



Wellness Leaders

Link Science.World.Canada.Community.Family

Kids / Youth Innovation

1st Kids' Wellness Programs Designed by Kids' Leaders - Young Educators & Reporters
Establish a Science and Community Platform for Kids

Kids Lead.Attract.Share.Inspire.Help Kids.Family.Community

Build the Gateway to the world's Advanced Health-Related Sciences & Global Community

1. Layer-by-Layer Leadership & Collaboration
with Scientists, Professionals & Kids' Leaders

2. Systematize, Simplify and Visualize Health-Related Sciences
to Make Wellness Management Easier

3. Build Science & Community Platform
Link Science to Kids & Young, Families, Newcomers, Etc.

4. Integration & Innovation
Integrate Learning Health-Related Sciences/Industries, Speaking,
Language, Culture, Arts, Digital Skills, History, Contributions, Etc.
Into Smart Shopping & Wellness Management S.E.S.E

5. Practice Science, Manage Wellness in various Ways, Skills & have Fun:
Writing, Speech, Drama, Comics, Report, Video, Arts/Music, Paint, Photography, Etc.

6. Kids Lead Kids. Family.Community - Learn & Inspire Each Others

Be Global Kids' Wellness Leaders



THE ASSOCIATION OF
CERTIFIED PROFESSIONAL NUTRITIONISTS

Level 3 - Wellness Program 3

for Kids.Young

Manage Wellness Scientifically Since Childhood

Designed by Global Wellness Leaders

Top Talent - Scientists.Professionals.Kids

Link Science to Community.Kids.Young



New Programs to Support **One Action**: Shop Smart & Manage Wellness S.E.S.E



Learn . Experience . Practice . Speech . Interview . Report . Share . Lead . Inspire . Healthy . Future

Contents

A Journey of
Linking
Health-Related **Science**
to World.Community.Family



Manage Wellness **Scientifically** Since *Childhood*

- 1. Community Wellness Platforms Page 3**
Kids' Leadership - Our *Future* in our Community Page 5
 - Together, See the Future and Create the Future
 - Who? Why? How? What? our Future?
- 2. Feedback for Kids' Leaders & Kids' Wellness Programs Page 7**
 - Link science to kids and community successfully to achieve great wellness.
- 3. Life Cycle Wellness Management Competitions for Kids, Why ? Page 15**
 - Practice wellness management in our daily life.
 - Practice leaderships and learn how to lead wellness management in our families and community - help seniors, newcomers, kids under 6, etc efficiently and successfully.
- 4. National Nutrition Day Page 16**
 - Lead, share, and inspire each other from scientists, professionals, kids' leaders to community/seniors, newcomers, families, kids up 6, etc in interesting way.
- 5. Youth Innovation - Establish a Science and Community Platform for Kids**
The Gateway to the world's advanced Health-Related Sciences & Global Community
 - **Kids' Wellness Programs A Page 18**
Learn Sciences - *Young Educators*
 - Programmed by *Kids' Leaders* (Young Educator & Reporter) Guided by Scientists & Professionals / Simple, Visualized, Interesting & Fun.
 - Link health-related sciences to kids and Learn how to manage wellness in our daily life.
 - **Integration**
Help Children (Age 5 - 16) **Practice Science, Manage Wellness** in various **Skills** & have Fun:
Writing, Speech, Drama, Comics, Report, Video, Arts/Music, Paint, Photography, Etc.
 - Help kids Under 5: Learning Wellness from Kids' Leaders, Parents & Seniors at Home.
 - **Kids' Wellness Programs B**
Reporting Sciences - *Young Reporters* Page 53
 - Build Scientific Information & Community Channel, link science to community for Kids



Learning Wellness Since **Childhood**



Community
Wellness Needs



World's Leading Community Wellness Platforms

A Platform of Linking Advanced Science to Vast Daily Life Wellness Needs for Community Well-being By C.I.D * S.E.L

Visualization of all fields Health-Related Science / Holo-Wellness Science to Manage Wellness Easier



Power of Science

Link Global Community Successfully
Because it's Universal & No Borders.
It Brings Solutions
for Vast Daily Wellness Needs.
It Brings Changes - Quality of Life / Community
- More Healthy.Vibrant => Be Active . Connected .
Inspire . Green . Promising . Prosperous . Etc.

* Wellness Management

Wellness Tests, Accurate Assessment
Scientific Plans, Etc.

* Certifications - Implement Plans

Food Safety, Quality, Function,
Formulas, Efficacy Management, Etc.

* R&D Innovation - Efficacy Preparations

Formulas, Patents, Optimization Etc.

* Science . Education . Cultures . Tours . Etc.

Multicultural / Global Community
Programs, Wellness Science Tours, Events
Life Cycle Wellness Management Competitions,
National Nutrition Day, Immunity Week Etc.
New Global Careers & Jobs Opportunities



H.W.S - Holo-Wellness Science

S.S.V Science - Systematized, Simplified, Visualized from Health-Related Sciences
such as: Agriculture.Industry.Food & Nutrition.Cooking.Life.Wellness Tests.
Scientific Assessment & Plans, Various Methods of Wellness Care, Etc.
Interdisciplinary.Integration.Practice.Development



Science is Everywhere
Manage Wellness
S.E.S.E, How?

C.I.D
S.E.L * S.S.V
S.E.S.E

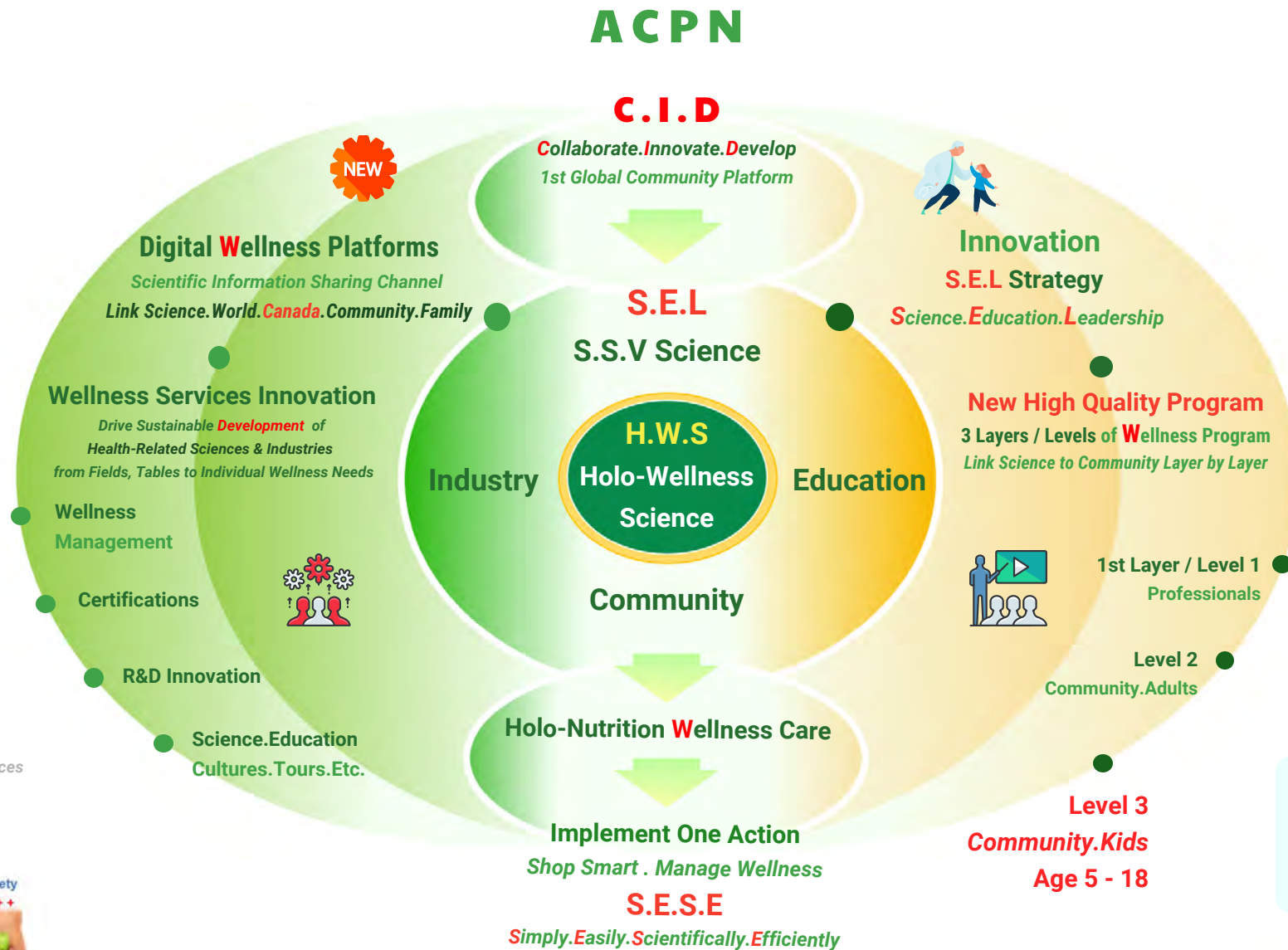
Wisdom in Unity
Truth in Simplicity



Wellness Learning

Help Green Economy Recovered & Led by C.I.D * S.E.L

Establish the Bridge of Wellness Science based on the Canada's Advantages in Global - Science * Education * Top Talent



One World One Community One Family



Together as ONE; See Future Create Future Enjoy Future
Establish a Scientific & Functional Rainbow
for our Daily Life Wellness Needs

Holo-Wellness Science Education

for Community is the Most Powerful Weapon
We Can Use to Make the World Healthier

Designed by Global Wellness Leaders

Top Talent - Scientists.Professionals.Kids

* S.S.V Science - Systematize.Simplify.Visualize

- Link Science to Daily Wellness Needs Layer-by-Layer

* 3 Layers / Levels of Wellness Program

- Understand the Science Behind One Action:

Shop Smart . Manage Wellness S.E.S.E

* Level 1 - Program for Professionals

Link Science to Community

- Community Leadership - Community Wellness Leader

- Holo-Wellness Science & Holo-Nutrition Wellness Care

- New Career & Job for Students / Coach,Teacher, Etc.

* Level 2 - Program / Multicultural Platform

for Adult.Newcomers - Link Science to Family

- Family Leadership & Be Own.Family Wellness Leader

- Life Cycle Wellness Management - Individual Wellness Needs

- Visualize & Integrate Learning Science,

Language, Culture, Arts, Etc. into One Action :

Wellness Management & Smart Shopping S.E.S.E

* Level 3 - Program / Global Community Platform

for Kids, Young People, Etc - Link Science to Kids

- Kids/Youth Innovation . Kids' Leadership.Future Careers

- Programmed by Kids' Leaders - Young Educators & Reporters

- Manage Wellness Scientifically Since Childhood (Age 5 - 18)

- Visualize & Integrate Learning Science, Arts, Language,

Culture, Digital Skills, Etc. Into Wellness Practice & Have Fun

- Kids Lead Kids.Family.Community - Global Kids' Wellness Leaders

Science Leaders Scientists Professional Multicultural Community Newcomer.Family.Senior.Parent. Kids' Leader
Education Insight Determine Compassion Commit Collaborate Listen Encourage Inspire Integrate Scientific Practice
Industry Vision Mission Wellness Leadership Strategy Layer-by-Layer
Fields Action Innovation Enjoy Nimble Pragmatic Time
Table Communication Respect Honest Humility Appreciation Unselfish Patient Responsible Insist Progress New
Wellness Needs Core Values Principles Partner Opportunity Change Sustainable Capacity Accept Healthy Vibrant



Teams Layer-by-Layer for Community Wellness Platforms

Team Together - Link Science to the Community Layer-by-Layer To Achieve Great Wellness

Design 3 Layers of Wellness Programs to Support **One Action**: Shop Smart & Manage Wellness S.E.S.E

Designed by **Top Talent - Global Wellness Leaders** - Scientists.Professionals.Kids

Management Team

Collaborate with Professional Team & *Link Science to Community*

Layer-by-Layer Leadership & Collaboration from Management Team to Community Services Team and Volunteer Team



Professional Team

Systematize, Simplify & Visualize Health-Related Science & *Link Science to Daily Life Needs to Make Health Easier*

Layer-by-Layer Leadership & Collaboration from Scientific Advisors, Professionals & Practitioners to Kids' Leaders

Management Team



Thomas Lin Carrie Wei Rafik Ragheb Evan Moriarity Paul Kearns Jean-Michel Fitamant

Community Services Team



Alex Campbell Xiuming Zheng Peace Wei Ivan Hon Harry Wang Joe Song Harris Rong Julia Wang Emily Ding Jenny Hsu
Steven Chen Betty Gao Kevin Wang Susan Guan Sandy Liang Jane Chen Kyle Long Jennifer Liu Sue Huang Song Wei Guo
Fiona Yang Judy Fu Jane Wang Tingmei Zheng George Fang Tina Yang Queenie Poon Ying Lang Flower Liu Annie Zheng

Volunteer Team



Scientific Advisors

Link Science to Daily Life Wellness Needs
Holo-Wellness Science



Dr. Shi Dr. Holub Dr. Sly Dr. Ni Dr. Ragheb Dr. Beaumier Dr. Rowland Dr. Beaudoin

Professionals & Practitioners Team

Link Science to Family
Be my Own Wellness Leader
Guided by Scientific Advisors
Feedback to Scientific Advisors
Holo-Nutrition Wellness Care
Life Cycle, Micro to Macro
Optimize Personalized Solutions



Reid Gallant Daniel Mackeigan Jade Sullivan Zach Liu Sun Qingrui Eric Chen Dalton Du
Evan Moriarity Alex Campbell Ella Li Kyle Long Cindy Zhao Jeannie Yang Kevin Wang
Julia Wong Susan Guan Sandy Liang Kali Lo Jennifer Liu Emily Ding Yi Han

Kids' Leaders Team

Link Science to Kids
Guided by the Scientific Advisors & Professionals
Kids Lead Kids.Family.Community -
Global Kids' Wellness Leaders
Young Educators & Reporters
"The Young Children will be the Future Educators and Examples of Healthy Living for the Future Generations."
By Dr. Bruce Holub



Katelyn Lau(8) Anderson Wang(9) Tiffany Zheng(10) Ruichen Wang(10) Valenzia Lau(12) Claire Wang(12)
Anna Zou(12) Elim Wu(12) Leo Liao(13) Amberly Dai(14) Vivian Zeng(14) Nancy Li(16)
Elizabeth Li (14) David Wang(12) Stanley Zong(11) Katherine Chen(15) Sandy Wu(13) Katie Jing Guo(11)

Together, See the Future and Create the *Future - Global Wellness Leaders*

Kids' Leadership for New Kids' Wellness Programs

Who? Why? How? What? Future?



1) Who ? Who will be the Kids' Leaders in Wellness Programs?

- * What Kids' Leaders Mean? - Examples of Healthy Living such as Young Educators & Reporters.
- * At what age may be a child could be Kids' Leaders for Kids' Wellness Programs (Learn Wellness since Childhood)? - Age 8 – 18

2) Why ? Why do we need Kids' Leaders?

- * Kids are very Smart, have Strong Learning Ability, Compassion, Positive Energy, are Big Helpers.
- * Kids Understand Kids' Feeling & Needs. It's easier & more efficient to Lead, Share, Attract, Inspire, Help each other in Wellness, Mental Health, Etc. and Raise children's health awareness very quickly.
- * Dialogue with Kids in Scientific Language & Learn wellness in Kid's Way
 - Kids' Language, Skills, Experiences & Stories.

3) How? How to build Kids' Leadership in Wellness Management?

- * by Layer-by-Layer Leadership & Collaboration from Scientists, Professionals, Community to Family & Improving Kids' Leadership.
- * Kids' Wellness Programs are programmed by Kids' Leaders Guided by Scientists, Professionals, Etc.
 - Systematize, Simplify, Visualize Health-Related Sciences to Make Wellness Easier, Simple, Interesting and Fun.
- * **Integration.** Integrate Learning Health-Related Sciences/Industries, Speaking, Language, Culture, Skills, Etc. Into Smart Shopping & Wellness Management.

4) What could Kids' Leaders could help for Community Wellness Demands especially Newcomers' Family ?

- * Family/Community Messengers of Canadian food, nutrition sciences, etc.
- * Especially help newcomers' family overcome language barrier, guide smart shopping & wellness management at home.
- * Help Community (Seniors, Parents, Young Brothers, Sisters & Friends) Manage Wellness & Smart Shopping Guided by Scientists & Professionals.
- * Help **Children (Age 5 - 18)** Learn Wellness in various way & have Fun: Writing, Speech, Drama, Comics, Report, Video, Arts/Music, Paint, Photography, Etc.
- * Help **kids Under 6:** Learning Wellness from Kids' Leaders, Parents & Seniors in Daily Life.

5) Together, See the Future and Create the Future - Global Kids' Leaders in Global Community and Future Global Leaders

- * What role might kids' leaders in Canada play in the future global community?
 - **Global Leaders** in Wellness Management and Health-Related Sciences Fields.
- * **Why ?**
 - Canada is a pioneer in global health science and education.
 - Health education in Canada nurtured children's talent.
 - Multicultural Country / Multicultural Community / Global Community / Global Leaders
 - Help Global Community / Kids & Young People Know Canada's Science, Industry & Community in Kids' Way
- * **How?**
 - What all we do is to Establish Community Platforms for Kids in Canada
 - Community Platforms is a **Gateway/Bridge** between Worlds' Advanced, Updated Health-Related Sciences and Community.
- * **Extra Bonus** because of Integration - Learning English for Daily Life Health Needs On the basis of Traditional English Learning
 - Cooperation/ Education - English textbook for Kids, Vocational Schools, Colleges, Etc.
- * Other Bonus for Sustainable Development : Sciences, Educations, Industries, Cultures, Tours, Etc.

Science	Leaders Scientists Professional Multicultural Community Newcomer.Family.Senior.Parent. Kids' Leader
Education	Insight Determine Compassion Commit Collaborate Listen Encourage Inspire Integrate Scientific Practice
Industry	Vision Mission
Fields	Action Innovation Enjoy
Table	Communication Respect Honest Humility Appreciation Unselfish Patient Responsible Insist Highly-Skilled
Wellness	Needs Core Values Principles Partner Opportunity Change Capacity inclusive Healthy Vibrant Sustainable

Wellness Leadership

Strategy Layer by Layer
Nimble Pragmatic Time



Kids / Youth Innovation Platform for Future - 1st Kids' Wellness Programs Designed by Kids' Leaders - Young Educators & Reporters

Learn . Experience . Practice . Speech . Interview . Report . Share . Lead . Inspire . Healthy . Future



Missions Accomplished - Feedback from **Professionals**
Layer-by-Layer Leadership to Improve Kids' Leadership
Community Well-being - Deliver Wellness & Happiness to Community & Family

2. Feedback
for Kids'
Programs

"Future Educators and Examples of Healthy Living for the Future **Generations.**"

Feedback from Professor Bruce Holub

"I was most impressed with your **visions** for enhancing human health. You did a fantastic job in organizing a most **successful** and very well attended open conference in Markham.

I wish to express my appreciation to you and your colleagues at ACPN for your **superb** organization of the 2019 National Nutrition Day as held in Markham on May 26.

I was pleased to be invited to speak on 'Life Cycle Health Care in our Daily Lives with Omega-3 Fatty Acids and Personalized Omega-3 Testing'.

The presentations as directed to the use of healthy eating and nutritional strategies for improving human health and disease prevention throughout the life cycle were most informative.

Finally, I was extremely impressed with your efforts to encourage **young** children to partake in this event with their posters and in other ways. They will be the future **educators** and examples of healthy living for the future generations."



Professor Bruce Holub
Pioneer of Omega-3 theoretical research
- Health Benefits and industrial applications application
Founder of the DHA/EPA Omega-3 Institute
University Professor Emeritus , Department of Human Health & Nutritional Sciences at the University of Guelph
Served as :
President of the Canadian Society for Nutritional Sciences
Chairman of the Nutrition Task Force for the Heart and Stroke Foundation of Ontario.
View Dr. Bruce's Speech on YouTube
<https://youtu.be/W001tUUOKfM>; <https://youtu.be/fGg7t1qxWfY>

Missions Accomplished

Layer-by-Layer Leadership to Improve Kids' Leadership

Feedback from Judges

Platform
for Future
Young
Educators



Rafik Ragheb

John Shi

Evan Moriarity

Qingrui Sun

Dalton Du

Jeannie Yang

Kevin Wang

Julia Wong

Sandy Liang

Eric Chen

Alex Campbell

Susan Guan

Mr. Rafik Ragheb

It's very impressive to hear you say that the kids are doing a lot of activities. I liked the presentation because it's very competitive and I saw lots of **efforts** that they are putting together.

Mr. John Shi

I was pleasantly surprised today. **I saw that our next generation has a wide range of knowledge** and know a lot about food and nutrition. In other words, the ACPN is exactly adapted to the needs of society, and provides a good platform for everyone to do such knowledge exchanges.

Mr. Evan Moriarity

It's been very impressive. They are so eloquent. The **points** they are made were quite remarkable. The knowledge that the kids brought to the table and the passion they are showing for nutrition made it difficult to judge. Some of them were very close.

Mr. Qingrui Sun

I did **not expect** that **children at this age** to know so much about health. As a scholar engaged in the scientific research of the health industry in universities, I found that we should have more platforms like ACPN. Then we could let the public be aware of the scientific knowledge of nutrition and health care. This is very important.

Mr. Dalton Du

The competition helps participants realize that nutrition health care can indeed reduce the potential risk of disease, and proper nutrition knowledge depends on scientific support. ACPN provides an excellent platform to popularize health and nutrition knowledge through **interactive training and promotion**.

Ms. Jeannie Yang

The **topics** that children are talking about today really surprised me. They can think so much, and are doing very well. There was a topic about health during pregnancy. I think it is particularly important. **If the mother understands nutrition in a family**, she really contributes to this family & her next generation. Another child talked about her dancing, how to find a healthy diet to make her body better. I think the topics are very good.

Missions Accomplished
Layer-by-Layer Leadership to
Improve Kids' Leadership
Feedback from Judges



Platform
for Future
Young
Educators



Rafik Ragheb



John Shi



Evan Moriarity



Qingrui Sun



Dalton Du



Jeannie Yang



Kevin Wang



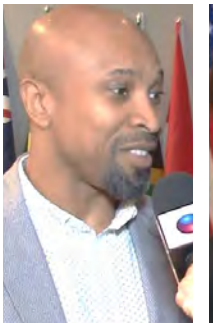
Julia Wong



Sandy Liang



Eric Chen



Alex Campbell



Susan Guan

Mr. Kevin Wang

Many children have their own personal experiences and describe the dangers of junk food to human health. In fact, **it is more meaningful for them to do such projects themselves than their parents preach to them.** Doing this also exemplifies ACPN's good education methods to enhance the nutritional awareness of society. **These children will be able to become food and nutrition practitioners or smart consumers in the future.** This is the significance of this activity.

Ms. Julia Wong

I am very surprised that such a small child can make such a good thing. **It's very meaningful that we teach them to focus on nutrition, lifestyle and other things early in life.** And some **children talk about their personal stories,** so they can touch people's hearts more.

Ms. Sandy Liang

I was particularly moved & surprised that **children can communicate with parents about the theme of nutrition.** The purpose of this event is to link science to daily life needs so that **science can enter every family and benefit everyone.** Through the workshops learned and shared on this platform, we can see the intentions of the children. The special surprise is that some **young children can also use their learning ability and ideas to form a complete speech and show it to everyone.** This process allows us to see a lot of angles that we might not have thought of.

Mr. Eric Chen

It is true that most young children today perform exceptionally well. For nutrition, there are some **deeper contents, but they can clearly expressed them.** So this is a big surprise for me.

Mr. Alex Campbell

Well it's amazing that the kids are so knowledgeable. This was evident in the quality of their work. You know, I found it surprising that **kids can actually deliver such a high level presentation.** Very surprising.

Ms. Susan Guan

All children performed very well. We can see their efforts and their seriousness. It gives me a refreshing feeling that their pronunciation is particularly clear. **So that means that community need platforms like ACPN. From the perspective of children, we can see more of a future.** I hope that more children will come to participate in this activity next year.

Missions Accomplished

Layer-by-Layer Leadership & Collaboration to Improve Kids' Leadership Feedback from Professionals & Immigrant Family

Feedback
from
Professionals
& Immigrant

Thank ACPN for providing the **platform** which helps students receive the science information & opportunity to practice science, and help Future professionals to choose of food, nutrition & medicine.

Parents' feedback is also very good, thank you again & I look forward to workshops for the parents & students.

By Ms. Tina Li
Founder of Life Education and Growth Association of Canada

The Life Cycle Nutrition Care Competition and the National Nutrition Day are two very meaningful community activities. These activities not only actively spread knowledge about nutrition and health to the public, but also **enriched** the after-school life of young people.

Health is always the goal of life's life, so health education is very forward-looking from the doll. As the saying goes, "The disease is from the mouth," it can be seen that health and nutrition are closely related.

ACPN provides a **platform** for young people to explore nutrition and presentation skills. This is a bold innovation and try for adolescent health education! It is worth promoting.

The following **changes** occur after the child enters the competition:

- Consciously eat fish and eggs containing Omega-3.
- When purchasing food, take the initiative to read the nutrition label. **Parents** are provided with advice and feedback on food nutrients.
- Take the initiative to eat vegetables and fruits.
- When cooking, no longer put the **taste** first, but pay more attention to nutrients, not too much sugar and cream.

The child is looking forward to next year's competition and nutrition day activities. She has begun to prepare the theme and method of the competition. And look forward to sharing and learning about nutrition knowledge with other children!

By Mr. Henry Guan / Parents, Immigrant & Volunteer
Professional in Computer Science



Learn Wellness for Kids' Age Under 4

by-Layer Leadership to Improve Young Mother's' Leadership

Feedback from a Newcomer - Young Mother - Kids under 4 can be Dialogued in Scientific Language & Learn Wellness

Feedback
from
Newcomers

Each of our young parents often suffer from how to deal with their children's dietary problems everyday. Children may not like to eat healthy food or even refuse. Often, they prefer to eat unhealthy junk food.

I have been participating in various programs, workshops and activities organized by ACPN since 2017. Their event opened my understanding of science knowledge from nutrition experts. Sometimes, I will bring my three-year-old son to listen to expert lectures, watch nutrition speech contests of brothers and sisters. I hope he will one day participate in the competition.

These processes have helped my child gradually gain a little conceptual understanding of "nutrition" and I believe the seeds of health concepts will germinate in his heart. Now the child is four and a half years old (June 2020), and his appetite has improved.

He didn't like to eat vegetables for a long time, so I tried to **use nutrition knowledge to talk to him:**

"Baby, there are vitamins in vegetables that can help you become healthier. No skin peeling on the sides of your fingers."

Now he asks for vegetables at every meal. If one day I forget to cook vegetables, he will say:

"Mom, if there are no vegetables today, we don't have vitamins!"

Looking at his immature expression, I couldn't help but laugh. **This also made me see that we can dialogue in scientific language with kids and children as young as one can learn the concept of health. It is better and more effective than our daily anger to ask children to eat a variety of nutritious foods.**

My son does not like to eat carrots, he will angrily say that carrots are not tasty. I told him:

"Carrots contain β -carotene, which is also an important provitamin A, which can be converted into vitamin A in the human body."

"Mom, what is vitamin A? "

"It is one of the vitamins that can help your eyesight!"

"Okay, Mom, I'll eat it." Now, the child no longer refuses to eat carrots.

Every child likes to eat candy. I am very worried about the harm to the health of children eating too many sweets. One day the child cried and wanted to eat candy again. I said to him,

"Baby, you can't eat too many candies. That would be very bad for you."

The child cried and asked, "Why? But I like it!"

I explained, "Eating too much sugar will lead to tooth decay first. If the tooth rots, you have to find a dentist to extract your tooth. Do you want your tooth to rot? Secondly, if you eat too much sugar, it will affect your growth, you will also lack calcium, and your bones will develop poorly. What should you do? Do you still want to be a Superman in the future? Superman is very strong, right? "

"Mom, then I won't eat candy." Now, my child seldom eats candy.

Last week, in response to the prime minister's call, we also bought lobsters and asked the children to eat lobsters for dinner. He refused to say,

"I don't eat lobsters. Lobsters are not nutritious."

We laughed. This kid is already health conscious and super cute. We told him:

"Lobster is also nutritious, it is high in protein, and it also has vitamins."

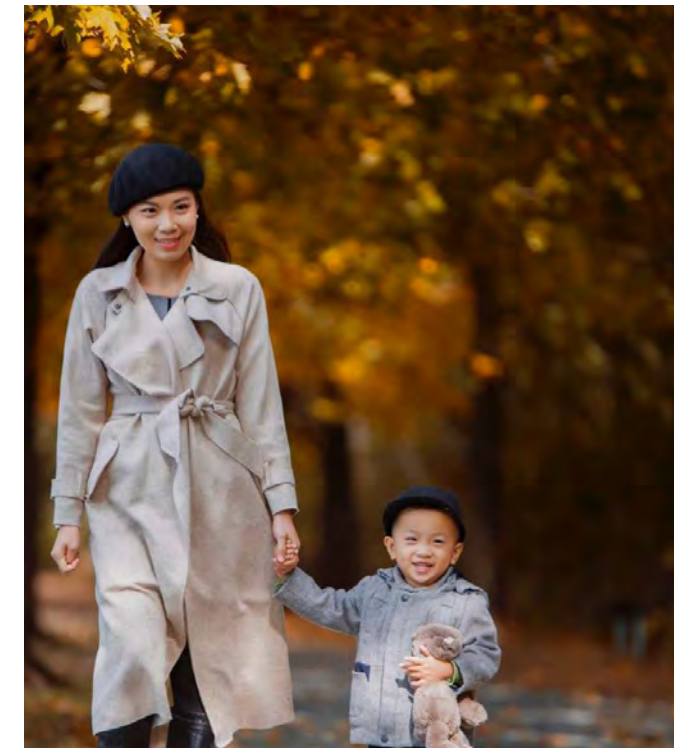
At this time, the child was willing to eat lobster.

As a mom, I am very grateful to APCN for providing such a wonderful educational platform of nutrition science. Now, my children can independently accept nutrition and health concepts and scientific knowledge, making the family more harmonious, the parent-child relationship closer, and the family healthier! Although my son is only four and a half years old, he still does not understand the specific scientific effects of these nutrients, but he can understand that nutritional food is helpful to his body. Now the child will ask first before eating: "Is this nutritious? " He will feel confidence after been confirmed. This is a great thing and a good start. It is full of hope and future for the family and society to **have a platform to learn nutrition and health science from childhood.**

This is the reason why I proposed that the children who wish to participate in the competition can be 5 years old instead of age 8.

By Ms. Sandy Liang / Newcomer (Came to Canada in 2015)

Young Mother / Professional in Broadcasting and Hosting , Founder of Fangyuan Language and Arts Education



Entries Exhibitions - Sharing & Inspiring

Layer-by-Layer Leadership to Improve Kids' Leadership
Entries as General Science Education - Young Educators

Kids Understand Kids' Needs, Lead, Share, Attract, Inspire & Help Each Other in Health, Mental and Science



Entries Exhibitions at Seneca Hill Public School – June 2019



Thomson Memorial Park - June 2019



Egyptian Community Sep. 6-8, 2019



NHH Center, Markham Jun. 2019

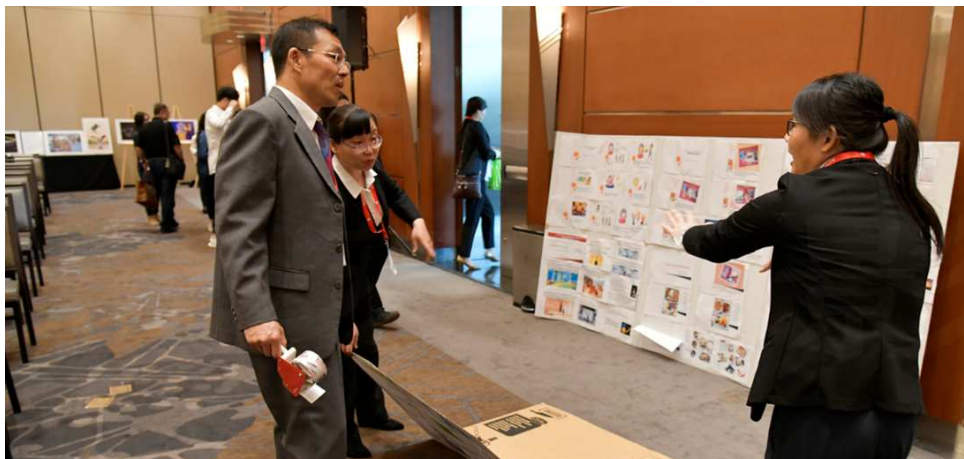
Missions Accomplished - Kids' Wellness Leadership

Entries Exhibitions on National Nutrition Day

Layer-by-Layer Leadership to Improve Kids' Leadership - Young Educators

Smart to Link Science to Daily Life Needs, Simplify and Visualize Science to Make Health Easier

Kids'
Leadership
Young
Educators



Feedback Excerpt on Kids' Improvements - Young Educators

The Kids have very strong learning ability, compassion, and positive energy. They are very happy to help seniors, newcomers, parents, brothers, sisters & young friends smart shopping, manage wellness, and help create happy and healthy community Guided by Scientists & Professionals.

Kids'
Wellness
Leaders

We received a lot of feedback from Community, Professionals, Volunteers, Parents & Kids which shows that we deliver community service very successfully such as:

- **Link Science to Community to Achieve Great Health.**
- **Layer by Layer Leadership to Improve Kids' Leadership which help more people at home, school & community.**

Feedback from Tiffany Zheng (Age 10)

I have learned a lot in this competition.

The first is with the help of my **speech instructor Sandy** who helped me prepare my speech. We determined the topic of the speech, prepared the materials for the presentation and queried related scientific papers and scientific data.

During the competition, I was able to communicate with **scientists** closely, which made me understand that nutrition can help our lives be healthier.

My mother doesn't know much about this scientific information. Through this competition, I can **help my parents** and myself pay attention to scientific nutrition knowledge and make our lives healthier by Tiffany Zheng (Age 10)

Vivian's Feedback(Age 14)

The nutrition speech competition provided me with a valuable opportunity to **share my personal experience about** achieving a healthy lifestyle and learning with my family, classmates and friends together! During the contest, I was evaluated by **healthcare professionals** which has helped me understand more about the importance of nutrition and better improve my living habits. This competition was a great way to promote health and nutrition to the youth! **I am so happy to join and have learned so much and have been inspired to spread that to more youth to live healthy every day!**

Vivian Mother's (Ms. Emily Ding) Feedback on Kid's Changes

This nutrition speech contest has helped Vivian learn more about nutrition, how it impacts her daily life as well as her family and community. She really enjoyed networking with other kids and meeting professional nutritionists and health experts.

After the contest, she has applied what she learned, such as healthy eating with **her twin brothers and her friends and helped them adapt good habits.** She also started taking good health supplements, such as multivitamins and calcium. Before, **she didn't agree with my suggestions.** She now looks forward to the new events and speech contests related to environment, nutrition and health, as those subjects are her favorites now! **I really appreciate ACPN for making this nutrition speech contest a great success and inviting kids to learn,** to apply and benefit so much from science-based nutrition knowledge!

By Nancy Li (Age 16)

I am already a high school student and I am about to apply to university. Although there are many learning tasks in high school, I still came to this activity under the recommendation of the teachers. This was my first time participating in Life Cycle Nutrition Care speech contest. **I took my mother** with me & My mom (new immigrants) was very happy to learn.

As I listened to scientists share authoritative professional knowledge, I became more interested in the scientific knowledge of nutrition. Thanks to ACPN for providing such a platform, allowing authoritative and professional nutrition and health science to truly enter our daily life. **It helped me better distinguish health information in real life, and now I can present this information to my family so they, and many others, can be healthier and happier!**

By Ms. Sandy Liang

Newcomer (Came to Canada in 2015)

Young Mother / Professional in Broadcasting and Hosting ,
Founder of Fangyuan Language and Arts Education

Each of our young parents often suffer from how to deal with their children's dietary problems everyday. Children may not like to eat healthy food or even refuse. Often, they prefer to eat unhealthy junk food.

I have been participating in various programs, workshops and activities organized by ACPN since 2017. As a mom, I am very grateful to APCN for providing such a wonderful educational platform of nutrition science. Now, my children can independently accept nutrition and health concepts and scientific knowledge.

My son does not like to eat carrots, he will angrily say that carrots are not tasty. I told him:

"Carrots contain β -carotene, which is also an important provitamin A, which can be converted into vitamin A in the human body."

"Mom, what is vitamin A? "

"It is one of the vitamins that can help your eyesight!"

"Okay, Mom, I'll eat it." Now, the child no longer refuses to eat carrots.

Now the child will ask first before eating: "Is this nutritious?" He will feel confidence after been confirmed. This is a great thing and a good start. It is full of hope and future for the family and society to **have a platform to learn nutrition and health science from childhood.**

Life Cycle Wellness Management Competitions

- Link Science to Daily Life Needs (0 Distance) Based on Foods & Guided by Science
- Integrate, Simplify & Practice Science - A Science Trip to Achieve Health
- Visualization of Health Science to Make Health Easier
- Excellent Entries are Selected as General Science Education - Help more Kids & Newcomers Etc.
- Meet & Guided by Professionals in the Explosive Era of Information & Products
- Parent-Children Interaction Platform
- Practice Leadership, Bring Vitality, Cohesion & Creativity into Home
- Use different ways to simplify & visualize science to make health easier

Life Cycle
Wellness
Management
Competitions

- A. Writing Competition - Learn & Practice Science
- B. Speech Contest - Speak Science
- C. Photography + Painting + Video Contest - Observe Science
- D. Report Contest - Report Science



1. Kids' Leadership

2. Feedback

3. Life Cycle
Wellness
Management
Competitions
Why ?

4. National Nutrition Day

5. Kids' Wellness
Programs

6. Reporting Sciences

Mission Accomplished / Link Science to Family

A Platform of Linking Science to Daily Life Needs
Visualization of Health Science to Make Health Easier

Life Cycle
Wellness
Management

Practice Science to Achieve Health by Competitions / Life Cycle Wellness Management Competitions

Why Life Cycle Wellness Management Competitions ?

This competition is designed to Create a life-long Personalized Nutrition & Diet Plan, uphold the spirit of science and involves all aspects in practicing and sharing science, innovation science, Integrate science and practice, and developing science to vividly express the connotation of life-cycle nutrition health care in the form of "multimedia, art and culture" - **Health Science can be visualized to make health easier.**

Health is first based on food. Health science & practice must be built on the foundation of food.

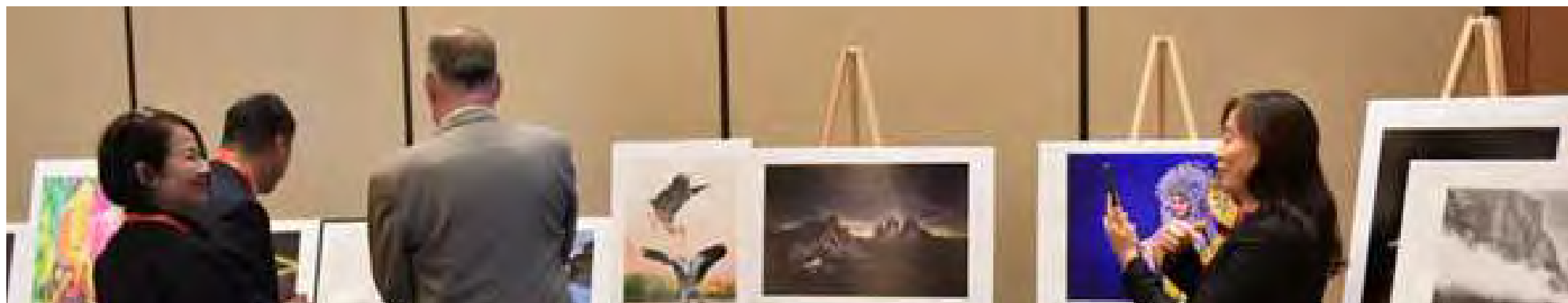
We instantly notice and appreciate the color, fragrance, taste and beauty of food; however, we rarely pay attention to the subtle, invisible nutrients within us. The scope of nutrition and health is very broad. If we use our eyes to explore the existence of this world, we will find that the world is alive and full of "living" and "healthy" things because of "nutrition." If we look back at our experiences, we are sure to find it.

Simple computer technology can't directly bring changes into our lives, but when the technology is "applied" in the fields of finance, architecture, internet etc., the world changes. Similarly, when our perspective turns to healthy science and practice, we believe that our destiny will change.

Since everyone's body is unique, the type & amount of nutrients required to sustain it will be different. In addition, there are food allergies, intolerance & assorted hidden food sensitivities that can masquerade as almost any disease. Health and happiness are the eternal themes of life's pursuit. Life Cycle Nutrition health care leads to Long-Lasting Health. To put it another way, as long as life exists we must recognize that it contains nutrition and sciences. From this perspective, "Wellness Management & Nutrition " must be "life cycle" and personalized.

Focusing on science and practice & linking science to the nutrients will enhance the quality of life and make us live more scientifically, and understand how to live healthier and happier.

We are excited about what you will learn from this competition and are looking forward to your participation. We are confident that the insights and scientific enlightenment you experience will enhance your life. Let us embrace health and grow together by sharing and practicing science.



Level 3. New Kids' Wellness Programs - Kids/Youth Innovation

Establish a Science and Community Platform for Kids

The **Gateway** to the world's advanced Health-Related Sciences & Global Community



Examples of Kids' Wellness Programs Designed by Kids' Leaders Guided by Professionals - Young Educators



Layer-by-Layer Leadership & Collaboration
from Scientific Advisors, Professionals & Practitioners to Kids' Leaders

Scientific Advisors
Link Science to Daily Life Needs

1. Dr. Shi	2. Dr. Holub	3. Dr. Sly	4. Dr. Ni	5. Dr. Ragheb	6. Dr. Beaumier	7. Dr. Rowland
------------	--------------	------------	-----------	---------------	-----------------	----------------

Professionals & Practitioners Team
Guided by Scientific Advisors
Feedback to Scientific Advisors
Link Science to Community

Rud Sarkar	Daniel Mackay	Judy Sullivan	Zach Liu	Sun Qingru	Eric Chen	Dafan Du
Evan Horvath	Alex Campbell	Ella Li	Kyle Lang	Dusty Chan	Jeanne Yang	Karin Wang
Julia Wang	Susan Swan	Sandy Liang	Kati La	Jennifer Liu	Emily Ding	Ti Han

Kids' Leaders Team
Guided by the Scientific Advisors & Professionals
Link Science to Family
"The Young Children will be the Future Educators and Examples of Healthy Living for the Future Generations."
By Dr. Bruce Holub

Katelyn Lau(2)	Anderson Wang(2)	Tiffany Zheng(2)	Ruichen Wang(2)	Valenzia Lau(2)	Clare Wang(2)
Anna Zou(2)	Elin Wu(2)	Leo Liao(2)	Amberly Dai(4)	Vivian Zeng(4)	Nancy Li(6)
Elizabeth Li (2)	David Wang(2)	Stanley Zeng(2)	Katherine Chen(2)	Sandy Wu(2)	Katie Jing Guo(2)

Excellent Entries are Selected as General Wellness Science Education Link Science to Community - Kids.Young

1. Bully Story – Mental Health Clare Wang (8)
2. Three Knights of the Queen - Katelyn Lau (8)
3. Sugar in my Favorite food - Katelyn Lau (8)
4. ANB Presents... Healthy Living!!! by Anderson Wang (9)
(Video on YouTube : <https://youtu.be/wemFG8NGM24>
<https://youtu.be/0jVAUS4KdEU>)
5. Potaty the Little Glutton By: Ruichen Wang (10)
6. Diabetes & Insulin by Neo Chen (10)
7. Eating Rice Increases Risk of Diabetes by Tiffany Zheng(10)
8. School Lunch Bag Gourmet By Valenzia Lau (11)
9. Weight Management in My Family By Valenzia Lau (11)
10. Fit My Personal Diet Needs / Why you shouldn't try to look like someone else :))) - Mental Health Clare Wang (12)
Video on YouTube : <https://youtu.be/OWeSDUvRcFM>
11. Taking Care of Your Health When Pregnant -By Elim Wu(12)
12. Healthy and Unhealthy Anna Zou(12)
13. Mental Health – About Depression by Leo Liao (13)
14. Healthy Lifestyle – change eating habits & feel energy by Vivian Zeng(14)
15. How Does The HIV Work, What Treatment Are There ? by Amberly Dai(14)
16. Eating for Energy By: Nancy Li(16)



Practice - Help Each Other



Life Cycle Wellness Management Competitions



Learn Wellness Since Childhood Guided by Holo-Wellness Sciences

New Wellness Program for Kids Programmed by Kids' Leaders

Example of Kids' Entries (Writing, Speech, Video, Comics Contests) & Feedback on Improvements

- Three Knights of The Queen by Katelyn Lau (Age 8)
- Sugar In My Favorite Food by Katelyn Lau (8)
- Bully Story - Kids' Mental Health by Claire Wang (8)
- ANB Presents...Healthy Living!!! by Anderson Wang(9)

Improvements after Competition & National Nutrition Day

Watch on YouTube - 2 Different Version for the Same Story:

1. The 1st Video Version by Anderson (9)

<https://youtu.be/wemFG8NGM24>

2. The 2nd Version by Claire (12)

<https://youtu.be/OryFR9oODdw>

- Potaty the Little Glutton by Ruichen Wang (10)
- Preparing & Feedback by Ruichen Wang's Parents Mr. Kevin Wang
- Eating Rich Increases Risk of Diabetes by Tiffany Zheng (10)
- Multicultural Food & Kids' Lunch Bag Gourmet By Valenzia Lau (11)
- Weight Management In My Family By Valenzia Lau (11)
- Taking Care of Your Health When Pregnant by Elim Wu (12) / Excerpt
- Fit My Personal Diet Needs / Why you shouldn't try to look like someone else :))) by Claire, Alina & Grace (12, G7)

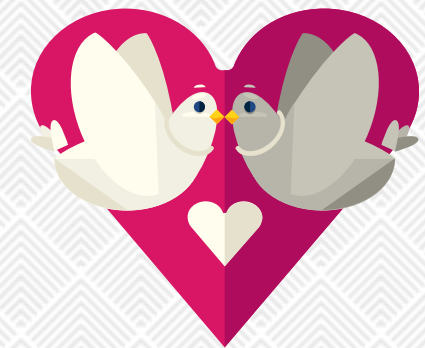
1. Consult a Dietitian for a Custom Diet Made to Fit Your Personal Needs

2. Treat Myself Once in a While, Work My Best & Love Myself

3. Watch on YouTube: <https://youtu.be/OWeSDUvRcFM>

- How Does The HIV Work, What Treatment Are There ? by Amberly Dai(14)
- Healthy Lifestyle - Case Study by Vivian Zeng (14)
- Vivian & Her Mother's Feedback
- Eating for Energy by Nancy Li (16)

5A. Kids'
Wellness Programs
Kids' Leaders
Educators



Three Knights of The Queen by Katelyn Lau (Age 8)



Once upon a time, there was a queen who had three loyal knights who defend at all times.

The first is Knight Vegetables and Fruit. The second is Knight Grain. The third is Knight Meat and Dairy. Each of them had their own purpose. Without each of their guardianship, the Queen would not be able to defend against her enemies.

One day, the Knight Vegetable and Fruit got the Queen upset. The queen ordered the Knight Vegetables and Fruits to leave the castle. Without eating any vegetables and fruits the Queen became weak. She caught a cold and flu very easily. She ate more and more grain products such as rice, bread and cakes. Gradually she became very fat. "Oh, no, I became so fat! I am not pretty any more. You, Knight Grain, Get away from me!" So the knight Grain left the Queen sadly.

One day the Queen saw the Knight Meat and Dairy killing the cows, pigs and sheep to make the meals for her. "Oh, it is so disgusting! I don't want to eat meat anymore!" She also drove the Knight Meat and Dairy away. She only ate junk food such as potato chips, candies, and very sweet cookies. Day after day, she became very weak and sick. She could not even walk because without protein she had no strength. Without calcium her bones could break easily.

The King asked the doctor to come. The doctor said the Queen had a very poor nutrition. The Queen asked the three knights back to the castle to provide her all the food she needed. They were grain, vegetables, fruits, meat and dairy products. Not long after, the Queen recovered from mal-nutrition. She became pretty, healthy and active again.

From the story, we learn a lesson. We should have a balanced diet with grain food, meat, milk, vegetables and fruits. Eating healthy makes your body strong.

I would like to tell all the boys and girls, don't be picky eaters. I know many junk foods taste so yummy, but they are bad for you. If you want to grow taller, stronger and prettier, please stay away from junk food! Children are the future of the world. We all need three knights to accompany us to grow healthy, so we are able to contribute to the society in the future. Hope all of you live happily with enough nutrition.

Three Knights of The Queen by Katelyn Lau (8)



Kids' Wellness Leadership

Sharing & Inspiring - Young Educators

5. Kids' Wellness Programs

Three Knights of The Queen by Katelyn Lau (8)



Kids' Wellness Leadership

Queen 女王

Knight Meat & Dairy
骑士肉和乳制品

Knight Grain
骑士粮食

Knight Vegetable and Fruit
骑士蔬菜和水果

The queen ordered the Knight Vegetables and Fruits to leave the castle.
女王命令Knight蔬菜和水果离开城堡。

The queen also drove the Knight Meat and Dairy away.
女王也让骑士肉和奶牛走了。

HEY IM SICK TODAY WITH THE FLU

Please come back! 请回来!

Knight Meat & Dairy

Knight Vegetable and Fruit

Sharing & Inspiring - Young Educators

Missions Accomplished / Kids' Leadership - Kids' Wellness Programs Designed by Kids' Leaders

5. Kids' Wellness Programs

Sugar In My Favourite Food by Katelyn Lau (8)

One spoon of sugar, 13 g, in this small bowl of cereal



"Too sweet! Too much sugar! Bad for your teeth!" I heard it thousand times. But, how much sugar is there in my favorite food?

One spoon of sugar, 11 g, in one tea spoon of chocolate spread.



I love Nutella spread on bread! I wish I could spread it all over the bread. But, look at the sugar spoon. It is bigger than the tea spoon!

Two spoons of sugar, 22 g, in two spoons of candy.



Yummy candy! No child would say No to it. Now I can see how much sugar inside. It is just like I am just eating sugar!

Three spoons of sugar, 19 g, in one juice box.

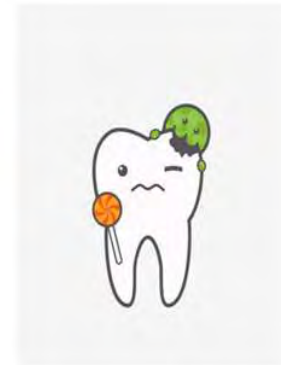


No wonder the juice is so sweet! Not only fruit and water in the juice, but LOTS OF SUGAR too!

Four spoons of sugar, 39 g, in a cup of Coca Cola.



Coca cola has even more sugar than juice!



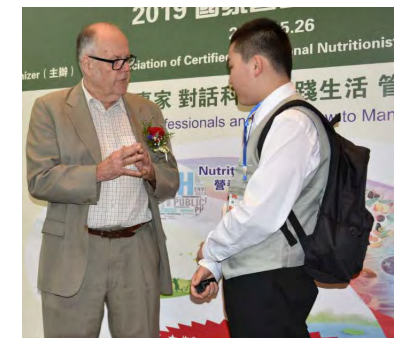
Less sugar, we will grow healthier!



It is said that too much sugar damages teeth and harms the body, but how much sugar should we eat?

The young contestant told everyone on camera that her favourite snacks and drinks originally contained so much sugar.

"Here is a conclusion of what did we learn today we learned how to actually interview a person and how omega 3 is good for you prevent cancer, and how many bags of sugar to put inside a cup of coffee." by By David Wang Grade 6 (Yrs: 12) on Page 57



Bully Story - Kids' Mental Health / Page 1

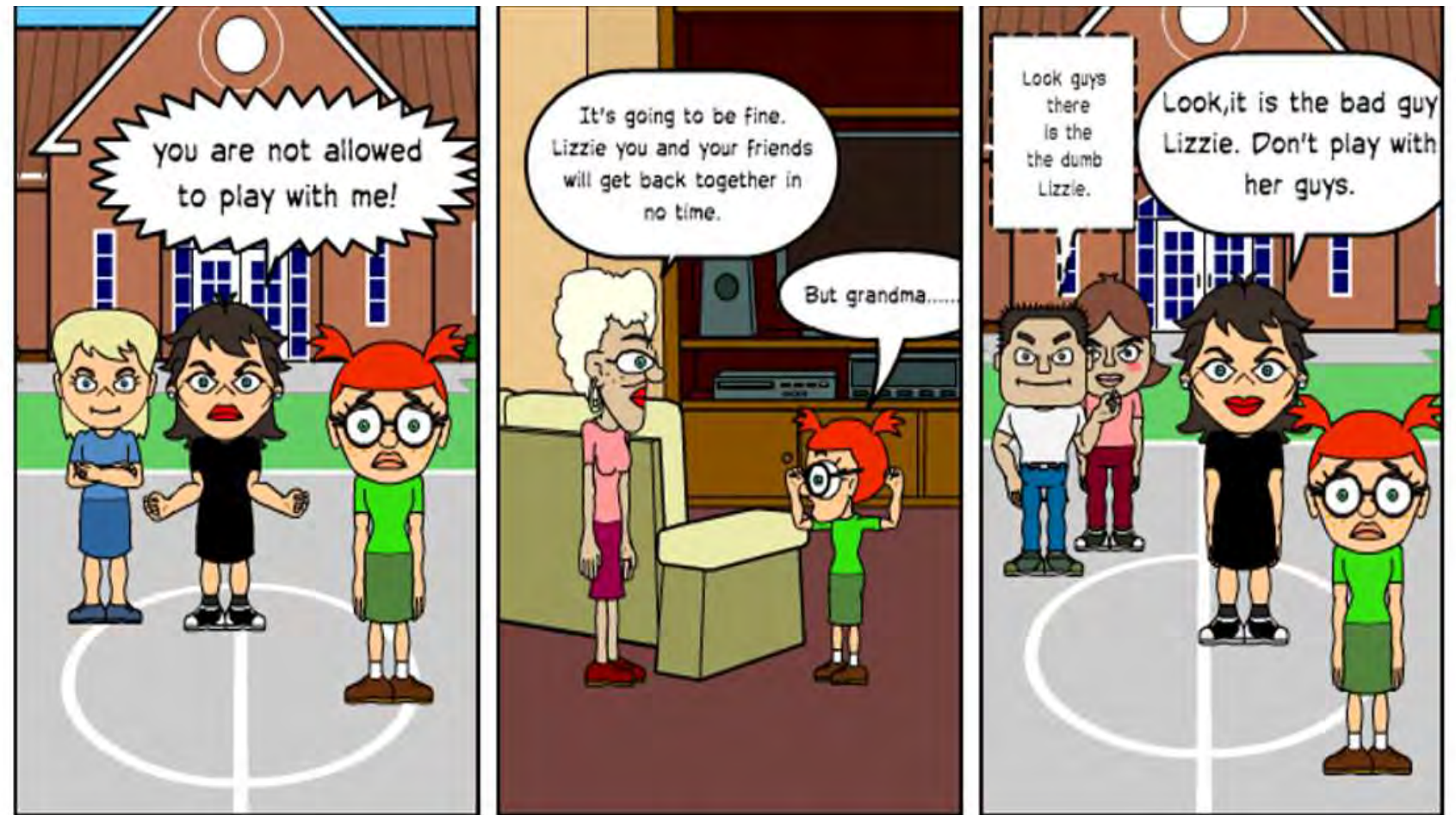
Bully Story Kids' Mental Health *Build a stronger heart from an early age*

By Claire Wang

1st Version at 8, G3; 2nd at 12, G6

Interests/Hobbies: Eating, Sleeping, Playing

Guided by School Teacher, Parents & ACPN Professionals



Bully #1: You are not allowed to play with me!

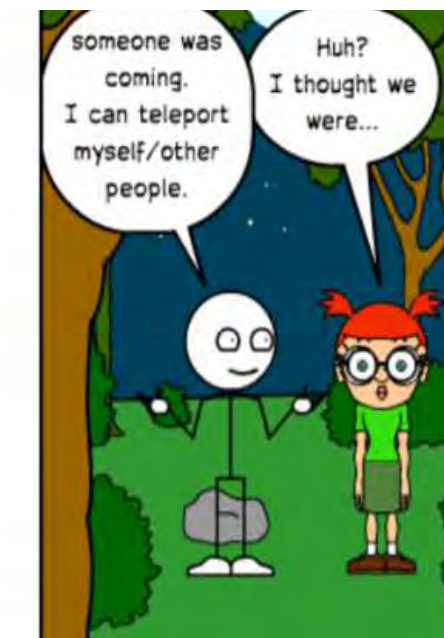
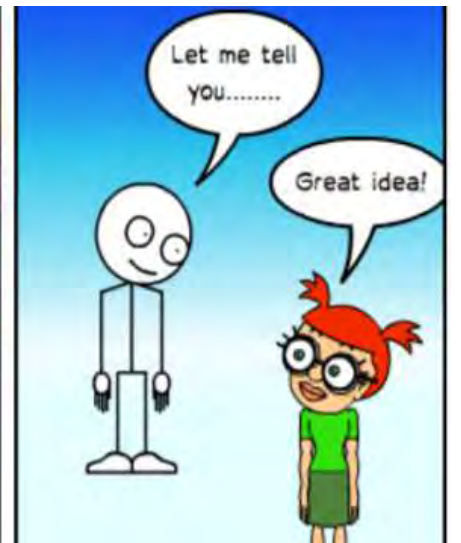
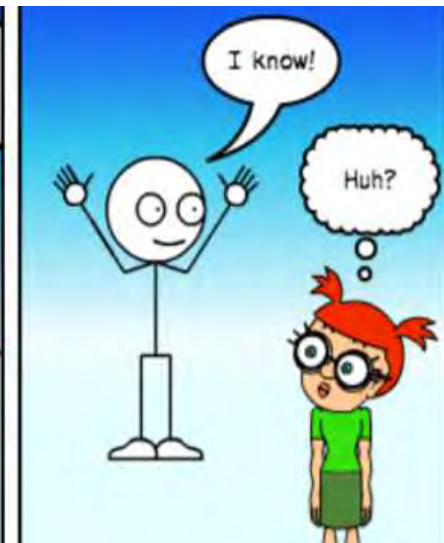
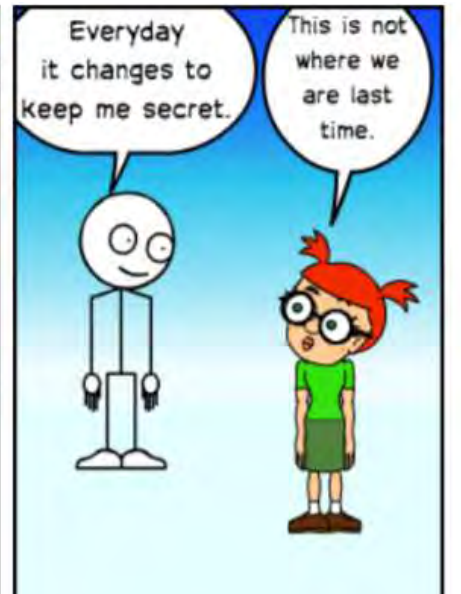
Grandma: It's going to be fine. Lizzie, you, and your friends will get back together in no time.

Lizzie: But grandma.....

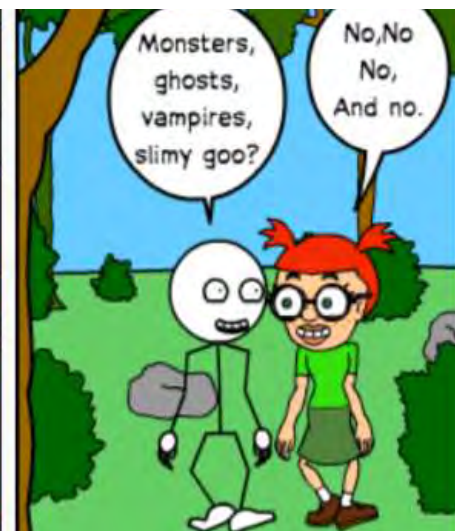
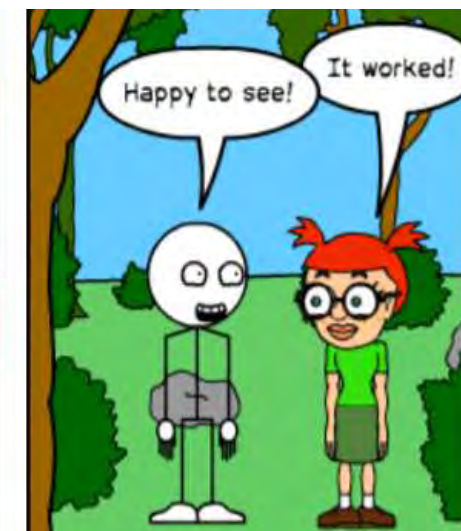
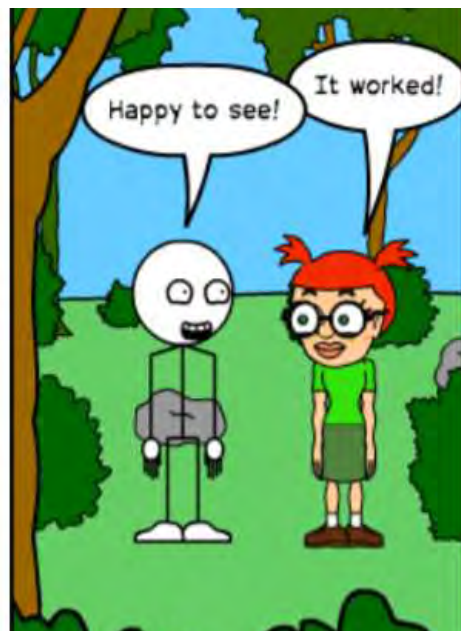
Bully #2: Look guys there is the dumb Lizzie.

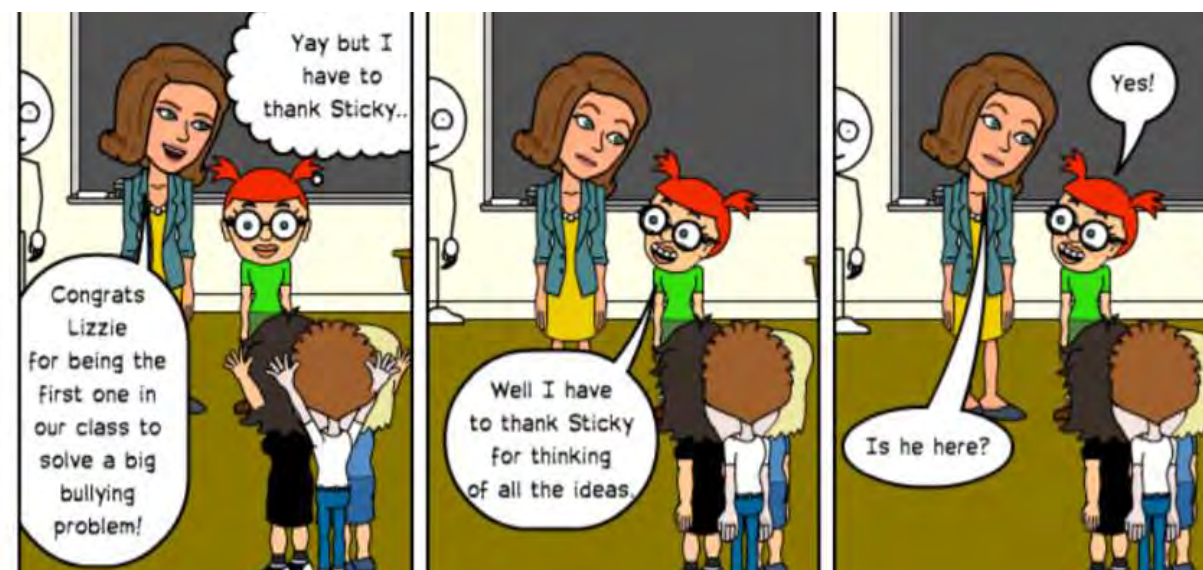
Bully #1: Look, it is the bad guy Lizzie. Don't play with her guys.



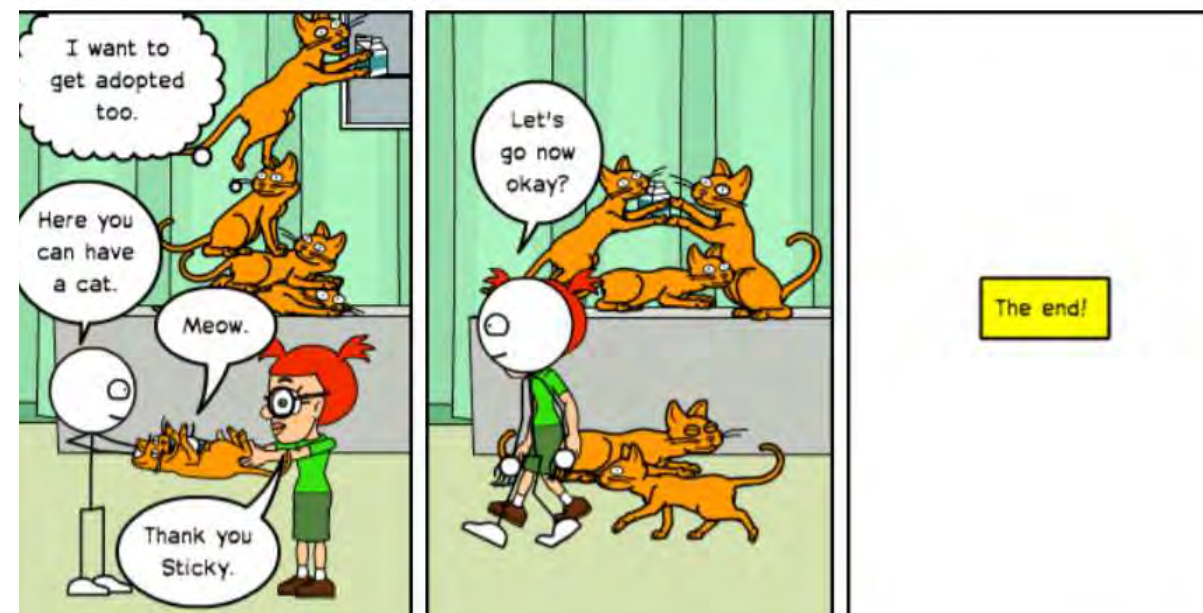


5. Kids' Wellness Programs





5. Kids' Wellness Programs



Story Flaws - "I Statement" - Solution for Bully

In this story, it said that Lizzie has tried telling her grandparents, friends, and the teacher, but none of those methods work. The bullying is actually solved by using the "I Statement" against the perpetrator (bully).

In real life, this isn't the best way to solve a bullying problem. We should use the "I Statement" first to state to the bully that you don't like what they're doing, and that they should stop. sometimes, this works if the bully was unaware of what they were doing, but most of the time they are aware of what they're are up to and that won't change anything. Even worse, they might start to bully you even more knowing that what they're doing is effective in making fun of you.

Steps to Solve Bully

Use the "I Statement" to state that you don't like what the bully does
 if step 1 doesn't work, have your friends help defend you
 if step 2 doesn't work, tell the teacher about your situation
 if step 3 doesn't work, tell your parents
 if step 4 doesn't work, call a bullying hotline or if it's super serious call the police
 if step 5 doesn't work, try posting your situation on social media, the school probably won't want their reputation ruined and the people online will fight for you

Sharing & Inspiring - Young Educators

Layer-by-Layer Leadership to Improve Kids' Leadership
Kids Understand Kids' Needs, Share, Attract, Inspire &
Lead - Help Each Other Learn in Wellness Management, Mental and Science



Bully Story/Kids' Mental Health by Claire Wang (8)



Be Attracted Although the outside world is Wonderful
From Egyptian Community Activities
Sep. 6-8, 2019

5. Kids' Wellness Programs

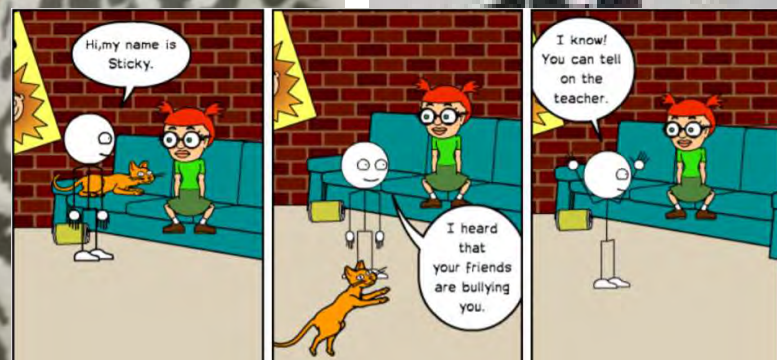
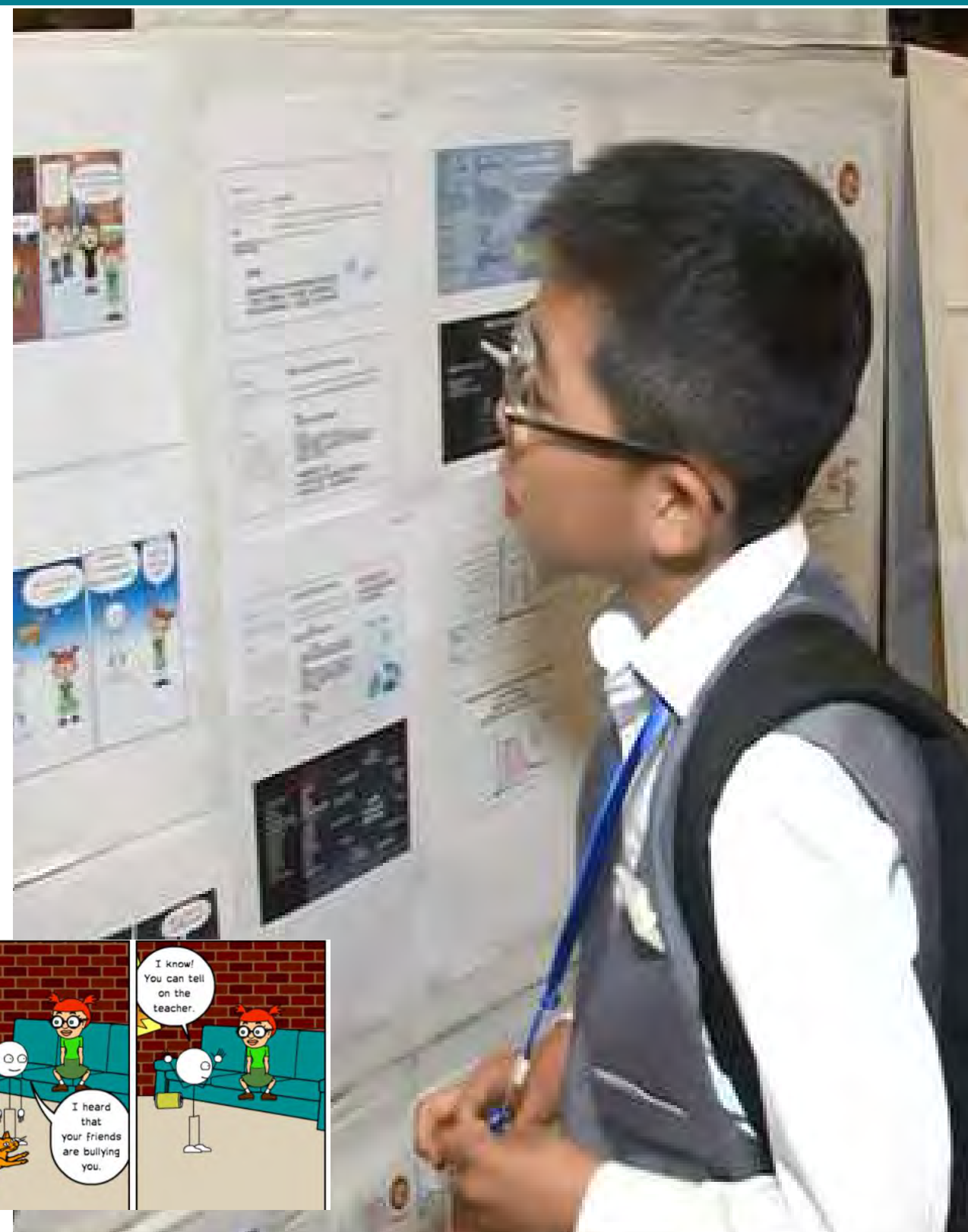
Bully Story
Kids' Mental Health
Build a stronger heart from an early age
By Claire Wang
1st Version at 8, G3; 2nd at 12, G6
Interests/Hobbies: Eating, Sleeping, Playing



Bully #1: You are not allowed to play with me!
Grandma: It's going to be fine. Lizzie, you, and your friends will get back together in no time.
Lizzie: But grandma.....
Bully #2: Look guys there is the dumb Lizzie.
Bully #1: Look, it is the bad guy Lizzie. Don't play with her guys.



Bully Story/Kids' Mental Health by Claire Wang (8)



Sharing & Inspiring - Young Educators

5. Kids' Wellness Programs

Bully Story/Kids' Mental Health by Claire Wang (8)



Lead.Share.Attract.Inspire.Learn.Lead More - Young Educators

Bully Story/Kids' Mental Health by Claire Wang (8)



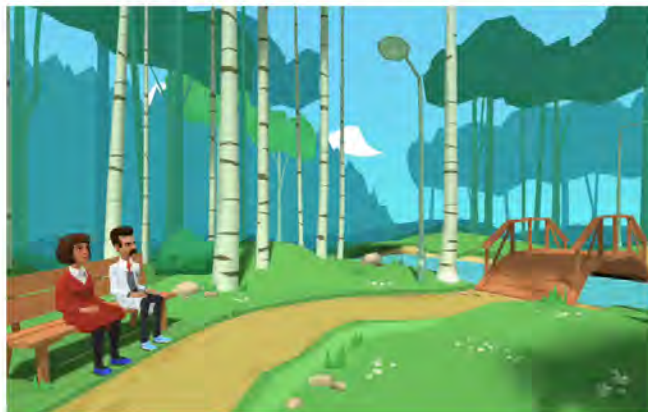
ANB Presents...Healthy Living!!! by Anderson Wang (9)

Hello, Anderson News Broadcast! and we are here to talk about healthy living! So here is some breaking news about healthy living and eating on ANB.

Female named Mali is 9 and got type 2 diabetes by eating too many snacks and packs of sour sticks at school. She was sent to the hospital immediately and is in bad condition and has to take medicine 69 times a day! Her parents are going to take her to a nutritionist for suggestions.



We have a couch potato named Li Shan. She goes to Aurora International University, and she wears red and actually got robbed by a criminal on the loose called Christina Gnef, she robbed \$10 worth of stuff from Dollarama! And how? Well, it all started on a Sunday when she was watching TV and a girl broke in. Li Shan tried stopping her but she was too slow! Because she ate too many foods with lots of sugar and fat, so she got robbed. She is deciding to go to the gym more so she can run faster and be stronger.



OH MY GOD! Stories are coming in like crazy! Betsy Amper gained 180 kg of weight in 2 months by eating fast food! Police are still investigating about this situation. And her parents Mrs. Hope and Mr. Hope are now concerned about eating fast food, they are going to "MAKE" her eat more vegetables and healthy stuff so she heals faster!



Another person also gained LOTS OF weight! CHEN BOY age 6 is now a fat couch potato! (No offence!) He now needs his PARENTS to help to get off of the couch! He has only been on the ground for 9 MINUTES in his whole life! His parents are currently making him go on a diet.



A girl called Taylor got skin cancer from tanning too much! It all started like this, she asked her mom if she can go tanning, she said yes so they went to the TANNING spa, but she went in for too long so she got her skin burned. She is at the hospital in serious condition and has skin cancer! Her mom Victoria is going to make her wear sunscreen EVERYWHERE! So because of that she feels stickier than goo.



You guys might be frightened by these stories because I am! But no worries, we have solutions!

- One, Eat healthy! Eat foods with nutrition like carrots, oranges, and grapes. They contain, vitamin A, K, and C
- Two. Get up and exercise! Sports like soccer, basketball, badminton, and swimming help maintain your strength, eyesight, breathing skills, running speed, and arm strength!
- Three. At least have 1 or 2 classes in your schedule.
- Four. Do all the steps every day! Don't do it once, do it every day to live a happy and healthy life!



Thank you for listening to ANB morning broadcast!
To give suggestions for what we should talk about next, call (870) 427-2819 or
add comments on <https://www.andersonnewsbroadcast.com/comments/on>
We appreciate comments on our website.
Bye!



Missions Accomplished/Entries as General Health Science Education for Kids
Layer-by-Layer Leadership & Collaboration to Improve Kids' Leadership
Kids' Leadership at School - Became Class Representative

Kids'
Wellness
Leadership

ANB Presents...Healthy Living!!! by Anderson Wang(9)

Pioneer Award for Video Competition

2 Different Version for the Same Story:

1. The 1st Video Version by Anderson (Age 9, Grade 4)
<https://youtu.be/wemFG8NGM24>
2. The 2nd Version by Claire (Age 12, Grade 6) Grade 6
<https://youtu.be/OryFR9oODdw>



Improvements after Competition & National Nutrition Day

One drastic improvement that I've personally made is my **writing skills**, as my former writing technique was tremendously messy with several run-on sentences. To expand on that, my former writing skills were very uneven and I didn't really have a way of writing exceptional paragraphs consistently, which is sort of like being a one-hit wonder. The writing from a year ago was also composed of many bland vocabulary words used to form very basic sentences that may not be appealing to most audiences. This would mean that if I were to write something along the lines of a story in 2019, not many people would be interested in it and give up on it, also due to my past lack of detail, in which I wouldn't even be capable of writing a book in the first place. Though compared to my current writing capabilities, it's a drastic difference. Now, I can continuously write pages upon pages, ensuring quality without any run-on sentences and making sure to use a more intricate selection of vocabulary.

Another improvement is my **speaking skills**. Although my speaking is still not the best, let me tell you; my speaking a year ago was horrendous. I had many pauses, and unfamiliar pronunciations that I would stumble upon. But now that I have an extended vocabulary, I can pronounce most words that I wasn't familiar with a year ago. Not only have I improved my pronunciation skills, but I have also raised my speaking volume which is very important as I needed a microphone in order for people to hear me. But now, I've gained enough confidence to raise my voice in front of an audience which is very helpful, especially when presenting in an environment such as a school. And overall, my public speaking skills have improved as a whole throughout 2019 - 2020.

At the start of the school year (Sept. 2019 , Grade 5), I became the "**Class Representative**" in which I attend monthly meetings to suggest any ideas or share any questions or concerns. My classmates voted for me to represent them. Compared to before, I was very silly and received horrible grades that led to my parents' disappointment. But now, I've matured a bit more so that I get in trouble a lot less, which also led to me being the class representative at Rick Hansen Public School. So accordingly, my point is that my behavior has improved because before I was considered a troublemaker, but now it's the complete opposite.





Missions Accomplished/Entries as General Health Science Education for Kids

Layer-by-Layer Leadership & Collaboration to Improve Kids' Leadership

Educator at Home - Help Parents - My mother doesn't know much about this scientific information... I can help my parents and myself pay attention to scientific nutrition knowledge and make our lives healthier.

Layer by Layer
Wellness
Leadership

Eating Rice Increases Risk of Diabetes by Tiffany Zheng (10) / Excerpt



Feedback from Tiffany's Mother

1. We're really happy and learned a lot.
2. Tiffany has many changes after the competition
 - A. More active learning
 - B. More communication with parents
 - C. Pays attention to the learned science and practice
 - D. Improves nutritional awareness in life
 - E. Improves the ability to bypass bad food
3. Tiffany is already preparing & looking forward to next Competition and National Nutrition Day.

Eating Rice Increases Risk of Diabetes

By Tiffany Zhang (10)



What Do you Eat Daily?



5. Kids'
Wellness
Programs

Layer-by-Layer Leadership - Work Together with Kids

Kids & their Wellness Science Speech Instructor Sandy & the Founder of Life Cycle Wellness Management Competitions Carrie

Feedback from Tiffany Zheng (10)

Second Place in Speech Contest

I have learned a lot in this competition.

The first is with the help of my **speech instructor Sandy** who helped me prepare my speech. We determined the topic of the speech, prepared the materials for the presentation and queried related scientific papers and scientific data.

During the competition, I was able to communicate with **scientists** closely, which made me understand that nutrition can help our lives be healthier.

My mother doesn't know much about this scientific information. Through this competition, I can **help my parents** and myself pay attention to scientific nutrition knowledge and make our lives healthier.

Eating Rich Increases Risk of Diabetes / Page 2

Harvard School has found that eating rice can give you diabetes

Why?
 Rice is made up of sugar



Solution

White rice alternative? Brown rice.
 Brown rice is the whole rice grain while white rice is a heavily processed version.



White rice has been through a long process of bleaching and producing. This process strips the rice of the fibre rich bran and nutrient packed germ leaving you with the end result - white rice.

According to the study the chances of getting diabetes rise by **10%** each time you increase serving of rice.



Western Countries

Eat 5 servings of rice each week

An Example:

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
✓		✓	✓		✓	✓

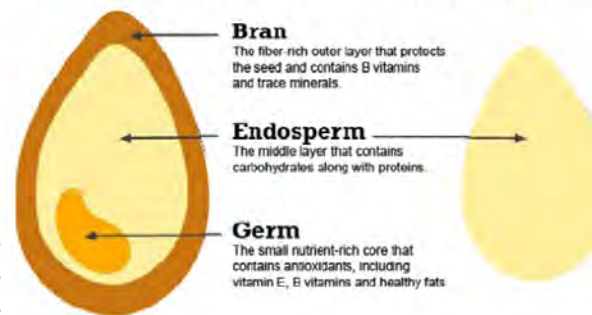
Asian Countries

Eat 3-4 servings of rice each day

An Example:

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
3-4	3-4	3-4	3-4	3-4	3-4	3-4

Whole Grain vs. "White" Grain



Glycemic Index

- Measure of how fast the carbs are broken down into sugar
- White rice has a higher Glycemic Index

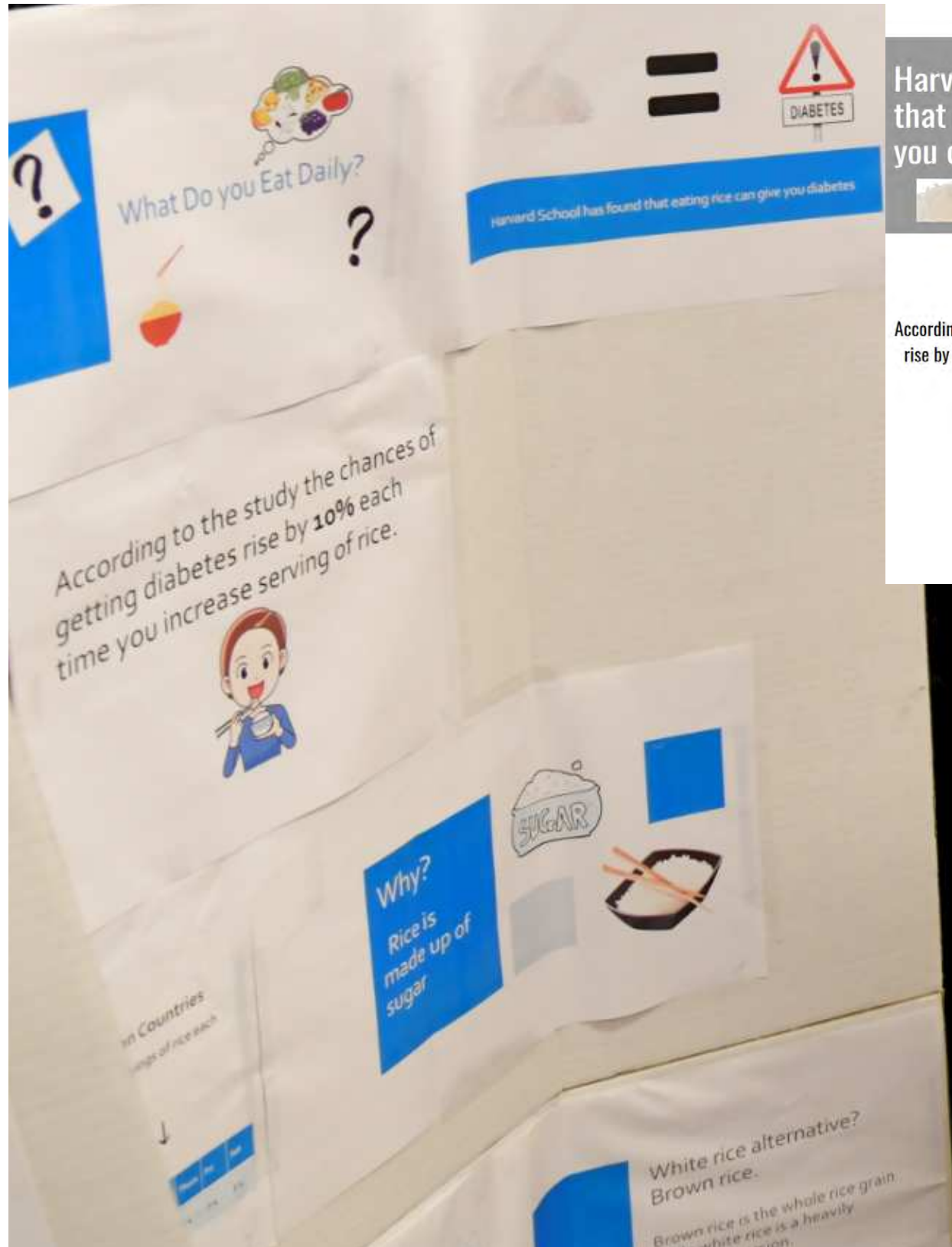


Good morning (afternoon), everyone. My name is Tiffany and today I will be talking about healthy eating. Now let me ask a question what do you eat for your meals? I bet that most of you eat rice at least once everyday and not think twice about it. Well, Harvard School has found out that eating white rice leads to a higher risk of diabetes. Those from Western countries eat 5 servings of rice every week while Asians eat 3-4 servings of rice a day. The study found that the more servings of white rice the greater the risk. According to the study the chances of getting diabetes rise by 10% each time you increase serving of rice. Now you might say "why?" White rice can give you diabetes because of what rice is made of, sugar.

Now don't freak out. I'm not saying to never eat rice ever again. Of course I have a solution. So I know many of you like rice cause you've probably been eating it your whole life. So I am not taking that option out, you can still eat rice just a healthier option of rice. For example brown rice. The simple difference is that brown rice is the whole rice grain while white rice is a heavily processed version. So brown rice is healthier because it is less processed. White rice has been through a long process of bleaching and producing which is why it's not brown. This process strips the rice of the fiber rich bran and nutrient packed germ leaving you with the end result - white rice. Though some countries do tend to enrich white rice with additional nutrients such as iron and vitamin B the clear comparison between white and brown rice will show you that brown is the healthier option. Turning to compare the Glycemic Index, which is a measure of how fast your body converts carbs to sugar, for white rice and brown rice. White rice has a higher Glycemic Index, which means it breaks down carbs faster into sugar - which is why eating more white rice is linked to diabetes.

Now everyone just take a moment to think about it. How can I change to a healthier choice? I hope everyone learned something after this speech. Thank You.

Eating Rich Increases Risk of Diabetes by Tiffany Zheng (10)



Harvard School has found that eating rice can give you diabetes



According to the study the chances of getting diabetes rise by 10% each time you increase serving of rice.



5. Kids' Wellness Programs

Kids' Wellness Leaders



Potaty the Little Glutton by Ruichen Wang (10) / Speech



有个大提琴的名字叫Potaty

A cello's name is Potaty.



Junk先生的餐厅
有一天, Potaty去了Junk先生的餐厅吃饭, 吃完之后, 他觉得这很好, 所以决定明天回来继续吃。

Mr. Junk's Restaurant



Non-stop eating junk food

Potaty ate all sorts of junk food like burgers, soda, ice cream, and fries.

Potaty 不停吃垃圾食品 Potaty吃了各种各样的垃圾食品, 如汉堡, 苏打水, 冰淇淋和薯条。



After two weeks of eating junk food, Potaty turned into a wobbly weird shape. He tried to play music but when he played, the music sounded awful.

吃完垃圾食品两周后, Potaty变成了一个摇摆不定的怪异形状。他试图演奏音乐, 但是当他演奏时, 音乐声听起来很糟糕。

Mr. Junk's Restaurant

One day, Potaty went to Mr. Junk's restaurant to have dinner, and after he ate, he thought it was really good so he came back tomorrow and kept eating it.



Potaty went to the hospital and visited a doctor to check it out.

医院并去看医生。

The doctor took a look and said, you are becoming heavier, and that is why your body shape is changing and your sound gets weird. So from now on, you have to stop eating junk foods, go to the gym, do physical activities, and eat healthy foods. Go to see the Nutritionists and have your Health Management Plan.

医生看了一眼说, 你变得越来越重, 这就是为什么你的体形变化, 你的声音变得怪异。因此, 从现在开始, 你必须停止吃垃圾食品, 去健身房, 做体育活动, 吃健康食品。去见见你的营养师, 获得你的健康饮食管理计划。



Exercising and healthy eating

So Potaty listened to the doctor & following the nutritionists advices, he started to go to the gym, do physical activities and eat healthy foods.

锻炼和健康饮食
所以Potaty听了医生的话, 并按照营养师的建议, 他开始去健身房, 参加各种体育活动, 开始吃健康的食物。



TWO WEEKS LATER...

THE END
Thank you for watching.



Getting healthy

Within 2 weeks of doing the doctor's orders, and following the Nutritionist's advices, Potaty came back to normal shape, and he is light and when he played music, it sounded beautiful.

回归健康
在那以后的2周内, 按照营养师的建议, Potaty恢复了正常状态, 他很轻, 当他演奏一首歌时, 听起来很美。

Sharing & Inspiring - Young Educators

5. Kids' Wellness Programs

Children and parents learn Wellness management together





Preparing & Feedback on Kid's Changes by Mr. Kevin Wang



Layer-by-Layer Leadership & Collaboration Prepare the Competition with Son Guided by the Professionals/Teachers

A: My son's entry has been sent. The work is called Potaty the little glutton (snack food Potaty). He wrote in English and then translated it into Chinese using Google. All soundtracks were made by him playing the piano. Please provide suggestions.

B: The child is creative and expresses his mood with music when he is unhealthy. This piece should express children's moods in three levels:

Step 1(Start) - Ordinary life;

Step 2(Middle) - Unhealthy state (already exists);

Step 3(The end - Change - Back to Health): physical recovery, the joy of knowing you defeat the disease. Enhance the connotation and expression of "music"- nutrition and Health.

A: Thank you! I will discuss with my son.

A: My son consulted with his teacher again about the soundtrack and has made changes according to those suggestions. I sent the file again. Please take a look, thank you! Happy Mother's Day.

B. The soundtracks are very good and have a sense of hierarchy. The first piece is living in a muddle. The second is very sad. The last piece is obviously deep, happy, full of energy and powerful.

A: I didn't expect you to know music. I don't understand music.

My son changed it according to the teacher's suggestion.

By the way, when my son practiced, he found a small spelling error so he corrected it and resent it.

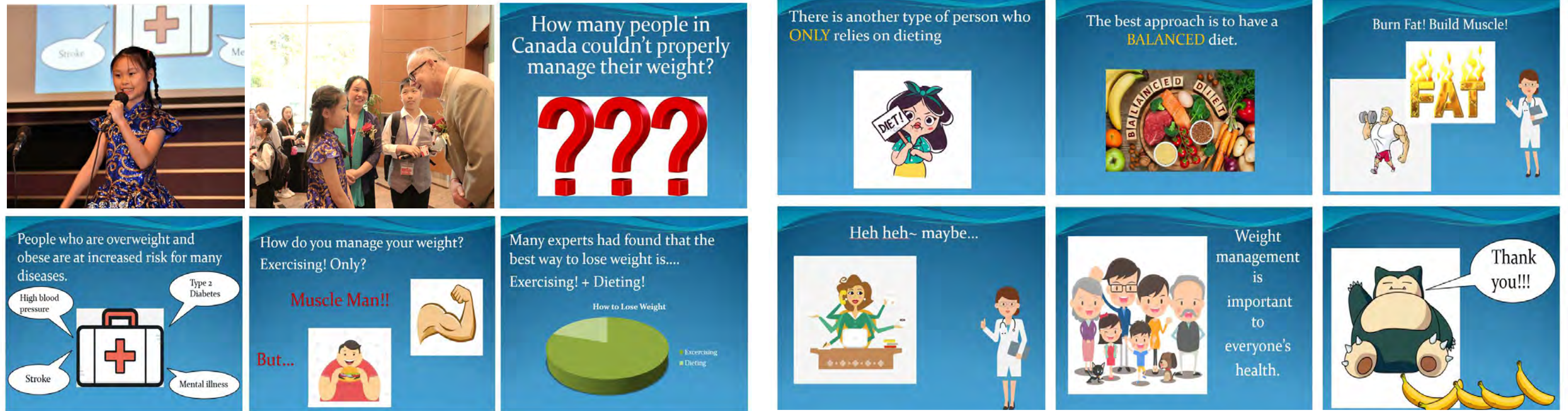
1. It is very predictable for the National Nutrition Day to involve children. They have a strong curiosity and strong plasticity. They are potential talent reserves in the nutrition industry and future consumers of nutritional products. They will subconsciously use the knowledge they have learned for daily use. In life, and passed on to the next generation, when most people regard nutrition awareness as a habit, it is the time when the health industry is sustainable; so learning nutrition can start from childhood. It is recommended that future nutrition day activities can work with the Education Bureau and schools to help more children.
2. The following changes occur in daily life after the child participates in the competition:
 - a. Develop the habit of reading nutrition labels, to see if there is trans fat. They learn to eat none – or less – salty sugary foods.
 - b. The trips to many fast food restaurants such as *** have been significantly reduced.
 - c. My son listened to my "end of milk theory" and he gave up the unhealthy (hormone-fed) milk. I don't mean to stop everyone from drinking milk. My opinion is that since you can't completely avoid adding things, you can control your intake. Of course, if you choose not to drink, it is a personal choice. The new food guide also encourages the intake of more vegetable protein.
 - d. The intake of vegetables and fruits in the diet has increased a lot.
 - e. Eat consciously Omega-3, multivitamins and other nutritional supplements every day.
 - f. Since seeing other players of the same age participating in the speech contest in Chinese and seeing their own lack of Chinese expression, in studies at Chinese schools, when the teacher arranged the homework of oral expression, the enthusiasm of the child to complete the assignment increased.
3. The child is looking forward to the next nutrition day. This award is very encouraging for his enthusiasm for the competition. He is paying attention and collecting some interesting topics to prepare for next competition. His cello is actually very highly rated in his peers. His group class is high school student except for a few others. The teacher is also one of the best teachers in Ontario, plus his own understanding. He won a lot of prizes. It was his own idea to participate in the competition & nutrition day to play the cello. It can be said that music gave him more inspiration.



By Mr. Kevin Wang / Father of Ruichen Wang, Professional in Food Industry for over 20 years.



Weight Management In My Family By Valenzia Lau (11)



Weight Management In My Family / Why should we Management Weight? How to Manage it?

Good afternoon, ladies and gentlemen, and dear friends. I'm Valenzia and today I'm going to talk about Weight Management in My Family.

Do you know how many people in Canada couldn't properly manage their weight?

According to the Public Health Agency of Canada, as of 2017, there are 64% of Canadian adults and 30% of children aged 5 to 17 who are overweight or obese. Are you surprised? It is a very high ratio. People who are overweight and obese are at increased risk for many diseases, such as high blood pressure, type 2 diabetes, stroke and even mental illness. Weight management could be an important issue in many families.

How do you manage your weight? Exercising and eating a proper diet is important to maintain a healthy weight. For some people, like my daddy, believe that exercising alone is enough to lose weight.

Unfortunately, although my daddy believes that he is a Muscle Man, (we all just think that he's a fatty), the result shows that he was wrong. My dad could exercise for 2 hours or run 10km a day and believe he will lose weight quickly. But when he increased his exercise volume, he also began to eat a lot more. So his weight remained the same. Just like Snorlax in this Pokemon video.

Many experts had found that the best way to lose weight is through both dieting and exercise. Some research suggests that weight loss is 80 percent Diet and 20 percent exercise.

There is another type of person who only relies on dieting to lose weight. Extreme dieting will have weight loss results within a few days or a week, but it will harm your body immediately by not having enough nutrients. You could feel tired all the times, lose your hair, poor immune system, etc. If you do it for long time, it could lead to major illnesses.

The best approach is to have a balance diet. My dad is now trying intermittent fasting by skipping his lunch every two days. And it is working slowly.

For an average person, try to lose 1 to 2 lbs a week would be a good benchmark. However, the weight you lose can be both muscle and fat. We need to keep in mind that it is more important to lose body fat than the actual weight. We would like to build more muscle and burn more fat. Maybe if you call my secretary and schedule an appointment with me, I will be happy to tell you more about it. Each of us is different and may have different limitation and health concerns. Please discuss with your doctor before trying out any diet and exercise plan.

Weight management is important to everyone's health. To enjoy your life, to bring true happiness to your family, to study and work effectively, and to better contribute to the world, please manage your weight properly. Wish you a healthy life, and a happy life! Thank You!

Sharing & Inspiring - Young Educators

5. Kids' Wellness Programs

Weight Management In My Family By Valenzia Lau (11)

How many people in Canada couldn't properly manage their weight?

People who are overweight and obese are at increased risk for many diseases.

High blood pressure, Stroke, Type 2 Diabetes, Mental illness

How do you manage your weight? Exercising! Only?

Muscle Man!!

But...

Many experts had found that the best way to lose weight is.... Exercising! + Dieting!

How to Lose Weight

Exercising, Dieting



Kids' Wellness Leaders

Missions Accomplished

Layer-by-Layer Leadership to Improve Kids' Leadership

Feedback from a Newcomer's Family - Leadership at Home & School

5. Kids' Wellness Programs

Kids' Wellness Leaders Home/School

Kids' Leadership for Smart Shopping, Healthy Diet at Home & Schools

The Children especially in newcomers' families act as family messengers of Canadian food, nutrition & health sciences , help families overcome the language barrier , guide smart shopping & healthy diet for improving Immunity at home.

The children in our family participated in the ACPN's speech contest (Life Cycle Nutrition Health Care Competitions) last year (2019) and we have made great achievements.

The children's reaction was very positive. They were very active in collecting relevant information in preparation of the Competition. Even after the Competition, they continue to pay close attention to their daily nutrition. For example, they care about the balanced nutrition of their diets every day and consciously avoid junk food.

The oldest daughter(Valenzia), 12, even took the initiative to learn how to cook, and also **motivated the enthusiasm of her brother, 5, and sister(Katelyn), 8.**

Other abilities through the competition have also improved, such as the **ability to communicate** with people, the ability to speak, and even to see some of the video and animation of other players, they will also have this interest.

The speech contest itself has also strengthened their self-confidence, making Valenzia **dare to actively participate in the management of the student council at school.**

The children are very impressed with the last event and they all hope to continue to participate in the next competition and are actively preparing now.

Thank you for the organization which providing these rare opportunities.

By Ms. Anna - 3 Kids Mother of Champion Liu Anting Accountant



Nutritional Research for School Lunch

The young contestants photographed the colorful lunches brought back to school by the pupils during the school lunch time, and recorded the true nutritional status of the lunch.

5. Kids' Wellness Programs

Multicultural Food & Kids' Lunch Bag Gourmet By Valenzia Lau (11)



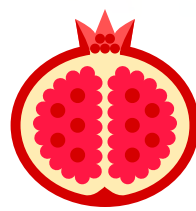
Do you know the secrets in students' lunch bags? I took pictures of many students' lunches in my school. Let's see what they are eating everyday.



Some lunches only contain one of the food groups. **Unbalanced diet** for a long period of time will lead to poor nutrition, which is bad for students' growth.



Some are very **balanced** lunches, including grain, vegetable and meat, which provides good nutrition.



Lunches are very diversified. Every family has different menu. But they all show the **LOVE** of the family.



Taking Care of Your Health When Pregnant by Elim Wu (12) / Excerpt



Pioneer Award
for Writing Competition

Guided by Wellness
Science Instructor Alex



Excerpt From The News

For Life Cycle Nutrition Health Care Competition

Under the guidance of nutrition experts, the participants have a clearer understanding of the topics that they choose, and give themselves lifelong health. At the NHH Center of ACPN's member Club, the reporter saw that many contestants are listening carefully to the expert's guidance for their own topics.

Elim, a 12-year-old (G7) in the non-professional group who chose the topic "How to manage health during pregnancy". The author is keen to understand the reason why she chose this topic. Elim told reporters, "The health of this world begins with children. If every child can be healthy, the world can be truly healthy. The health of the child begins from the mother which requires women to get the correct nutrition management knowledge during pregnancy, and they need to give special care and care to both physically and emotionally. **I hope to have this knowledge and have the opportunity to guide mothers on how to be healthy.**" As an expert guide for Elim, Alex affirmed the theme of her choice, and discussed how to improve it. Alex told reporters that it should be taken seriously before the child is born. In addition to Elim, some other students chose the submission and speech contests. They felt that the speech contest was very meaningful. Now they also preparing for the speech contest on May 19th." Under Alex's guidance, I am ready." Elim told reporters.



Although, because everyone's body size is different, the number of nutrients needed to sustain your health varies between individuals. Taking proper care of yourself while pregnant is crucial to a healthy pregnancy. This can be done by sticking to a healthy diet, getting the essential vitamins and nutrients, surrounding yourself within a positively reinforced environment, and committing to a low-impact workout routine. Remember, being a mother is never easy, but although this may be true, everything will seem worth struggling for in the end.

Purpose to Choose this Topic

The health of this world begins with children. If every child is healthy, the world can have the ability to be truly healthy. The health of the child comes from the mother. Therefore, I would like to share vital information with women so they can properly care for themselves, so their body can have the strength and energy to properly care for the baby inside of them.

A while ago, while talking to my stepmother, the subject of babies popped up, due to my newborn half sister (hence the topic) We started discussing adoption and foster care, and she told me a very intriguing story. One of her friends had adopted a child a few years back, and for the first 2 years, everything was normal. When the child developed speech and walking skills, everything went downhill from there. What used to be a sweet, innocent, little boy, had turned into a raging, out of control little monster. Panicked by this, his mother decided to do some research into his past. **She later found out that in the womb, his birth mother was an alcoholic and regular smoker. Her selfish actions had messed up his development skills, thus him acting up.** This goes beyond just facts and makes a real human connection.

Science and facts are great, but this story reminds us that they are relevant because of our concern for others, and our responsibility to take care of others, especially our little ones.

Missions Accomplished

Layer-by-Layer Leadership to Improve Kids' Leadership
Leadership School - Publicist in the Student Council

5. Kids' Wellness Programs

Kids' Wellness Leaders at School

Claire's Improvements after Competitions

After participating in the competition, Claire saw a big **difference** in her classmates, especially in the design and speed of the project. Also Claire has more patience to complete a project and lead classmates to complete a project. For example, the teacher suggested that she choose the theme of a project with a group of 3. Under my suggestion and based on her experience of the competitions, she chose the theme of Health-Why you shouldn't try to look like someone else. Actually, this project is a little large for the age of 12, and cannot be completed in a few days. When classmates felt troubled and wanted to give up, **she spent 3 more weeks and insisted** on completing the project independently (drawing, story concept, editing, special effects & video).

Claire is more confident than before. She participated in the election campaign and served as a **Publicist in the Student Council** in September 2019. I was very surprised by her **decision**, because she has always been more introverted.

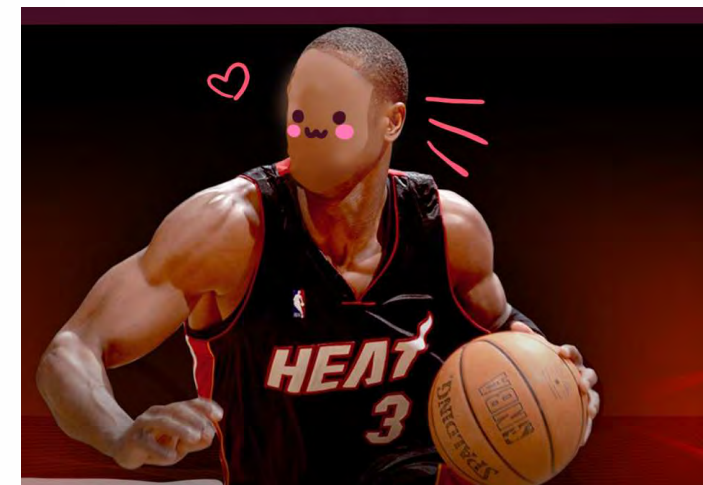
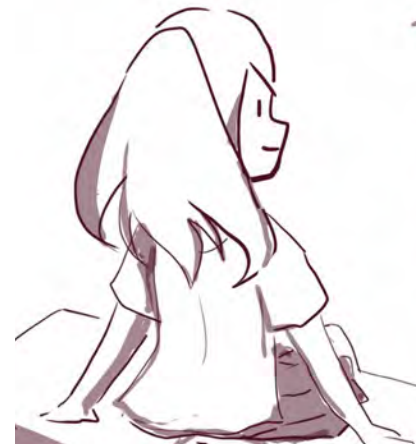
Another surprise is **Claire's brother Anderson** (10, G5). He also made his own decision to become the "**Class Representative**" in which he attended monthly meetings to suggest any ideas or share any questions or concerns. His classmates voted for him to represent them. Compared to before, Anderson was very silly (His main job was to create trouble everyday) and received horrible grades. **I knew every kid has his own timing so all I did is to wait and just make some opportunity for him so he can have more choices.** Now, he has matured a bit more so that he gets in trouble a lot less, which also led to him being the class representative at Rick Hansen Public School.

Perhaps, the larger the world a child may be exposed to, the more the child's **potential** will be stimulated.

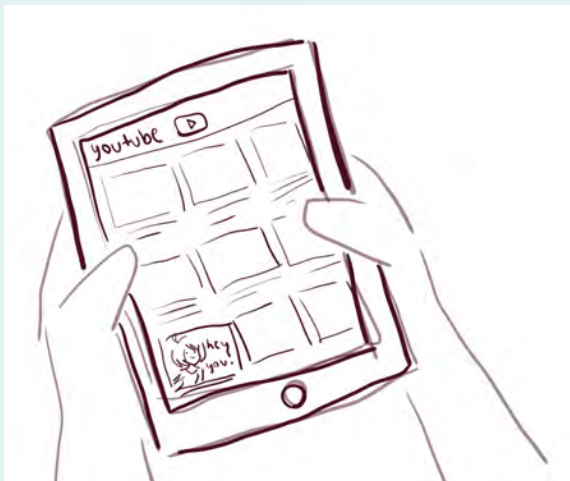
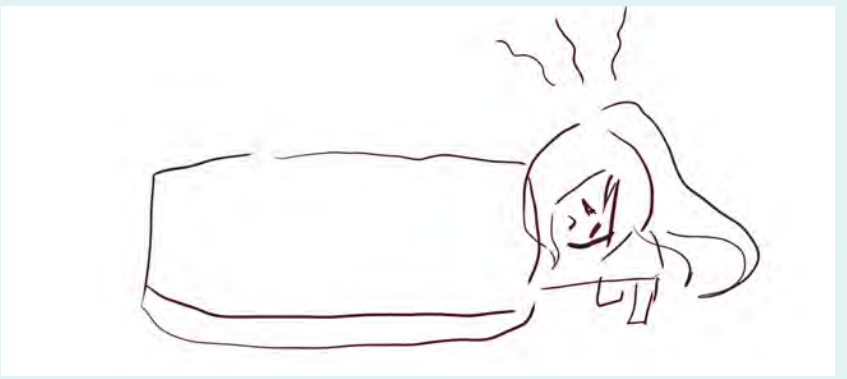
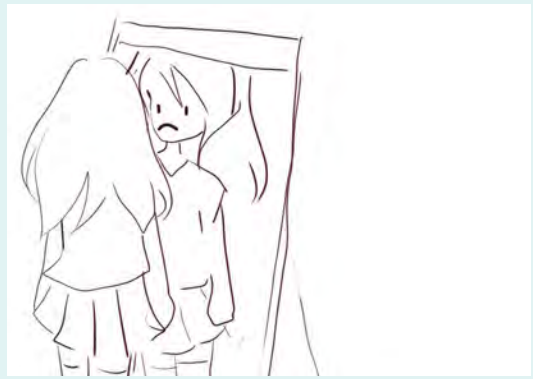
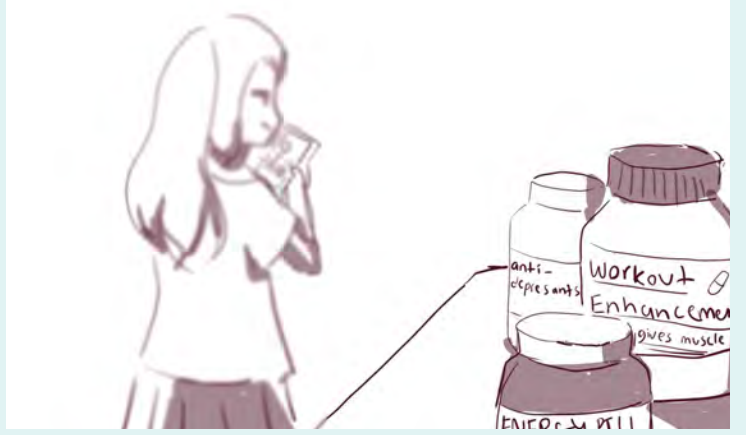
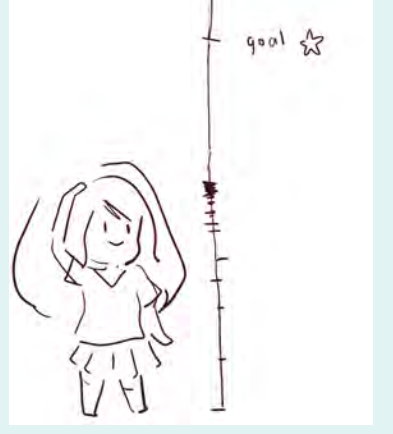
By Claire & Anderson's Mom Carrie Wei / Immigration, Professional in Computer Science



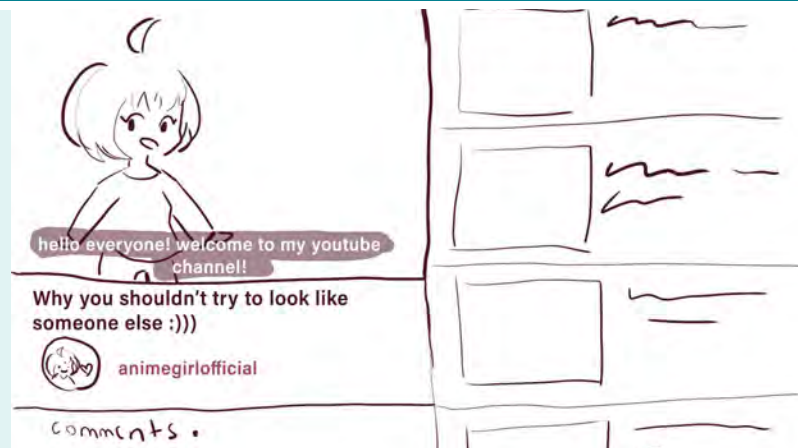
Fit Personal Diet Needs / Why you shouldn't try to look like someone else :))) by Claire, Alina & Grace (12, G7)



5. Kids' Wellness Programs



Consult a Dietitian for a Custom Diet Made to Fit Your Personal Needs / Page 3



hello everyone!
welcome to my
youtube channel!
today we're going
to talk about body
image ^^

body image is
the way you percieve
your physical
appearance, and from
a young age we are
judged by our looks

right now, we need to learn
how appreciate your
looks, because with all of
these models and
media, we're going to
feel dissappointed
by how we look

plus, with photoshop and
pressure to look a certain
way, we need to be aware
that you should
appreciate the look
you have, or there will
be consequences

so that's why i'm here
today to give you reasons
why you shouldn't need
to look like anyone
else, and why
your appearance and
personal best matters
most :)

First and formost, you
CANNOT change
your genetics!
if you attempt to do so
you will end up in
F/ Failure.

if you try to change your
height, weight (in some
cases), muscle mass,
skin tone, bone mass,
and body/face structure
(and more), you will be
VERY
Disappointed!

if you suddenly change
to another person's
reccomended
diet, there
might be results
but you'll start to feel bad.
for instance, fatigue,
nausea, dizziness,
depression, and
more.

the same can happen with
over-exercising, with
some symptoms being
exhaustion, constantly
aching, low immune
system, grumpy moods, and
changes in sleep schedule

to add on, your self esteem
will be worse once you
don't achieve your goal,
making you feel depressed,
which makes you more
likely to abuse drugs,
such as anti-depressants,
alcohol, muscle
enhancing pills, and
more

wait! there's more.
these drugs can cause
addiction and damage
to your insides and
your outside! (organ
damage and skin
problems in the worst
cases)

in short, trying to look
like a certain figure/body
type is going to ruin
yourself even more and
damage your looks, inside
and out, along with
lifetime scars and possibly
illnesses.

instead, you should focus
on changing the aspects
that are changeable, like
attitude, confidence,
and personal
fitness.

looking like someone else
isn't going to get you
a permanent job if you suck
on the inside, so cheer up!
good people care about the
inside, not outside, and
most of those
models on covers are
photoshopped.

if you are determined to be
healthy, know your limits
and consult a dietitian
for a custom diet made to fit
your personal needs, as
well as a workout routine,
and remember to
keep an optimistic
attitude towards
anything!

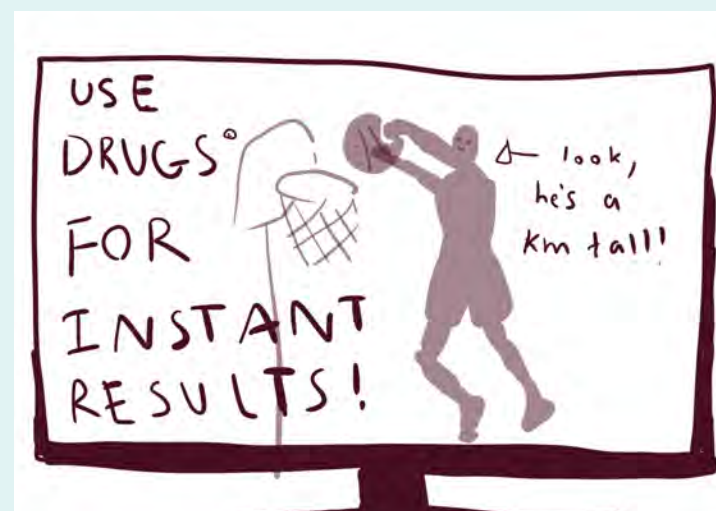
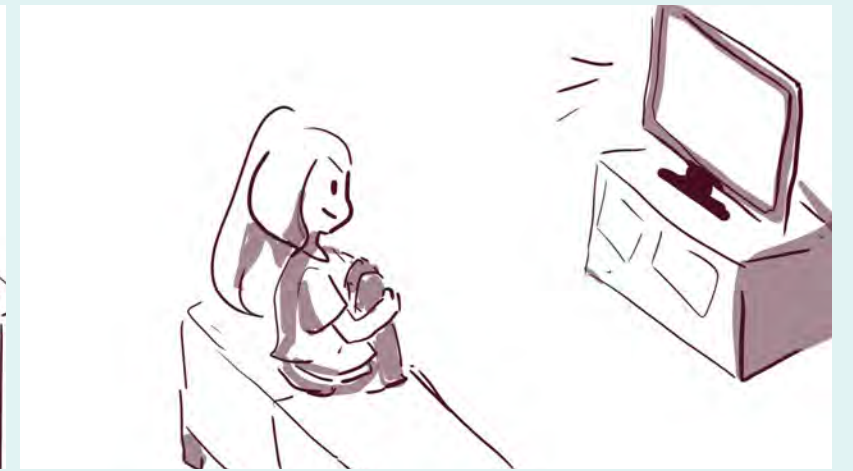
Watch on YouTube:

<https://youtu.be/OWeSDUvRcFM>

5. Kids' Wellness Programs

Kids' Wellness Leaders Home/School

Treat Myself Once in a While, Work My Best & Love Myself / Page 4



"Don't do drugs, stay in school"
Claire, 12

"Always think positively about your body, you are beautiful!"
Alina, also 12

"It doesn't matter what people say about you, love yourself"

Grace, you can guess her age

Some messages from a bunch of lit middle schoolers

Thanks for watching!

Drawings and story concept by Claire
Editing and special effects by Alina
Video by Grace
(don't fail us please)

How Does The HIV Work? What Treatment Are There? By Amberly Dai (14)

5. Kids' Wellness Programs

Kids' Wellness Leaders Community



Amberly's Improvements By Susan Guan Parent & Founder of Academy We Care Health Center

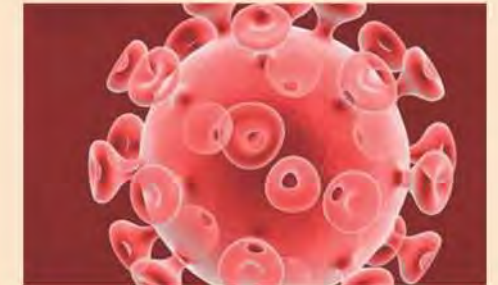
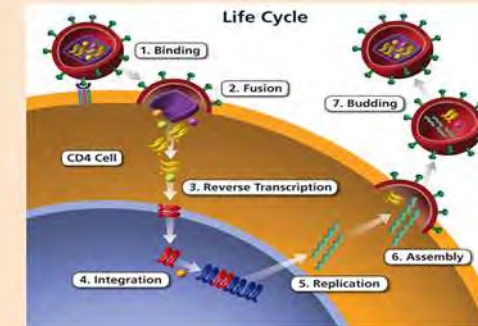
Amberly participated in the speech contest before nutrition day. Through this competition, not only the children were trained, but also the contents of her school studies.

- Be aware of health, put forward a healthy diet, weight management plan.
- **Self-improvement**, the child actively participates in the activity and is more confident
- More firmly believes in the importance of healthy nutrition.
- We are looking forward to the next year's nutrition day, and related activities.



What is HIV

- Human Immunodeficiency Virus (HIV)
- Spread through certain body fluids that attacks the body's immune system.



- Attacks immune cells called CD4 cells
- Without treatment, it might progress to a disease stage called AIDS.

How does HIV spread?



1. Blood contact
2. Sex relationship
3. Baby form pregnant
4. Blood injection



1. Physical contact
2. Food sharing
3. Air, sneezes and cough
4. Toilet seats

How HIV react on human



- Fever and Headache
- Joint Pain
- Rash
- Swollen Tonsils & Lymph nodes
- Sweating & night fever
- Diarrhea, cramps, pain
- Mouth & body sores

Healthy Lifestyle - Case Study by Vivian Zeng (14)



About me

- My name is Vivian Zeng / 曾思
- 14 years old, Grade 9, Visual Art Program, Cawthra Secondary School in Mississauga
- Hobbies: Drawing, dancing, running, playing the flute
- Why I decided to change my lifestyle into a healthier one.



Vivian's Feedback

The nutrition speech competition provided me with a valuable opportunity to share my personal experience about achieving a healthy lifestyle and learning with my family, classmates and friends together! During the contest, I was evaluated by healthcare professionals which has helped me understand more about the importance of nutrition and better improve my living habits. This competition was a great way to promote health and nutrition to the youth! I am so happy to join and have learned so much and have been inspired to spread that to more youth to live healthy every day!

Vivian Mother's (Ms. Emily Ding) Feedback on Kid's Changes

This nutrition speech contest has helped Vivian learn more about nutrition, how it impacts her daily life as well as her family and community. She really enjoyed networking with other kids and meeting professional nutritionists and health experts.

After the contest, she has applied what she learned, such as healthy eating with her twin brothers and her friends and helped them adapt good habits. She also started taking good health supplements, such as multivitamins and calcium. Before, she didn't agree with my suggestions. She now looks forward to the new events and speech contests related to environment, nutrition and health, as those subjects are her favorites now! I really appreciate ACPN for making this nutrition speech contest a great success and inviting kids to learn, to apply and benefit so much from science-based nutrition knowledge!

Gym class experience

- Experience with warm up in Gym Class
- Becoming tired too quickly
- Being a competitive dancer did not mean I was physically healthy



"A new car will only break down if it runs on bad fuel."



I needed to change my eating habits

- Wasn't proud of the first fitness test scores: wasn't able to run over 800m in 10 minutes
- Wasn't capable to do a full body push up
- Determined to change my eating habits to avoid future health problems

New goals for second fitness test: run 1km in 10 minutes + do 5 full body pushups

Take action:

- did research on my own and learned about food portions and macronutrients in order to gain muscle and improve stamina
- controlled my consumption of unhealthy foods and having them in moderation
- I recorded each item in my folder to match my goals. After the first week, I had already built new habits such as drinking 12 cups of water everyday.

The results

- Seeing my diet throughout the week changed my vision completely
- Challenged me to think about how food affected me in the future
- Showed me how powerful it is to eat right over eating less. When eating a balanced diet I felt more happy and energetic and began to improve in not only gym, but also academically.

Completing goals: My nutrition and physical training had led me to surpassing goals. After 2 months and 2 weeks, I was able to run 1.2km in 10 minutes as well as 12 full body pushups.



An unhealthy diet

- Eating McDonald's after dance class
- My mom packs me salad for lunch and I would bring it right back home untouched, because I bought 2 cookies from the cafeteria.
- Poutines and Coke
- I relied my health on 2 hours of dance a week



The gym exam

- Daily log of gym exercise/results
- The week after the fitness test we were all instructed to track everything we ate on a calendar, including portions and ingredients for 2 weeks
- Also record our daily exercise and weight training
- Using our learning from the 2 weeks, we would prepare in next 2 months for the second fitness test.



Next step

- When gym class ended, I found myself working even harder to improve diet and physical capabilities
- Although I do not track my meals anymore, the choices I made during the exam helped me make better decisions and set goals for my wellness
- Making one time healthy choice is completely different from living a healthy lifestyle:

A healthy lifestyle is composed of consistent healthy choices, while consuming treats moderately. I strive to live a healthy lifestyle because I know that in the future I may not be able to undo the damage I did when I young.



The importance of a healthy lifestyle

Making changes sooner will have a greater impact your body and health. Whether you want to lose weight, gain weight or just change your life for the better, like I did.

Living a healthy lifestyle not only means exercise, but also eating well, rest well, sleep well, also make the things you love: family, hobbies, helping others.

Only YOU can choose to turn YOUR lifestyle to benefit your health and wellness!



Kids Inspired by Kids - Achieving a Healthy Lifestyle by Vivian Zeng (14)

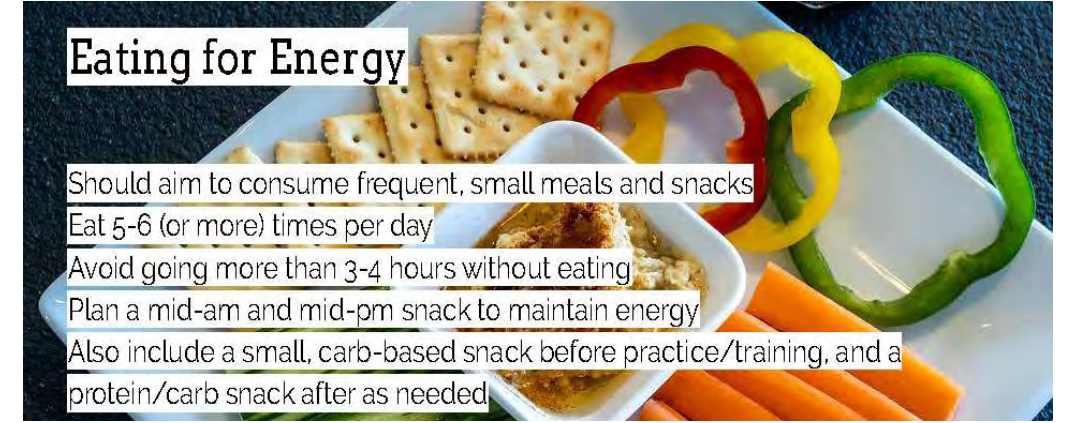
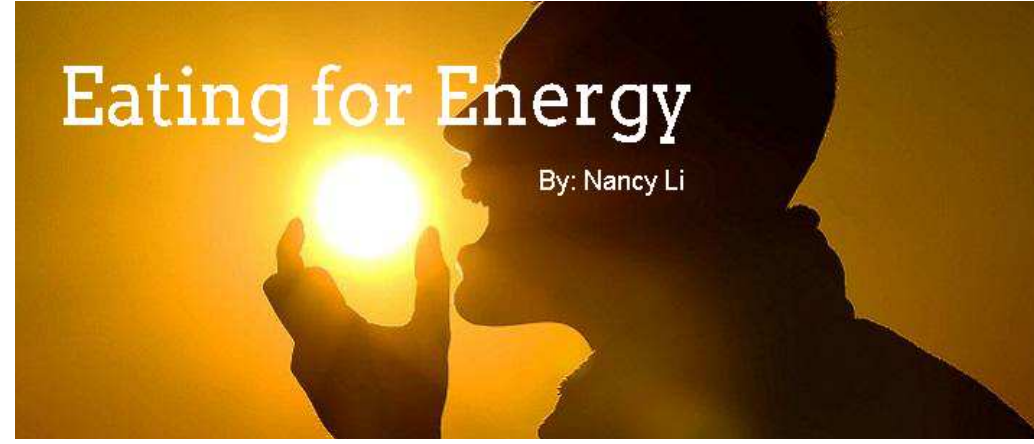


The gym exam

- Daily log of gym exercise/results
- The week after the fitness test we were all instructed to track everything we ate on a calendar, including portions and ingredients for 2 weeks
- Also record our daily exercise and weight training
- Using our learning from the 2 weeks, we would prepare in next 2 months for the second fitness test.



Eating for Energy by Nancy Li (16)



Feedback from Nancy Li

I am already a high school student and I am about to apply to university. Although there are many learning tasks in high school, I still came to this activity under the recommendation of the teachers. This was my first time participating in Life Cycle Nutrition Care speech contest. **I took my mother with me & My mom (new immigrants) was very happy to learn.**

As I listened to **scientists** share authoritative professional knowledge, I became more interested in the scientific knowledge of nutrition. Thanks to ACPN for providing such a platform, allowing authoritative and professional nutrition and health science to truly enter our daily life. **It helped me better distinguish health information in real life, and now I can present this information to my family so they, and many others, can be healthier and happier!**

Pre-exercise eating

Depends on the length of exercise duration. One must consume at most 3 hours before start. Try to eat some kind of breakfast before any morning workouts. As exercise nears, decrease meal size, also less fibre, fat and sugar. Ideal: mixed meal 3 hours before, then light carb-based snack 15 minutes before. The 3 hour meal before workout should include 60-200 grams of carbs, along with 10-30 g of protein. The small snack should include high sources of protein (20-40 grams)

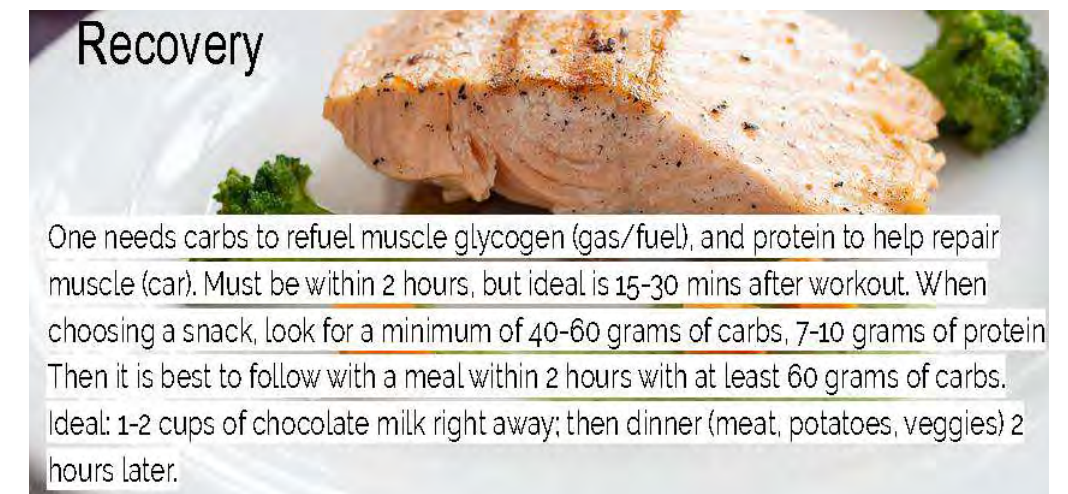


Energy Needs

Energy derived from food; burned during activity
Energy consumed and burned as calories (kcalories)
Calories derived from 3 sources:
Protein (4 kcal/g)
Carbs (4 kcal/g)
Fat (9 kcal/g)
Lack of total energy (ie. calories) can cause unwanted weight loss, fatigue muscle mass, poor performance
Average Canadian women needs 2000 calories per day while men need 2500 calories a day

Recovery

One needs carbs to refuel muscle glycogen (gas/fuel), and protein to help repair muscle (car). Must be within 2 hours, but ideal is 15-30 mins after workout. When choosing a snack, look for a minimum of 40-60 grams of carbs, 7-10 grams of protein. Then it is best to follow with a meal within 2 hours with at least 60 grams of carbs. Ideal: 1-2 cups of chocolate milk right away; then dinner (meat, potatoes, veggies) 2 hours later.



Report Sciences

Young Reporters

1. Kids' Leadership
 - Who? Why? How? What? Future?
2. Feedback for Kids' Leaders & Kids' Wellness Programs
3. Life Cycle Wellness Management Competitions
 - Why?
4. National Nutrition Day
5. Kids' Wellness Programs
 - Designed by Kids' Leaders - Young Educators

5A. Learn Science

5B. Reporting Sciences

Young Reporters
Build Scientific Information & Community Channel for Kids



Reporting Science

Learn Wellness since Childhood

Build the Science Channel for Kids
by Layer-by-Layer Leadership

Learn to Report

Sciences & Community Since Childhood



1. Learning Wellness Guided by Sciences
2. **Interview Scientist.Professional.MP.Councillor Etc.** on National Nutrition Day
3. Examples of Reports from Report Contest/Life Cycle Wellness Management Competitions
4. Feedback from Young Reporters



Excerpt from Reports

"We asked Dr. Holub some questions regarding the National Nutrition Day. He believed the event would have a positive impact, and that it was especially beneficial in targeting the **newest generation to 'cure the population from its roots'**"

Excerpt from Reports by Young Reporter - Improvements



“Why is Nutrition Day is so important?”

“We asked Dr. Holub some questions regarding the National Nutrition Day. He believed the event would have a positive impact, and that it was especially beneficial in targeting the newest generation to **‘cure the population from its roots’**”.

“Why is Nutrition Day is so important?” “More people will know how to be healthy and that will bring a better community”.

Healthy Lifestyle, Diet & Smart Shopping, Manage Wellness S.E.S.E

“ Nutrition is the most important thing in your body because if you don’t follow the healthy eating rules, your body will grow in another way as another person.”

“Studies show that kid that ate omega-3 & got better grades and were much healthier than the average kid. I think that his discover is pretty clever. Don’t you? ”

“He thought that if he put them in yummy gummies, kids would be willing to eat them. ”

“ I never realized it before, but after the Nutrition Day really make me start to think about it more, be more aware of what you eat”

“ I realized that I need to change my diet and keep a healthy diet. As that progressed I lost about 7 pounds.”

“Even doing the littlest thing such as drinking water before going to bed can prevent strokes and heart attacks from happening.”

“ I’ll have a glass of water before I go to bed.”

“Before, I was not picky about food, but I didn't pay attention to the balance of nutrition, so the diet will lead to partial food and unbalanced nutrition. After actually learning nutrition care, I am in a much better mental state & feel more energetic in daily time. It's no longer easy to doze off in class. ”

“conclusion of what did we learn ... how to actually interview a person and how omega 3 is good for you prevent cancer, and how many bags of sugar to put inside a cup of coffee.”

Relationship with Parents, Smart Shopping

Q: Before and after Nutrition Day, any change in your daily life?

“Yeah, I asked my mom to buy some gummies with Omega-3 for kids while we shopping.”

“I will ask my parents buy calcium tablets, vitamins and so on, but I will also check it online.”

“ I tell my parents what they have to eat for breakfast. Sometimes they just go to work without breakfast.”

“My parents said they are benefited & they are very happy to be able to attend the nutrition day last time.”

Improving Capability of Linking Science to Daily Life Needs

Q: How do you see what you learned in school and what you learned from Competition & on Nutrition Day?

A: I will see them as one, and then combine them into a goal of a better food balance. When you add two things (learned in School and in Competition) together, it will become more simple, easier and will learn more knowledge efficiently.

Q: Nutrition related to other sciences, do you feel an improved the ability to learn other related sciences? A: Yes, it helps a lot.

“Health (nutrition) class would learn some food nutrition and the right balance we should have, but we never really integrate it into my real life by myself. I feel like the information you got in event more in depth, you list the application, how you should be integrate the nutrition into our every day diet.”

“Since the last nutrition day, I have always had a question. Is there nutrition in the pigment? Or health effects? There's also a food. I don't know if there is any in Canada... ”

“I feel like the information you got in event more in depth, you list the application, how you should be integrate the nutrition into our every day diet. Well in school like theory quizzes, what percentage of the protein you should have in your diet, like mathematics, statistics as supposed to how should we actually use it into our lifestyle. Information learned in the school was harder to apply in real life than what we've learned in the Nutrition Day.

I just thought this event was very informative and very useful.”

Teams Layer-by-Layer for Community Wellness Platforms

Team Together - Link Science to the Community Layer by Layer To Achieve Great Wellness

Programs Designed by **Top Talent - Global Wellness Leaders**

- Scientists.Professionals.Kids

Management Team

Collaborate with Professional Team &
Link Science to Community

Layer-by-Layer Leadership & Collaboration from Management Team to Community Services Team and Volunteer Team

Management Team



Thomas Lin Carrie Wei Rafik Ragheb Evan Moriarity Paul Kearns Jean-Michel Fitamant



Alex Campbell Xiuming Zheng Peace Wei Ivan Hon Harry Wang Joe Song Harris Rong Julia Wang Emily Ding Jenny Hsu



Steven Chen Betty Gao Kevin Wang Susan Guan Sandy Liang Jane Chen Kyle Long Jennifer Liu Sue Huang Song Wei Guo



Fiona Yang Judy Fu Jane Wang Tingmei Zheng George Fang Tina Yang Queenie Poon Ying Lang Flower Liu Annie Zheng

Community Services Team

Volunteer Team



Professional Team

Systematize, Simplify & Visualize Health-Related Science &
Link Science to Daily Life Needs to Make Health Easier

Layer-by-Layer Leadership & Collaboration from Scientific Advisors, Professionals & Practitioners to Kids' Leaders

Scientific Advisors

Link Science to Daily Life Wellness Needs
Holo-Wellness Science



Dr. Shi Dr. Holub Dr. Sly Dr. Ni Dr. Ragheb Dr. Beaumier Dr. Rowland Dr. Beaudoin

Professionals & Practitioners Team

Link Science to Family
Be my Own Wellness Leader
Guided by Scientific Advisors
Feedback to Scientific Advisors
Holo-Nutrition Wellness Care
Life Cycle, Micro to Macro
Optimize Personalized Solutions



Reid Gallant Daniel Mackeigan Jade Sullivan Zach Liu Sun Qingrui Eric Chen Dalton Du



Evan Moriarity Alex Campbell Ella Li Kyle Long Cindy Zhao Jeannie Yang Kevin Wang



Julia Wang Susan Guan Sandy Liang Kali Lo Jennifer Liu Emily Ding Yi Han

Kids' Leaders Team

Link Science to Kids
Guided by the Scientific Advisors & Professionals
Kids Lead Kids.Family.Community -
Global Kids' Wellness Leaders
Young Educators & Reporters
"The Young Children will be the Future Educators and Examples of Healthy Living for the Future Generations."
By Dr. Bruce Holub



Katelyn Lau(8) Anderson Wang(9) Tiffany Zheng(10) Ruichen Wang(10) Valenzia Lau(12) Claire Wang(12)



Anna Zou(12) Elim Wu(12) Leo Liao(13) Amberly Dai(14) Vivian Zeng(14) Nancy Li(16)



Elizabeth Li (14) David Wang(12) Stanley Zong(11) Katherine Chen(15) Sandy Wu(13) Katie Jing Guo(11)

A Platform of Linking Science to Daily Life Needs
Visualization of Health-Related Science to Make Health Easier

Missions Accomplished / Entries as General Health Science Education for Kids

Build the Science Channel for Kids by Layer-by-Layer Leadership - Learn Wellness before Reporting Science

5B
Reporting Science
Learn Wellness
before
Reporting

Learning Science / Life Cycle Nutrition Care Competitions - Report Contest - Report Science



Kids' Leaders -Young Reporters - Report Science

"We asked Dr. Holub some questions regarding the National Nutrition Day. He believed the event would have a positive impact, and that it was especially beneficial in targeting the newest generation to 'cure the population from its roots'"

5B. Kids' Wellness Programs
Reporting Sciences

Interview Scientists, Professionals & MP Etc. on National Nutrition Day



Examples of Report & Feedback

Missions Accomplished / Entries as General Wellness Science Education for Kids

5B. Kids' Wellness Programs
Interview Scientists

National Nutrition Day 2019 By Stanley Zong Grade 5 (Yrs: 11)

Today is National Nutrition Day!

I interviewed Dr. Bruce J. Holub, the pioneer of Omega-3 theoretical research, Founder of the DHA/EPA Omega 3 Institute and the president of the Canadian Society for Nutritional Sciences. He also created the omega-3 gummies that deliver the needed DHA that comes from fish oil! It's such a smart and important way for kids brain development!

I asked Dr. Bruce Why did he decide to use fish oil in your gummies?

Dr. Bruce answered that he used fish oil in the omega-3 because fish oil contains DHA, which is good for your brain and eyes. He thought of using fish oil because when he was young, his parents gave him fish oil because it contained vitamin A and D. He put it in gummies because kids don't usually like seafood or fish. He thought that if he put them in yummy gummies, kids would be willing to eat them.

Studies show that kid that ate omega-3 & got better grades and were much healthier than the average kid. I think that his discover is pretty clever. Don't you?

Feedback on Oct. 21 2019

Q: Would you please tell me what's your name? A: My name is Stanley (G5-2019-05)

Q: How do you feel on National Nutrition Day? Who did you interview?

A: Yeah, it was the person who was the founder of the Omega-3 Institute.

Q: How do you think about it?

A: I think he was smart to create something like to give people extra Vitamins mixing fish oil in your Gummies because of some people which don't like the taste of some Vitamin food so they just actually avoid it, right? So the Gummies with Omega-3 generally taste good, then they also give you the nutrition you might miss in the regularly food. So I think he was really smart to do it.

Q: Before and after Nutrition Day, any change in your daily life?

A: Yeah, I asked my mom to buy some Gummies with Omega-3 for kids while we shopping.



Examples of Report

" More people will know how to be healthy and that will bring a better community, that why national nutrition day is good."

"Conclusion of what did we learn ... how to actually interview a person and how omega 3 is good for you prevent cancer, and how many bags of sugar to put inside a cup of coffee.



5B. Kids' Wellness Programs Interview Scientists

The National Nutrition Day on May 26 By David Wang Grade 6 (Yrs: 12)

May 26th is a very important day to me because I went to the National Nutrition Day and first I was wondering what this event is but as with the explanation of the teacher and the member of the ACPN.

When we got into the lobby we are separate into groups and we were told to Interview and ask questions to the VIPS , the employees of the ACPN.

First we interview the employees of the ACPN, and then we interviewed the Member of Provincial Parliament (MPP) , Vincent Ke. I asked him **do you think this national nutrition day is important**. He said, "Yes, because this day in here you can **learn about how to be healthy** and what's good for you and what's bad for you. Another thing is people come to learn how to be healthy and they will tell other people/friends and they will tell their friends and other people how to be healthy and so on. If it keeps happening means more and more people will know how to be **healthy and that will bring a better community**, that why National Nutrition Day is good."

Next we interviewed Dr.Bruce J. and I asked him does omega 3 help with fatty liver. He said, "Yes, the omega doesn't just help with the fatty liver, it can actually **decrease** the fat in the liver." That shows me that the Omega 3 is a very good thing to our body & stay away from cancer and etc.

Soon we gathered by a big stage and listened to speeches by every VIP who came to National Nutrition Day. They shared their thoughts about the event.

Here is a conclusion of what did we learn today **we learned how to actually interview a person and how omega 3 is good for you prevent cancer, and how many bags of sugar to put inside a cup of coffee** [Sugar In My Favourite Food by Katelyn Lau (8)].

I think I learned a lot today and when I will try to interview more people and ask more questions next time.



Four spoons of sugar, 39 g, in a cup of Coca Cola.



Coca cola has even more sugar than juice!

Less sugar, we will grow healthier!

Sugar In My Favourite Food by Katelyn Lau (8) on Page 22

Missions Accomplished / Entries as General Health Science Education for Kids
Build the Science Channel for Kids / Layer-by-Layer Leadership
Life Cycle Wellness Competitions
- Report Contest / Reporting Science - Feedback from David Wang Grade 7 (12)

5B. Kids'
Wellness Programs
Learn Wellness
after Reporting

Q: Hello, what's your name, please? **A: My name is David (G7-201910)**

Q: Who did you interview on National Nutrition Day ?

A: I interviewed you. There is another minister and two others. One is from China.

He came to study this. The other is a former teacher. Then he became a nutritionist.

Q: What useful information did you get?

A: I've **learned a lot** about what should be eaten, what should not be eaten, and what is unhealthy. We should **mix** all things together to make a good food chain and make ourselves healthier.

Q: Balance nutrition, right? A: Yes

Q: Is there any **change** in food after the nutrition day?

A: There are more vegetables and fruits in food

Q: Did you remind your parents to make some changes? A: Yes.

Q: Are your **parents** happy?

A: They are very happy.

Q: You have a class in nutrition at school, don't you?

A: Yes, there will be(Health Science).

Q: **How do you see what you've learned in school and what you've learned from Competition and on Nutrition Day?**

A: I will see them as **one**, and then **combine** them into a goal of a better food balance.

Q: Is learning more active?

A: Yes, it's more active, because when you add two things (learned in School and in Competition) together, it will become more simple, easier and will learn more knowledge efficiently.

Q: **Nutrition related to other sciences, do you feel an improved the ability to learn other related sciences? A: Yes, it helps a lot.**

Q: What's the difference between your physical condition and that before? A: Better.



Examples of Report : We asked Dr. Holub some questions regarding the National Nutrition Day. He believed the event would have a positive impact, and that **it was especially beneficial in targeting the newest generation to 'cure the population from its roots'**

5B. Kids' Wellness Programs Interview Scientists before Reporting

National Nutrition Day 2019- A Wonderful Educational Event

By Elizabeth Li Grade 8 (Yrs: 14)

On Sunday the 26th of May, the young reporters attended the National Nutrition Day event hosted by the Association of Certified Professional Nutritionists (ACPN). The event is trying to establish May 26 as an official Nutrition Day and aims to spread awareness about health and proper nutrition.

With the rising obesity rates in Canada, attention has been drawn to the critical importance of healthy eating. The ACPN hopes to promote this healthy eating lifestyle through this educational and insightful event.

One of the notable persons was Dr. Bruce J. Holub, a professor and nutritionist researching the vitamin Omega-3. He was asked the question, "What are some of your findings regarding your research of Omega-3?" Dr. Holub discussed its benefits to the human body. "It's just good for you overall," he states. "But also, the **vitamin** has proven to have many benefits to eyesight. It's very good for improving the health of your **eyes**."

We discussed with him the **marketing of Omega-3 supplements and their benefits**. When posed the question, "Do you believe that there's any benefit to regularly taking Omega-3 vitamins?", Dr. Holub was quick to differentiate vitamins from supplements. "**You take supplements, not vitamins,**" says Dr. Holub. "**Supplements contain vitamins, but you don't take vitamins by themselves.**"

In response to the question, Dr. Holub states that there is a very minuscule amount of Omega-3 in the supplement. "They just put a little bit of it into the gummy and then they can then label it as 'containing Omega-3'. Consumers buy it thinking that eating it will make you healthier, but in reality, there isn't really much of the vitamin inside and in the end, it's just a treat." He suggests some better **alternatives** to intake the vitamin, namely fish, walnuts, and various kinds of seafood.

We asked him some questions regarding the National Nutrition Day. He believed the event would have a positive impact, and that it was especially beneficial in targeting the newest generation to 'cure the population from its roots'. Despite the obesity epidemic in the West, Dr. Holub has a positive outlook on the future, believing that with proper education, the newest generation will be able to grow up eating healthy and happy.



Feedback from Elizabeth (G8-2019-05)

" I never realized it before, but after the Nutrition Day really make me start to think about it more, be more aware of what you eat " "Health (nutrition) class would learn some food nutrition and the right balance we should have, but we never really integrate it into my real life by myself. I feel like the information you got in event more in depth, you list the application, how you should be integrate the nutrition into our every day diet."

5B. Kids' Wellness Programs
Learn Wellness
after Reporting

Q: May I know what's your name? **A: My name is Elizabeth (G8-2019-05)**

Q: Have you ever been to National Nutrition Day ?

A: I went to one of the most recent events, and I interviewed lot of people, and we found that they are **very interesting and very informative.**

Q: What informative thing inspired you?

A: **Change** my perspective my eating at home, so for **sports**, you kindly have to eat well, balance nutrition well, and **I never realized it before**, but after the Nutrition Day really make me start to think about it more, be more aware of what you eat.

Q: Do you mention this to your **parents** or ask them to change Something?

A: Oh, Yes. Now I've been telling my parents now I got it like the right protein, the right carbohydrate, and even like...make sure to get the right diet.

Q: Is there any different before and after Nutrition Day when you learning Health (nutrition) science?

A: Health (nutrition) class would learn some food nutrition and the right balance we should have, but we **never really integrate it into my real life by myself.**

Q: How do you think about the learning during Nutrition Day or the learning in your class?

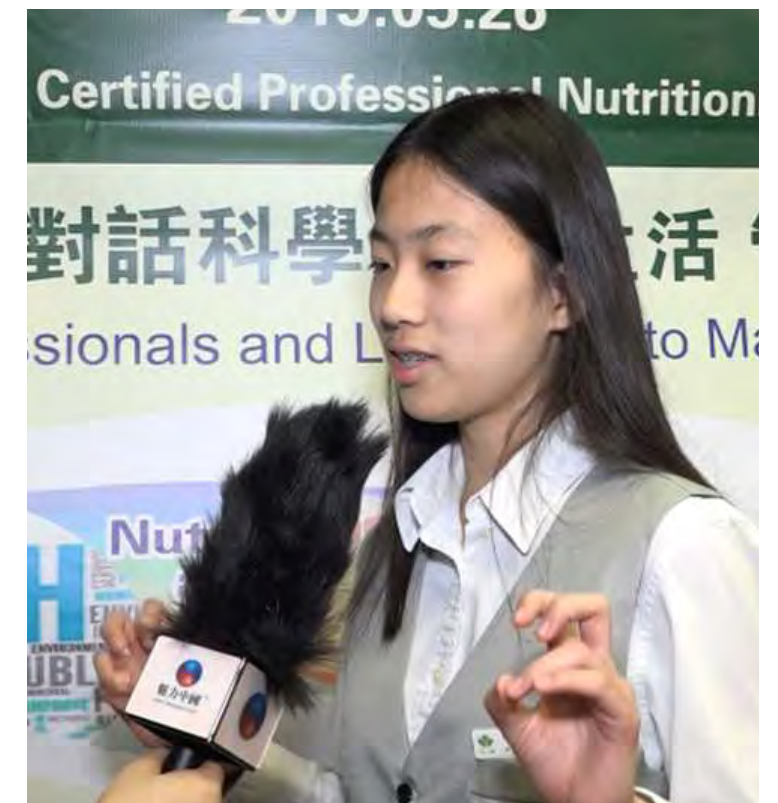
A: **I feel like the information you got in event more in depth, you list the application, how you should be integrate the nutrition into our every day diet.** Well in school like theory quizzes, what percentage of the protein you should have in your diet, like mathematics, statistics as supposed to how should we actually use it into our lifestyle.

Q: It means it's very hard to use it in your real life, right?

A: Information learned in the school was **harder to apply in real life** than what we've learned in the Nutrition Day.

Q: So any ideas or questions do you like to share or ask?

A: Well I don't have any questions and I just thought this event was **very informative and very useful.**



Examples of Report :

" I realized that I need to change my diet and keep a healthy diet.

As that progressed I lost about 7 pounds."

" Even doing the littlest thing such as drinking water before going to bed can prevent strokes and heart attacks from happening. "

National Nutrition Day 2019

by Katherine Chen Grade 9 (Age 15)



Elizabeth Li (14)



David Wang(12)



Stanley Zong(11)



Katherine Chen(15)



Sandy Wu(13)



Katie Jing Guo(11)

May 26th, 2019 was national Nutrition Day in Canada. On this day at the Hilton Hotel many nutritionists, health specialists, and important guests gathered at this venue to teach everyone and learn the importance of health and nutrition management.

"What is nutrition," we asked one of the guests attending for their opinion. They replied with, "nutrition is something we need to grow, as a young child you will need the help of nutrition to grow into a fully grown adult. It is important that someone gets the nutrients they need starting from the very beginning and as they grow."

We asked another guest, "do you think it's better to intake nutrition from food or medicine?" They replied with, "of course consuming nutrients from food is better in my opinion, because the nutrition you are getting are from natural sources and not medicine which may cause harm to you body."

Later on we entered into the room and many nutritionists talked about how to create a balanced diet and how to build a healthy lifestyle. Many Councillors from different cities such as Richmond Hill and Markham and special guests also talked about their experience.

One counselor said, "I use to like eating deep fried food such as fries and chips which aren't healthy. So I realized that I need to change my diet and keep a healthy diet. As that progressed I lost about 7 pounds."

One of the other counselor said they once had a stroke, and afterwards he was told that drinking a cup of water each night before going to bed will prevent strokes in the further from happening. As you can see nutrition is very important thing to our bodies, it keeps us from getting sick and helps us grow.

Even doing the littlest thing such as drinking water before going to bed can prevent strokes and heart attacks from happening. So don't forget to keep a healthy diet and live a healthy life and don't forget to drink a cup of water before going to bed.



Feedback from Katherine Chen (G10-2019-10)

Q: Do you think learning these things has any application to daily life?

A: Yes, for example, I'll have a glass of water before I go to bed.

" I tell my parents what they have to eat for breakfast. Sometimes they just go to work without breakfast.

"It is important to get the right vitamins and nutrition to make your body work properly"

Q: What's your name, please? A: **My name is Katherine Chen (G9-2019-05)**

Q: Do you think there is something learned in this Nutrition Day activity?

A: I think I learned a lot. For example, one person said that drinking water can prevent and cure stroke, and that eating breakfast is an important thing to do a very important thing

Q: Do you think learning these things has any application to daily life?

A: Yes, for example, I'll have a glass of water before I go to bed.

Q: Have you ever studied nutrition, do you think it's different from before?

A: I've learned a lot and learned that everyone has different physical conditions.

Q: Have you interviewed anyone?

A: Interviewed omega-3 experts and it's very good.

Q: Do you care about your parents & remind parents what to pay attention ?

A: Yes, I just tell them what they have to eat for breakfast. Sometimes they just go to work without breakfast.

Q: Are there any questions I didn't mention?

A: Nutritionists are very important. They should teach children to pay attention to nutrition since childhood. They should eat breakfast every day, and then eat three meals every day.

Q: Have you learned any knowledge about nutrition?

A: Yes. Contributions to the operation of your body, how your muscles work, it is important to get the right vitamins and nutrition to make your body work properly.



Build the Science Channel for Kids / Layer-by-Layer Leadership
Life Cycle Wellness Management Competitions
- Report Contest / Reporting Science/Young Reporters

Examples of Report :

" Nutrition is the most important thing in your body because if you don't follow the healthy eating rules, your body will grow in another way as another person. "

5B. Kids' Wellness Programs
Learn Wellness Before Reporting



National Nutrition Day 2019 on May 26

By Sandy Wu Grade 7 (Yrs: 13)

They were talking about National Nutrition Day was really important because one of the people said that he was **90 years old and still healthy**.

He been eating seeds for about 50 years in his life. A Lot of people said that it was important because people does not eat that much healthy food so they won't have a healthy body.

Nutrition is the most important thing in your body because if you don't follow the healthy eating rules, your body will **grow in another way as another person**.

Nutrition intervention becomes effective & becomes a critical part of every one's life.

ACPN began to practice the health science by training a lot to become a professionals on **Holo-Nutrition Health Care**.

A University called Zhejiang in Hangzhou, to co-organize International Academic Forum on Nutrition Health in China. It's important because they want you to understand the knowledge of the scientific and applicable knowledge of food.



Build the Science Channel for Kids / Layer-by-Layer Leadership
Life Cycle Wellness Management Competitions
- Report Contest / Reporting Science/Young Reporters

Examples of Report :

Julianna: "Why is nutrition day is so important?"

Mr. Ke: People join together to learn how to manage health.

5B. Kids' Wellness Programs
Learn Wellness Before Reporting

National Nutrition Day 2019

By Katie Jing Guo Grade 5 (11)

On May 26th, 2019 Sunday, ACPN invited lots of different organization, communities and government officers like Markham City Councillors as well.

City Councillors got interviewed before event presentation. In the event, there is a big award ceremony for the people who got excellent achievements from Nutrition and Health Photography Contest, and Life Cycle Nutrition Care Competition event. Guelph university professor Dr. Bruce did a presentation regarding nutrition on Omega oil and DHA. Also, another professor introduced some cancer and some related disease during the presentation.

This is my first time attend event as a little reporter, I was so excited, and I luckily interviewed one of MPP Councillor, Mr. Ke.

Julianna: "Why is nutrition day is so important?"

Mr. Ke: People join together to learn how to manage health.

Julianna: What if you eat something unhealthy but you do exercise?

Mr. Ke: That is ok but in my opinion we should eat nutrition food.



Missions Accomplished Report Contest / Reporting Science

Feedback from Albert Xia (G11 - 2019.10)

"Before, I was not picky about food, but I didn't pay attention to the balance of nutrition, so the diet will lead to partial food and unbalanced nutrition. After actually learning nutrition care, I am in a much better mental state & feel more energetic in daily time. It's no longer easy to doze off in class. "

5B. Kids'
Wellness Programs
Learn Wellness
After Reporting

A: My name is Albert Xia (G10 - 2019.05), and I'm from the press team.

Q: How do you feel on National Nutrition Day? Who did you interview?

A: I feel that I have gained a lot. I interviewed many people, including a nutritionist and an old man in his 90s, who has been planting bean sprouts for more than 40 years. He is in good health.

Q: During the interview, what inspired you?

A: Some nutritionists, they said that they pay attention to diet & feel that they are in good condition.

Q: What are the specific applications?

A: It is to integrate all the food and achieve a balanced nutrition.

Q: Used to be a picky eater?

A: Before, I was **not picky about food, but I didn't pay attention** to the balance of nutrition, so the diet will lead to partial food and unbalanced nutrition. After actually learning nutrition care, I am in a much better mental state & feel more energetic in daily time. **It's no longer easy to doze off in class.**

Q: Do you focus on nutrition than before?

A: Of course, no matter what class we have, knowledge points are very important. Therefore, we should apply these knowledge, and then we can benefit ourselves.

Q: Have you considered using nutrition knowledge before?

A: We thought about using it, **but we didn't use it in real life.**

Q: Have you ever considered benefiting your parents?

A: Of course I do. My parents said they are benefited & they are very happy to be able to attend the nutrition day last time.

Q: Do you plan to take part in the nutrition care report competition next year?

A: I'll think about it next year, because I'm going to university next year.

Q: I'm very glad to hear that you are going to college next year and you adjust your physical condition so that you can devote yourself to study. Secondly, you apply knowledge to practice, it will greatly improve your learning efficiency and won't "passively" learn knowledge, right?

A: Yes, thank you.



Elizabeth Li

David Wang

Albert Xia

Luna Lu

Katherine Chen

Stanley Zong

Build the Science Channel for Kids / Layer-by-Layer Leadership
Life Cycle Wellness Management Competitions
- Report Contest / Reporting Science/Young Reporters

Feedback from Luna Lu (G7-2019-10, 12)

Q: When you go shopping,
do you ask your parents to help you buy things related to nutrition?
A: Yes, such as calcium tablets, vitamins and so on, but I will also check it online.
Q: What other questions did I not ask?
A: Since the last nutrition day, I have always had a question.
Is there nutrition in the pigment? Or health effects?
There's also a food. I don't know if there is any in Canada... "

5B. Kids' Wellness Programs
Learn Wellness After Reporting

Q: What's your name, please? A: **My name is Luna (G6-2019-05, 12).**

Q: How do you feel on National Nutrition Day?

A: Have a better understanding of nutrition knowledge and health care.

Q: Who did you interview on site?

A: Very knowledgeable about nutrition, VIP of the host....

Q: Through the interview, is it simply to increase some nutrition knowledge?
you applied this knowledge and improved it in your life?

A: I think they all know better, pay more **attention** to their health, and pay more attention to some knowledge of nutrition and health.

Q: Just focus? Is there any mental and physical improvement?

A: For example, about food health, taking calcium tablets, adding vitamin C and so on.

Q: Does it affect parents? A: Maybe not, but it will make them pay more attention to nutrition and health.

Q: Did you remind your parents? A: Yes, often let them improve their breakfast and health.

Q: When you go **shopping**, do you ask your parents to help you buy things related to nutrition?

A: Yes, such as calcium tablets, vitamins and so on, but I will also check it online.

Q: Do you have nutrition class? A: We have health course, which is about unit of nutrition.

Q: Do you think it's **different** from before? A: Yes, pay more attention to understanding diet and health.

Q: Do you think it is helpful to learn other knowledge?

A: Yes, I think it's probably because this Nutrition Day activity makes me pay more attention to it.

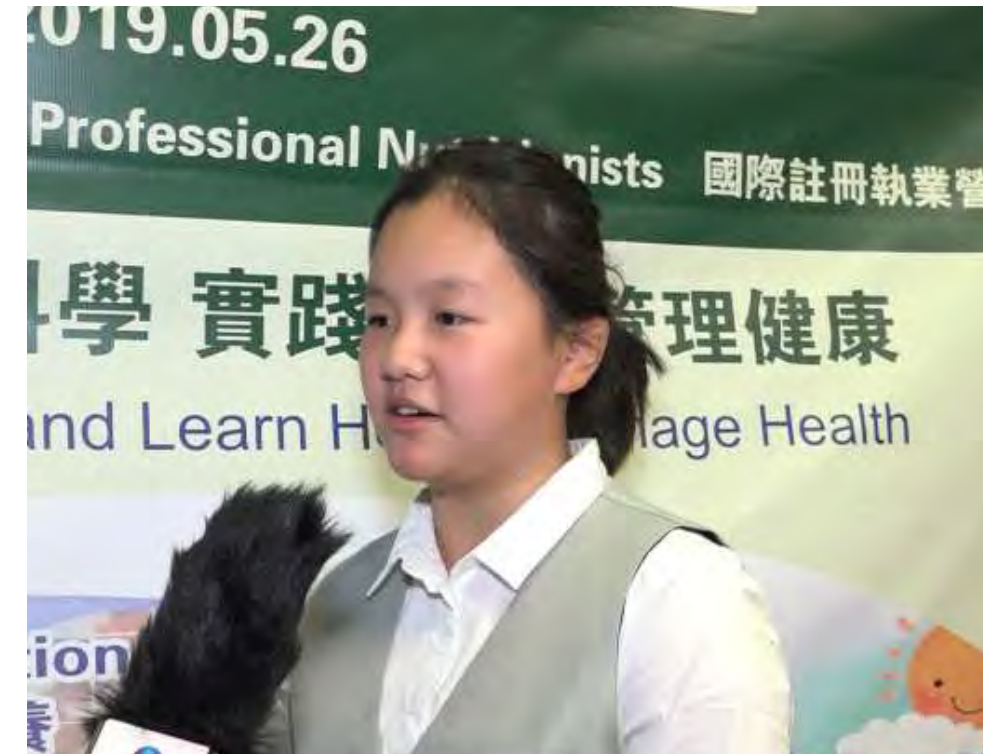
Q: Have you improved your focus and analytical ability in learning? A: Yes.

Q: What other questions did I not ask?

A: **Since the last nutrition day, I have always had a question. Is there nutrition in the pigment? Or health effects? There's also a food. I don't know if there is any in Canada. Do Chinese people in Canada know that there is a kind of thing called "happy egg", which is similar to the pigment, and also equivalent to an egg, But I just don't know if there is nutrition and how much it has to do with health?**

Q: Do you want to know if pigments are nutrition? And after food is dyed, can it affect health? A: Yes.

Q: We will have some special workshop lectures, we will discuss them? A: Good.



News and Videos

Life Cycle Wellness Management Competition

National Nutrition Day 2019-05-26 (Awards,Entries Exhibitions)

**Learn, Practice, Lead, Share & Inspire - National Nutrition Day /
Layer-by Layer Collaboration: Keynote Speech, Awarding, Excellent Entries Exhibitions**

Shop Smart
Manage Wellness
S.E.S.E

A. Life Cycle Wellness Management Competition

1. Chinese Media Reports - Life Cycle Nutrition Health Care Speech Contest
http://www.yesmyradio.com/news_detail.php?menuid=53&id=2216
2. Video on YouTube
 - 1) Kids' Speech Contest-Part 1:
<https://www.youtube.com/watch?v=9GVkfLdkg10>
 - 2) Kids' Speech Contest-Part 2:
<https://www.youtube.com/watch?v=N1ek0hfzQH0>
 - 3) Kids' Video Contest on YouTube
 - 3a: <https://youtu.be/wemFG8NGM24>
 - 3b: <https://youtu.be/OryFR9oODdw>
 - 3c: <https://youtu.be/OWeSDUvRcFM>

B. National Nutrition Day 2019-05-26

1. Media reports
 - 1) <https://cmidinc.ca/news-and-events>
 - 2) Chinese media reports - National Nutrition Day 2019-05-26
http://yesmyradio.com/news_detail.php?menuid=3&id=2264
2. Video on YouTube - National Nutrition Day 2019-05-26
 - 1) Speech - Mr. Thomas Lin - President of ACPN
<https://www.youtube.com/watch?v=1K0JK08CC7s>
 - 2) Dr. Bruce Holub Speech & Interview on National Nutrition Day 2019-05-26
 - 2A: Speech: <https://youtu.be/W001tUUOKfM>
 - 2B: Dr. Bruce interview:
<https://www.youtube.com/watch?v=Kufp9GDUOfA>
<https://www.youtube.com/watch?v=fGg7t1qxWfY>
 - 3) Dr. Heyu Ni - Speech on National Nutrition Day
<https://www.youtube.com/watch?v=1K0JK08CC7s>
 - 4) Dr. Rafik Ragheb - Speech on National Nutrition Day 2019-05-26
https://www.youtube.com/watch?v=eIK4Szx6D_4

3. Chinese media reports - Awarding of Writing, Speech, Video Competition

<https://youtu.be/rRvHjns0PX8>

<https://youtu.be/VTwhrWe6TAQ>

4. Awarding of Photography Competition

1) Chinese media reports

<http://www.atlantic-arts.org/portal.php?mod=view&aid=197>

2) Video on YouTube - Awarding of Photography Competition

<https://www.youtube.com/watch?v=TkFAkeNCJ14>



ONE WORLD ONE COMMUNITY
ONE FAMILY



TOGETHER AS ONE

See the Future & Create the Future

The Association of Certified Professional Nutritionists



ACPN