

What are Nutrition Walks?

By MARY ACORN

Television, radio, newspapers, and magazines continuously bombard us with information about what we should and shouldn't be eating. Once we hear a fact we go around and spread the word to all we know. Well, at least I will admit to it. And we take on this frame of thinking that we have superior knowledge about nutrition. Oh, how wrong we can be.

There is hope. There's a fun, fast, and easy way to get our information straight. I'm talking about nutrition walks.

Recently, nutrition walks have been popping up in some of the major grocery stores, like the Atlantic Superstore and Sobeys.

Nutrition walks are like an hour and a half store survey with an overview of a basic nutrition course on top.

I was very curious about what these nutrition walks were all about since I am a Nutritional Sciences

student, so I decided to check it out.

Both the Superstore and Sobeys offer the walk around once a week, depending on demand. I ended up doing the Superstore walk.

The walks are done by registered dieticians at both Superstore and Sobeys. Cheryl Turnbull-Bruce has been doing the walk with Sobeys since the fall of 1998, and Pam Balderston has been with Superstore for a year and a half.

The walks usually take place in the evening. There are a few differences in the two grocery stores. For instance, the Sobeys walk takes about a half an hour longer than the Superstore walk and they start off with a 45 minute talk in a staff/conference room before heading out into the store. The group of people also tends to be a bit larger, with approximately 10-12 people compared to 6-8 people at the Superstore. I am not implying that the Sobeys walk is more popular.

The overall message I received during the walk was to follow the Canada's Food Guide and learn to read labels properly so that you really know what you're eating in the one sitting.

There was a large emphasis placed on fat and cholesterol. Participants are given a handy little book on measuring fat and how much fat we can have in our diet.

Okay, I know that students have such a busy lifestyle that it's difficult to remember to eat, let alone to eat a balanced diet. But if you do have the opportunity to go on a nutrition walk, take it. I thought I knew a lot about nutrition before, but I definitely learned a lot more.

You can find out when nutrition walks are available through the grocery stores and they are sometimes advertised in the newspaper.

If you want to learn some valuable information on health and nutrition that can help you throughout your life, then I highly recommend the nutrition walks.

Events in the Department of Family and Nutritional Sciences

By MARY ACORN

What do you know about the Department of Family and Nutritional Sciences? Not much? Well, there are plenty of neat classes and events in this department.

This past week there was a multi-cultural food fair. It was put on by the students of the "Social, Cultural, and Psychological Aspects of Food" class.

The students each represented a country by preparing authentic dishes from that country and learning about

the country through the preparation.

Eight different cultures were represented. They included Greece, Cuba, Taiwan, East India, Japan, Phillipines, New Mexico, and Lebanon.

The great thing was if you attended this fair then you got to try these delightful dishes.

The cost of attending was \$2 for students and \$4 for non-students. A full meal for only \$2 is the best deal I've had in a long time.

If you're interested in attending the next multi-cultural

food fair then you'll have to wait until this time next year. Tickets are limited, so you have to be on your toes to get one.

The next event within the Family and Nutritional Sciences Department is a career fair put on by the "Perspectives on Professional Practice" class. Different careers related to the department will be represented by the students.

The career fair will be held on Wednesday, March 31 from 12:30 to 1:30 at Dalton Hall.

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