xia	20	https://mp.weixin.qq.com/s?_biz=MzAxMjMyMTMyNg==&mid=2650089575&idx=2&sn=a15b0f0ecf0a225d5abaf7f2de23a31&chksm=83b21f26b4c596308668712086ac21be44724c9e51d2a23546778a49678c3effa85101446cb&token=631918185&lang=zh_CN#rd
Jonathan & Tian Xia	34	https://mp.weixin.qq.com/s/LU3Ac7wtK0Lv16KbiqGMUw
Christopher & Jia Yun	5	https://mp.weixin.qq.com/s/v6p7dRx0Z8FXkzAEgT6eg
Christopher & Jia Yun	14	https://mp.weixin.qq.com/s?_biz=MzAxMjMyMTMyNg==&mid=2650089171&idx=1&sn=8d2f431f1221b64d6dfcd9311142fdbc&chksm=83b21192b4c5988484aca938e6c881bd0ebc8eb73798ee1d978c206e10cbe4baf6f7be7162ed&token=631918185&lang=zh_CN#rd
Christopher & Jia Yun	22	https://mp.weixin.qq.com/s?_biz=MzAxMjMyMTMyNg==&mid=2650089797&idx=1&sn=2a389da5adef0c98e42f11f698e3f86b&chksm=83b21e04b4c59712bb9fb1752b4f2893b96743460a40dea488e4b9fb09be16a17833a8953db3&token=631918185&lang=zh_CN#rd
Christopher & Jia Yun	34	https://mp.weixin.qq.com/s/DkIS9GhPzwsSQKoPVsaeJw
Micah & Tian Xia	1	https://mp.weixin.qq.com/s/HDwDwSJGPO-AKN8TKfvyzQ
Micah & Tian Xia	18	https://mp.weixin.qq.com/s?_biz=MzAxMjMyMTMyNg==&mid=2650089380&idx=1&sn=c0c2d97bc6d688c6b59767e113f403d7&chksm=83b210e5b4c599f34a6de8cc7aee7823b676f8ec51920c9c4f780f7e76e39d636a5bc7e14&token=631918185&lang=zh_CN#rd
Micah & Tian Xia	26	https://mp.weixin.qq.com/s/ukOnicSHnflUJ3nY7NIEhQ
Micah & Tian Xia	30	https://mp.weixin.qq.com/s?_biz=MzAxMjMyMTMyNg==&mid=2650094614&idx=1&sn=ec87cfbd14123cdab065e9f509b875bb&chksm=83b20b57b4c58241df03645650a489b100b6ead9bb5942f06a7f1f62f3f36502ec18ace05fcd&token=1410212315&lang=zh_CN#rd
Charlotte & Wenting	2	https://mp.weixin.qq.com/s/AbNjN10uQYo5xik43zBD3g
Charlotte & Wenting	16	https://mp.weixin.qq.com/s?_biz=MzAxMjMyMTMyNg==&mid=2650089171&idx=4&sn=688f7f8918c2e77756b0ce0182d9df10&chksm=83b21192b4c598841342cc29574fd80118626c36967ed019aa49fe12e0f9a9b3c0ad7aa8864a&token=631918185&lang=zh_CN#rd
Charlotte & Wenting	17	https://mp.weixin.qq.com/s?_biz=MzAxMjMyMTMyNg==&mid=2650089220&idx=2&sn=428120924a09f6b6e424c13008cc6f95&chksm=83b21045b4c5995311b744725a5d676d787b28c7f18e6dff4e3ced94df2c6be33cda588213f5&token=631918185&lang=zh_CN#rd
Charlotte & Wenting	33	https://mp.weixin.qq.com/s?_biz=MzAxMjMyMTMyNg==&mid=2650094938&idx=1&sn=aa11104ef111920dadac97c3c57120a&chksm=83b20a1bb4c5830db2536191d78611008b319e8601995421fd1bb8567f8d2ac0527778b5b2c&token=1410212315&lang=zh_CN#rd
Pressley & Jia Yun	7	https://mp.weixin.qq.com/s/uTHNVtQULk8tE7hVIDuFa
Pressley & Jia Yun	15	https://mp.weixin.qq.com/s?_biz=MzAxMjMyMTMyNg==&mid=2650089171&idx=2&sn=ba418a0292370a043afdc1579f229aa&chksm=83b21192b4c59884cb6d197863b406eac4cbca2c89f5b82da66d6128c49c5ef3c41ad1433876&token=631918185&lang=zh_CN#rd
Pressley & Jia Yun	21	https://mp.weixin.qq.com/s?_biz=MzAxMjMyMTMyNg==&mid=2650089691&idx=1&sn=f654fbd4129657c54d5d7a3eb2dc0b9f&chksm=83b21f9ab4c5968ca5a179839a5b18d1c08ef5515a5d4eb3909d2832bd5e1d14d6be2b3674a&token=631918185&lang=zh_CN#rd
Pressley & Jia Yun	27	https://mp.weixin.qq.com/s/IQDZU_0Pm38ieY558FYcw
Sophia & Wenting	8	https://mp.weixin.qq.com/s/IsDmkCrrJKP164UW5FFIaA
Sophia & Wenting	10	https://mp.weixin.qq.com/s/oKQwFe55Acg_rr_5L3sXrg
Sophia & Wenting	24	https://mp.weixin.qq.com/s?_biz=MzAxMjMyMTMyNg==&mid=2650090771&idx=1&sn=57c3edb1452a3d92c28dfd136248cdb&chksm=83b21a52b4c593449b2fa349fed4aa188e51ad3d2b2be5f81c3464349d74f9ef0d4e48d06f&token=631918185&lang=zh_CN#rd
Sophia & Wenting	29	https://mp.weixin.qq.com/s/f5RQJLuPNQZAI-D4D-THw

The students have undertaken the task of translating a large number of ingredients and identifying their specific functions.

This is likely a challenging task, as it involves not only translating the names of the ingredients but also understanding their nutritional and health properties.

By creating this database of translated ingredients, the students are helping to promote healthy eating habits and improve access to information on nutrition and health for Chinese-speaking populations. This database can be used by others in the community, such as chefs, nutritionists, and health professionals, to create healthy and delicious meals that promote overall health and well-being.

**Haley House
Service
Learning**

Photo Collections



- The service learning activity will begin at 7:00 am and end at 11:00 am.
- The elderly have already been waiting for the food distribution since before 7:00 am.

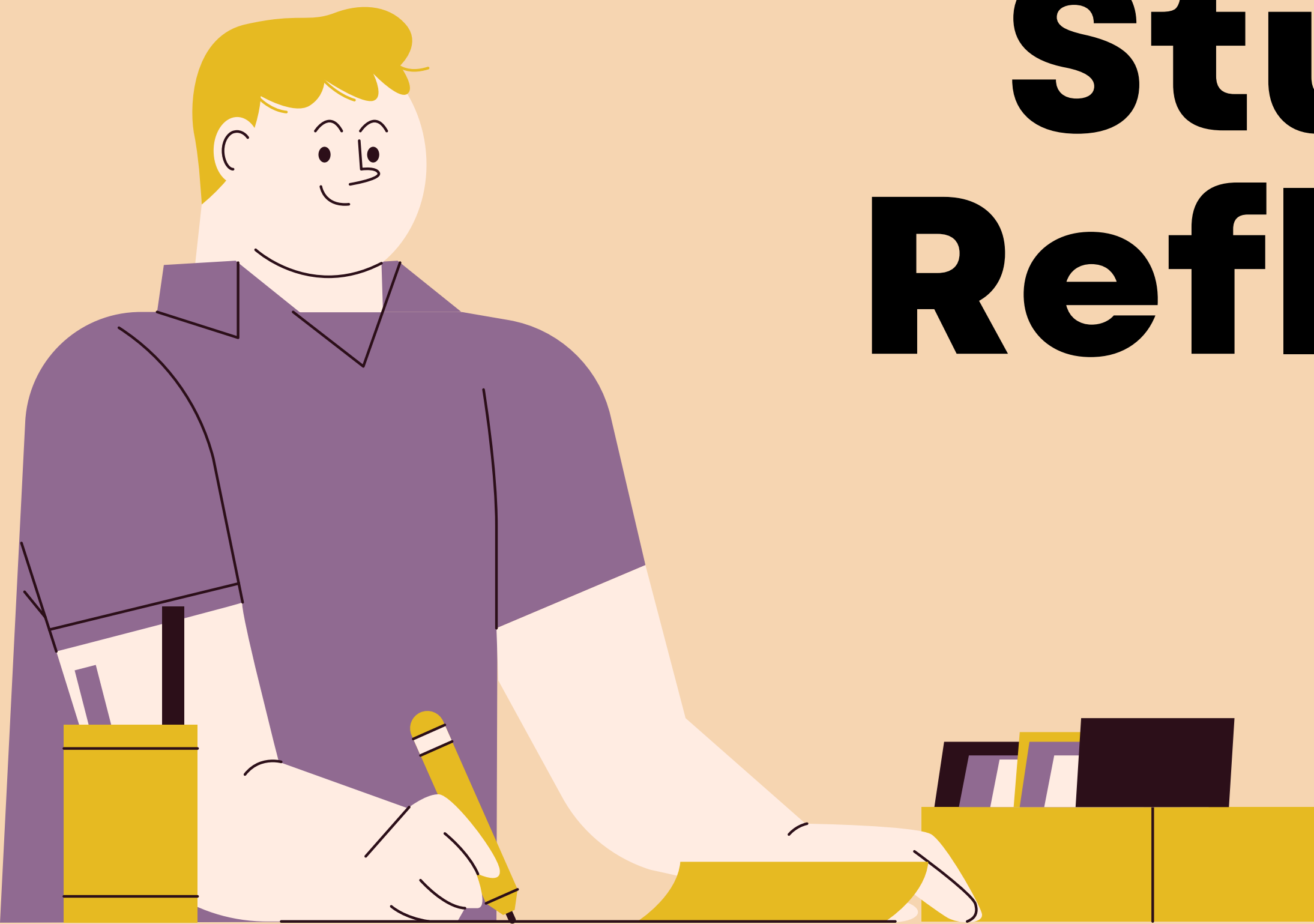


Photo Collections



- The elderly will first pick up a number and then return to collect their food. They will receive a healthy meal consisting of fresh meat, eggs, and a variety of vegetables to ensure that they get the necessary nutrients. In this process, students will play a critical role in helping to distribute the food.
- They will work alongside volunteers to make sure that the food is given out efficiently and that everyone receives their share. By participating in this service learning activity, the students will not only be helping those in need, but also developing important skills such as communication, teamwork, and empathy.

Student Reflection



Student Reflection for Service Learning in BMC

"We met with Olivia last week and I could tell how passionate she is about this project and helping us to succeed with our service learning as well. She walked us through the BMC app and it looks really cool. If I was a patient I would definitely love to have an app like this. Even as someone who loves cooking, I think the app would be really helpful. Olivia told us they have plans of implementing machine learning to help patients get an even more customized experience. We will be helping her to add more cooking methods and ingredients that stem from Chinese culture. I'm excited to use what we've learned from class in service learning and I hope to learn more about the process behind making an app too. I think it may be hard to figure out where to start since this project is very self-guided but I think I can start by looking at Chinese recipes online." --Hana Chalmers

"I have started service learning for two weeks now. Time spent on service learning is not much at the moment, because there are not many tasks but I believe I will have meaningful tasks to complete soon. Last week, we had a video conference with Olivia and set the goal of service learning - to build a detailed and comprehensive database (about one hour video conference). She mapped out our weekly tasks. So, the two of us spent this week independently researching what the mobile original software already had and what we could add. Using the health-eating app Pursuit for the first time, I spent about two hours this week learning about its features. Recipes can be customised to suit your eating habits. Users are also asked to complete three simple recipes a week that they can easily make themselves. There is also a video on the software explaining how to make it. Each dish can be prepared with preferred ingredients according to one's own taste. Currently, there are about 10-15 Chinese ingredients in each dish, and there are a lot of different cooking styles (about 5). Therefore, after studying the recipes and ingredients on the software, I set a goal for myself in the next four weeks to update the ingredients according to 8 famous Chinese cuisines. I plan to update of all commonly used ingredients that appear in recipes for 1-2 cuisines." --Hongli Jiao

Student Reflection for Service Learning in BMC

"Due to some problems when our team communicated with BMC's medical team, for example, members of our team did not have a specific vaccine certificate, so there was no way to carry out offline tasks. This week we had our first zoom meeting with Olivia to discuss the things and service projects we will be doing this semester. She said that we will do some telephone surveys to understand the eating habits of the elderly and so on.ue to some problems when our team communicated with BMC's medical team, for example, members of our team did not have a specific vaccine certificate, so there was no way to carry out offline tasks. This week we had our first zoom meeting with Olivia to discuss the things and service projects we will be doing this semester. She said that we will do some telephone surveys to understand the eating habits of the elderly and so on. I am looking forward to the next meeting and the task of how to communicate with the elderly on the phone.I am looking forward to the next meeting and the task of how to communicate with the elderly on the phone." --XiWu

"Now that we are further into the semester, we are starting to make some exciting progress. The spreadsheet has definitely expanded my knowledge of not only Chinese ingredients, but their purpose as well. It's been cool to learn more about chinese traditional medicine beliefs for each ingredient I'm tracking. I don't think this experience has really differentiated from my expectations. I will say, I didn't expect as much freedom as I am being given but I appreciate it since it lets me learn more. Since we have so much freedom with the project, I feel comfortable speaking my ideas. This has allowed us to be really creative with what direction we take the project. This project so far has allowed me to see how every culture's food has connections to TCM practices. I hope that as we continue the project and transition to the recipe portion, we will learn creative ways of simplifying recipes. I think the teaching kitchen field trip was a great way to get inspiration for future recipes.mm." --Hana Chalmers

Student Reflection for Service Learning in BMC

In the past few weeks of our project, we were given a pamphlet that contains information on what diabetes is and how to prevent and reduce the risk of developing diabetes in the later ages of our lives as well as healthy eating and how to test for blood sugar. Our goal is to rewrite and add information we believe can further benefit this pamphlet and create a Chinese version to help the Chinese community of Boston to understand better what diabetes is and the way of healthy eating habits. We met with our supervisor last week to discuss what we would like to incorporate into the pamphlet and share our suggestions. In our next meeting, we are presenting a version of the Chinese brochure. So far, what we are doing is a fantastic way to use our knowledge of what we know about Chinese culture and incorporate it into the project." --Wanti Du

"What we've found so far is that our required service learning time is shorter than we expected, so what we can do is very limited every week. We're also thinking about whether there's anything we can cut out and focus on a limited amount of content. We now value more for "quality" rather than "quantity." Right now, we're still mainly in the process of gathering ingredients and simple recipes. The knowledge of Yin and Yang has not been added, because we are not sure about the Yin and Yang of some ingredients. There are also many difficulties in retrieving information on the Internet, as many ingredients do not have clear negative, positive or neutral characteristics.." --Hongli Jiao

So far we, team group project 2, have met with Olivia two times, and we shared our situation and discussed what we could do in this service learning. Olivia distributed several tasks translating a diabetes plate and a handout. We will have a meeting the upcoming Thursday and provide feedback to Olivia, and we will see what else we can do to help BMC patients better. Frankly, I expected to contact some elderly in person and help them, but due to the vaccine and some policy issues, we are not allowed to be volunteers at BMC. However, I think the tasks are still meaningful and helpful to Chinese patients so that they are able to read the diabetes plate and realize what these food about are. It is a great opportunity for students like us to provide a contribution to the society. --XiWu

Student Reflection for Service Learning in Haley House

During the service learning in Haley House, for most of the time we perform repetitive force work, and crates of lemons and meat are actually heavy and challenging to carry. Packing these fresh ingredients made me sweat a lot, but seeing people standing in line outside in the cold wind was satisfying because it made me feel like someone was truly being helped. Not only did Northeastern students come to help, but I learned through some brief small talk that there were also Boston University, Boston College, and some people who were already working to help, and they were here longer and learned more about the process and details, which was interesting. Some of them, I've heard, work as physician or doctors. I understand that doctors have a lot on their plates, and being able to volunteer here outside of work made me realize that there are a lot of people in this society who genuinely want to help others. ---Zhuoran Gao

I also met a lot of other students from other universities such as BU and BC. There are many BC kids that have volunteered a while now, know Chinese and Cantonese, so therefore lead the Thursday morning volunteering which is admirable. I find it very inspiring that some volunteers are more of age (50-70) and of caucasian background that come out and help bag all the food for the elderly Chinese folks as well. In the first couple weeks of volunteering, I feel like the service work I do is helpful as many people do not show up until 9am to bag the food. The tasks done between the elderly people receiving their numbers to bagging the food that arrives from the food bank are just as important since Haley House needs help reorganizing a lot of foodstuff in the basement, fridge, freezer, and so on. Some challenges I faced in the first couple weeks was getting to know the processes that made our time most efficient/ not having to ask "what I should do" rather than knowing all the different little things I can automatically do once starting my shift. --Sidney Li

Student Reflection for Service Learning in Haley House

The lunch provided at the event was not only delicious but also incredibly nutritious. The menu included a variety of healthy and flavorful options such as pasta, shrimp, vegetables, and pineapple. Additionally, guests were offered a range of beverages including coffee, milk, and juice. While a few loaves of bread and some yogurt had passed their best-by dates, these were also included as part of the spread. To me, this approach to food consumption is more instinctive and helps to promote an understanding of the nutritional value and importance of the food we eat. After everyone had finished their meals, the volunteers came together to give a little speech. The discussion focused on some of the thoughts that had come up during the day's food pantry. One interesting point was that everyone mentioned their motivations for visiting Haley House. Some of the most common reasons given were "family and friends," "creating community," "practicing Chinese," and various other personal goals. While everyone had their own goals, it was obvious that everyone had a desire to give back to the community. Ultimately, the event was a strong and important experience for everyone who took part. A mix of nourishing meals, community-building activities, and a shared sense of purpose all contributed to a sense of belonging and togetherness. It is apparent that such events may have a huge influence on both individuals and communities, promoting good development and a stronger feeling of community. --ZhuoRan Gao

I am just astonished to see all these elderly Chinese people every week because culturally, you would think their children would be the ones taking care of them at this age, and they would not need to come to HaleyHouse and get food, so my perception has changed a bit on how some of the Chinese population in America is not as well off as I thought - in many cases some Chinese people are still the poorest of the population despite being part of the top 1% of income earners. It's also really sad to hear that their children are not able to house them in their homes and take care of their parents, which I guess is the reality of most American households. Kids grow up, move out, start their own families, and parents are left to take care of themselves, and most Americans do not carry the burden to take care of their parents directly, and I guess this is what may have happened to some of the elderly Chinese people here in the south end. --Sidney Li

Oral Report in Class

Oral Report in Class

Student 1 (Hongli Jiao): "When creating healthy menus, we can incorporate some knowledge of Yin and Yang to help achieve balance and harmony in the body. This traditional Chinese concept involves balancing the opposing forces of Yin (passive, cool, and feminine) and Yang (active, warm, and masculine) to promote optimal health. By including a variety of different foods and flavors in our menus, such as sweet, sour, salty, bitter, and umami, we can achieve this balance and provide our bodies with the nutrients and energy we need to function at our best."

Student 2 (Li Downey): "Expanding our awareness of the impact our food choices have on the world is a critical first step, but there is much more to be done. It is imperative that more people gain a deeper understanding of diabetes and its management, as this knowledge can be a powerful tool in helping individuals make informed decisions about their health and wellbeing."

Student 3 (Sidney Li): "Haley House will provide an abundance of fresh, nutritious ingredients for the elderly, with a focus on promoting their health and wellbeing. The elderly will have access to a wide variety of healthy ingredients thanks to Haley House, which prioritizes their nutritional needs and ensures they receive sufficient nourishment."

Oral Report in Class

Student 4 (Zhuoran Gao): "In addition to serving the elderly, Haley House is dedicated to reducing food waste and promoting sustainability in their operations. Haley House partners with local food banks and shelters to donate excess food and ensure that it reaches those who need it most, all while prioritizing the nutritional needs of the elderly. Through their commitment to both sustainability and community outreach, Haley House sets a positive example for other organizations in the community."

Student 5 (Hana Chalmers): "Incorporating Chinese Medicine theories in designing health menus can lead to a balance of flavors and nutritional value, which can help improve overall health and well-being. As a practitioner with a background in PCM, I have used my knowledge to carefully select ingredients that not only taste delicious but also have healing properties, ensuring that the meals not only nourish the body but also provide a sense of satisfaction and pleasure. By combining my passion for cooking with my understanding of Chinese Medicine, I strive to create menus that are both delicious and beneficial to the health of others."





Teaching Kitchen Activity

**Field Trip in Boston
Medical Center**

Photo Collections



- The student had the opportunity to learn how to cook healthy food in the teaching kitchen, likely under the guidance of culinary experts. During their time in the kitchen, the student would have learned how to prepare nutritious and delicious meals using fresh, whole ingredients.
- The experts in the teaching kitchen likely provided the student with clear instructions on how to use the tools and equipment in the kitchen. This would have included guidance on how to properly use knives, measuring cups and spoons, and other kitchen tools. The experts would have also taught the student important cooking techniques such as sautéing, roasting, and grilling.

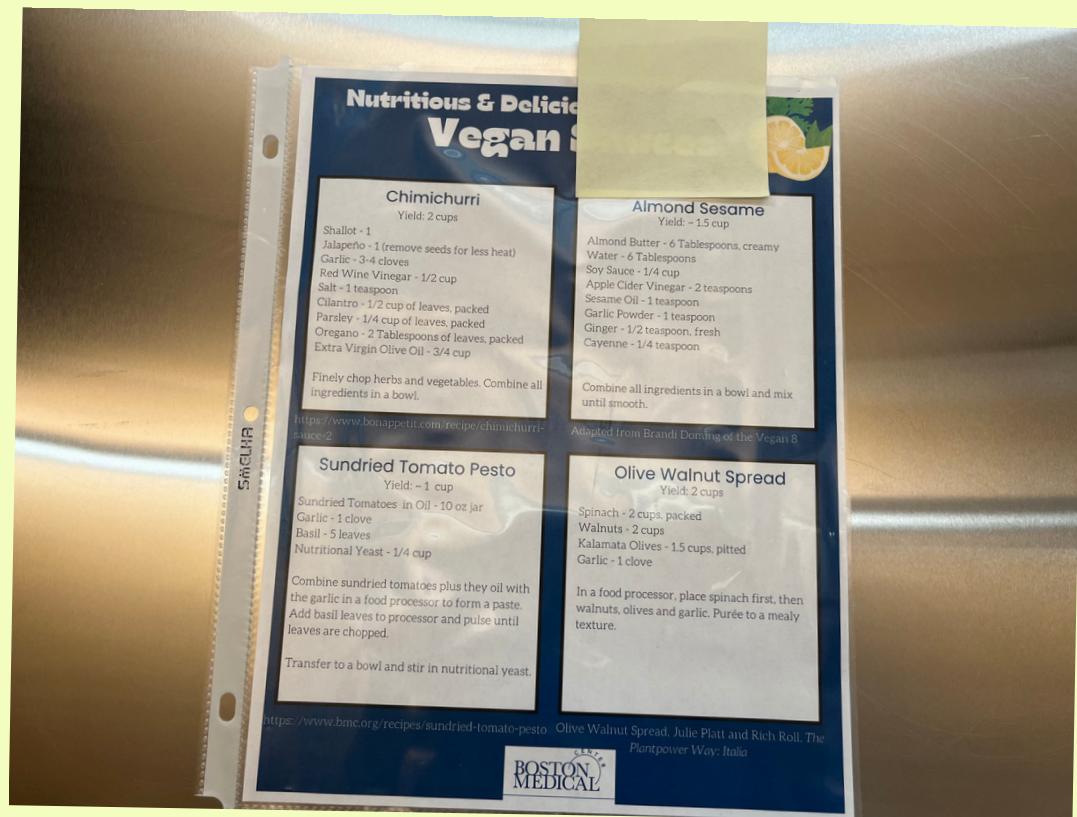
Photo Collections



- During this learning experience, the student would have gained knowledge about the types of foods and nutrients that are important for overall health, as well as guidance on how to incorporate these foods into meals.
- This might have included information on the benefits of fruits and vegetables, whole grains, lean protein sources, and healthy fats.



They will follow the menus and create different sources



Sukuma Wiki

Ingredients:


- 1 bunch of kale
- 1 jalapeno
- 2 cloves of garlic
- ½ a red onion
- 1 medium tomato
- 2 tablespoons olive oil
- 1 teaspoon salt
- ½ green bell pepper
- ½ yellow bell pepper
- ½ cup water

Procedure:

1. Wash all the vegetables
2. Fold the leaves of kale together and hold them together with your non dominant hand. Using a large knife, cut off the stem. Cut the kale into ribbons. (thick or thin are both fine)
3. Dice the tomatoes, jalapeno, bell peppers, and onions. Smash and peel the garlic cloves and then mince them.
4. Set out all of your ingredients
5. Place a large skillet over medium heat and add 2 tablespoons of olive oil. Once it is hot, add the onion and garlic. Cook until softened
6. Add the tomatoes to the pan and cook until softened. Then add the Kale and cook for about 5 minutes or until the kale is wilted and bright green
7. Add the remaining ingredients to the pan, stir, then cover with a lid. Reduce heat to low and cook for 5 minutes.
8. Don't overcook it! It should be slightly crisp when done.
9. Remove excess water and enjoy!

<p>Ingredients</p> <ul style="list-style-type: none"> • Kale – 1 bunch, fresh • Chili_Pepper– 1 jalapeño or habanero, optional • Garlic – 2 cloves • Red Onions – ½ • Tomato – 1, medium • Oil – 2 Tablespoons, Olive oil, canola oil, or other neutral-tasting vegetable oil • Salt - 1 teaspoon (kosher salt) or ½ teaspoons table/iodized salt • Bell_Pepper – ½ green, ½ yellow • Water – ½ cup of water, to cook the Sukuma Wiki. 	<p>食材</p> <ul style="list-style-type: none"> • 一束羽衣甘蓝 • 一个墨西哥胡椒 • 两瓣大蒜 • 半个红洋葱 • 一个中号番茄 • 两个汤匙橄榄油 • 一茶匙盐 • 半个绿青椒, 半个黄青椒 • 半杯水
<p>Instructions</p> <ol style="list-style-type: none"> 1. Start by washing all the produce under running water to make sure they are clean before cutting, mincing or dicing them. 2. Fold the leaves of the kale together and hold them with your non-cutting hand. Use a large chef's knife to cut off the tough stem. Cut the kale into your desirable slices, using a circular motion with the knife. You can use thick or thinly sliced kale ribbons. 3. Dice the tomatoes, chili pepper, bell pepper and onions, smash and peel the garlic cloves before mincing or crushing them into smaller pieces and have all your ingredients ready before you start. 4. Heat 2 Tablespoons of olive oil in a large skillet over medium heat. Add the onion and garlic, and cook until they're both softened. 5. Add the tomatoes to the pan and let them soften. Then, add the kale to the pan, and cook for about five minutes, or until the kale is wilted and bright green. 6. Add the rest of the ingredients to the pan and stir for a little bit, then cover it with a lid. Reduce the heat to low, and cook for about five minutes or until the dish is heated through. 7. Don't overcook the Sukuma Wiki – it should be slightly crisp when finished cooking. 8. Before serving, remove any excess water from the pan. Enjoy! 	<p>制作步骤</p> <ol style="list-style-type: none"> 1. 切菜以前, 先把所有的蔬菜洗一下 2. 把羽衣甘蓝的叶子叠在一起, 然后用你的非惯用手把叶子抓在一起. 用一把大刀, 切断茎. 将羽衣甘蓝切成丝带, 多厚薄丝带都可以. 3. 把番茄, 墨西哥胡椒, 青椒, 和红洋葱切成丁. 吧将蒜瓣捣碎并去皮, 然后切碎. 4. 开中火, 加橄榄油到大锅里. 等锅加热后, 可以加洋葱和大蒜. 煮至变软. 5. 把番茄放到锅里煮至变软. 然后加入羽衣甘蓝, 煮约5分钟或者到羽衣甘蓝枯萎并呈现鲜绿色. 6. 吧其余的食材加到锅里, 搅拌, 然后盖上盖子. 把火调小, 煮5分钟 7. 不要炒太久! 烧好了后应该有点脆. 8. 上菜前, 把锅里多余的水去掉


Recipe 1: Apple pie Flavor



Nutrition Information	
Per serving	
CALORIES	209
TOTAL FAT	2.63 g
CHOLESTEROL	9mg
SODIUM	121g
TOTAL CARBOHYDRATE	39.42 g

- 1/8 teaspoon cinnamon
- 1/8 茶匙肉桂
- 1/2 cup unsweetened apple sauce
- 1/2 杯不加糖的苹果酱


Recipe 2: Berry Flavor



Nutrition Information	
Per serving	
CALORIES	240
TOTAL FAT	2.5g
CHOLESTEROL	4mg
SODIUM	80g

- 1/2 cup frozen unsweetened berries
- 1/2 杯冷冻无糖浆果
- 1/8 teaspoon cinnamon
- 1/8 茶匙肉桂
- 2 teaspoon sunflower seed butter or 1/4 cup of nuts
- 2茶匙葵花籽酱 或1/4杯坚果

Recipe 3: Banana Chocolate Flavor



Serving: 1g
 Calories: 309kcal
 Carbohydrates: 56g
 Protein: 8g
 Fat: 7g
 Sodium: 26mg
 Fiber: 10g
 Sugar: 14g

- 1 banana peeled and chopped
- 1根剥皮并切碎的香蕉
- 1/8 teaspoon unsweetened cocoa powder
- 1/8 茶匙无糖可可粉
- 2 teaspoon sunflower seed butter or 1/4 cup of nuts
- 2茶匙葵花籽酱 或1/4杯坚果

- After visiting the Boston Medical Center, the student learned how to create healthy menus.
- The experience at the medical center likely provided the student with information on the types of foods and nutrients that are beneficial for overall health, as well as guidance on how to incorporate these foods into meals.

Timeline for Service Learning

Timeline for Service Learning

Names	Sidney Li	Zhuoran Gao	Hongli Jiao	Hana Chalmers	Li Downey	Xi Wu	Wanti Du
Project	Haley House	Haley House	Teaching Kitchen at BMC (Project 2)	Teaching Kitchen at BMC (Project 2)	Teaching Kitchen at BMC (Project 1)	Teaching Kitchen at BMC (Project 1)	Teaching Kitchen at BMC (Project 1)
Week 4 (Jan 29 - Feb 4)							
Week 5 (Feb 5 - Feb 11)	9am-11am, 2 hours	9am-11am, 2 hours	2/8 10:30-11:30 1 ho	2/8 1 hour			
Week 6 (Feb12 - Feb 18)			2/14 2 hours	2/16 2 hours	30 minutes	2/14 1hour	2/14 30 mins
Week 7 (Feb19 - Feb 25)	7am-11am, 4 hours	7am-11am, 4 hours	2/26 2 hours	2/25 2 hours	30 minutes		30 mins
Week 8 (Feb 26 - Mar 4)			3/1 2 hours	2 hours	1 hour		1 hour
Week 9 (Mar 5 - Mar 11)	spring break						
Week 10 (Mar 12 - Mar 18)	7am-11am, 4 hours		3/15 3 hours	2 hours	2 hours	3 hours	2 hours
Week 11 (Mar 19 - Mar 25)		7am-11am, 4 hours	3/ 22 3 hours	2 hours	2 hours	2hours	2 hours
Week 12 (Mar 26 - April 1)			3/ 29 2 hours				
Week 13 (April 2 - April 8)	7am-11am, 4 hours		4/5 2 hours				
Week 14 (April 9 - April 15)			4/18 3 hours				

