

Project Summary Page

The purpose of this project is to provide a digital story of change of how nutrition affects teens mental health. We will show what students eat on the daily basis such as processed foods and how they feel throughout the day. We will research foods that will boost mood and provide long lasting energy. We want to bring awareness to the students and athletes that what you eat effects your mental health and how to improve your nutrition. If students avoid processed foods and sugar students will have lower depression in comparison to those who eat a higher-quality, whole-foods diet.

We will interview football players on their daily meals and snacks and ask how it makes them feel throughout the day. Then, we will put them on a high protein and healthy oils for mental boosting effects to see how they will feel in two weeks and interview the football players again. The students will be able to see and feel the difference of their mental health and energy level.

This project had many positive impacts on the school and individual students by providing an awareness of nutritional goals and how food affects your mind and your body. By educating the football team and students on how to properly fuel their bodies to boost mood and provide long lasting energy. This will provide a positive impact on teens mental health. So, before you eat check your food to feed your mood.

We are currently enrolled in a Dual Enrollment course called Nutrition. This project is related to Family and Consumer Science because of the