

**FOOD LITERACY EDUCATION:
WHY OUR FUTURE DEPENDS ON
UNDERSTANDING HOW FOOD CAN
PROMOTE THE HEALTH OF PEOPLE AND
THE PLANET**

**A PRESENTATION BY
ANTONIA DEMAS, PHD**



Our children are growing up in a world very different from the world that most adults experienced in their youth. In terms of food and nutrition, these differences are profound and are having a major impact on both our health and the health of the planet. It is important to recognize the implications of these changes from a public health, environmental, and educational perspective.

Food education must be taught if children are to have an appreciation of how nutrients, starting with nutrients in the soil, are vital for their development and the prevention of diet-related disease. This talk will focus on how to get people to want to eat a plant-based diet via sensory-based fun hands-on learning and will highlight some positive research results that effective food education has brought to diverse populations.

Antonia Demas has a Ph.D. in education, nutrition, and anthropology from Cornell University. Dr. Demas has worked in various capacities for over 40 years developing food-based curriculums and teaching food-studies in a variety of educational settings with people of diverse ages, as well as ethnic and socio-economic backgrounds. Because of her excitement about the learning and health improvements that occurs among children when they have positive, sensory-based, hands-on experience with food, she has devoted herself to engaging in research to document this observation scientifically. Her dissertation won two national awards for Excellence and Creativity. She is the founder and director of the Food Studies Institute, based in Trumansburg, New York, a non-profit devoted to improving the long-term health and education of children and their families. Her curriculum, Food Is Elementary, has been used successfully in more than 3,000 schools in 35 states. She consults throughout the U.S. and abroad and trains and certifies teachers as food educators. Dr. Demas is a Visiting Scholar at Johns Hopkins University School of Public Health and at the University of Illinois Medical School.

TUES., NOVEMBER 10, 2015, 7 P.M.

**ALA WAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE., HONOLULU
(0.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY -
ACROSS FROM THE CHEVRON STATION)**

**6-8 P.M., WEDNESDAY, NOVEMBER 11
DINE-OUT WITH DR. DEMAS AT 'AI LOVE NALO
LOOK FOR SIGN: "FARM FRESH HAWAIIAN FOOD" AT
41-1025 KALANIANA'OLE HWY, WAIMANALO**

VEGAN MENU:* CHOICE OF 1 DINNER (1,2,3 OR 4) & 1 DESSERT (A OR B)
1) OH WOW LAU LAU WITH FRESH POI, TOFU POKE (PLAIN OR MILDLY SPICY) & FRESH LOCAL GREENS. 2) KAU KAU LUAU WITH FRESH GREENS & BROWN RICE. 3) BUDDHA BOWL WITH GINGER-OLENA TAHINA SAUCE OVER MILLET. 4) MEDI-BOWL - KALO FALAFEL, BABA GANOUSH, BEET-KISSED HUMMUS & MILLET TABOULEH OVER GREENS WITH HERB TAHINA SAUCE.

**DESSERTS: A) TRIPLE TRUFFLE SAMPLER B) GRAMMA NANI'S BREAD
To RSVP AND PAY, CALL (808)739-5200**

\$17 (INCLUDING TAX AND TIP), CREDIT CARD OR CASH

***FULL DESCRIPTION OF DISHES AT WWW.VSH.ORG
ALL PROCEEDS GO TO MEAL PROVIDERS, NOT TO VSH. G-F**



Vegetarian Society of Hawaii

Join us!

For more info call 944-VEGI (8344) or visit VSH.org

**FREE Admission
& Refreshments**

Refreshments courtesy of Down To Earth.