

# Children's Health Seminar

An educational scholarship designed to empower children with current information on diabetes, fitness, and nutrition, with positive encouragement to live a healthy lifestyle.

The Fariborz Youssefirad Memorial Health Scholarship

FYMHS.ORG a 501(c)3 non-profit

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“The fact that type 2 diabetes, a largely preventable disorder, has reached epidemic proportions is a public health humiliation.”

The Lancet



Day 1

Introduction

Write a paragraph : What is diabetes?

Volunteers read their paragraph

Diabetes is explained

Video 

Nutritarian Handbook by Joel Fuhrman, M.D., is given to each child with a reading assignment

Permission slips for Day 2 Tasting given out



<https://youtu.be/yrjbxWtNl4M>

Day 2

Q & A session

Health Game played

Drink tasting party

Video 

Assignment – have a family meal using the book, and create a recipe

Challenge – give up junk food, all sodas, or both for the next two weeks



<https://youtu.be/0mj1S4sczWw>

Day 3

Fitness

Q & A about activity

Up moving, stretching, running in place

Special guest sports figure skypes in and talks about fitness

Recipe project collected : made into class book

Challenge – increase your activity by 20 minutes every day



<https://youtu.be/tSRG7Tz8eYM>

Day 4

Pulling it all together

Printed class recipe book is given out

Joel Fuhrman, M.D., skypes into the session

Q & A



Student comments  
& their evaluations

T-shirt given out



[https://youtu.be/eKBHv1\\_tEUs](https://youtu.be/eKBHv1_tEUs)