

# HEALTHY EATING IN COLLEGE

As a freshman in college, you will take even more ownership of the food choices you make. Unfortunately, most college students make poor choices when it comes to food. Often the price and taste are more important than the nutritional value. For this reason, college freshmen tend to gain weight in their first semester. You may have heard of the “Freshman 15” which refers to the amount of weight freshmen are said to gain in their first semester of college. Actually, it is usually somewhere between 3-10 pounds. Some of the causes of weight gain include: lack of exercise, eating late at night, keeping unhealthy snacks on hand (in the dorm room), and eating unhealthy cafeteria food. For this project, you will research and prepare a healthy dish that meets the guidelines below. You will then share copies of the recipe and the dish with your classmates at a pot-luck on \_\_\_\_\_. The purpose of this project is to provide you with several healthy, cheap, and easy-to-make recipes that you can take with you and prepare while you are in college.

## Portfolio Requirement:

- During the potluck, select at least 5 recipes that you would actually consider making in college and place them in your portfolio.

## Recipe Guidelines:

- Must cost less than \$2.00 per serving to prepare
- Must be less than 400 calories per serving
- Must have less than 12 grams of fat per serving
- Must have less than 400 mg of sodium per serving
- Must be a recipe for breakfast, lunch, dinner, or a healthy snack (no desserts)
- Must be easy to make
- Must be tasty!



## Project Guidelines:

- Must present to the class how you made your recipe and why it is a healthy choice
- Must bring in your prepared recipe for the class to sample
- Must make 10 copies of your recipe to share with the class (5 printed pages with 2 recipes on each page). Your recipe needs to have the ingredients listed, the number of servings the recipe makes, the approximate cost, the directions, and a picture of the completed recipe. Use the sample recipe on the back as a template.

## Recipe Ideas:

- Google “Healthy and Cheap Recipes for College Students”
- Google “Low Calorie Meals”
- Ask mom for a healthy recipe that you enjoy at home
- Visit: <https://www.yummly.com/>  
<http://www.mnsu.edu/shs/healtheducation/bmc> or <http://www.onlinecollege.org/2009/10/13/100-delicious-dirt-cheap-recipes-for-the-starving-student/>

# *Sunrise Egg Burrito*

**Servings:** 1

**Approximate Cost Per Serving:** \$ .75

**Ingredients:**

- 2 large eggs
- 1 whole wheat tortilla
- 1 Tbsp salsa
- 1 Tbsp shredded cheese



**Directions:**

1. Beat the eggs in a small microwave-safe bowl.
2. In the microwave, cook the eggs on high for one minute, then stir. If the eggs are not yet set, microwave for another 30 seconds. When finished, the eggs should not be runny.
3. Place the tortilla on a plate and heat for 30 seconds in the microwave.
4. Wrap the eggs, salsa, and shredded cheese in the tortilla and enjoy!

SAMPLE

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