2021-2022 TEEN HEAL INTERNS REFLECTIONS

San Francisco Department of Public Health

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2021-2022 INTERNSHIP PROGRAM INTRODUCTION

Healthy eating and active living are key components to maintaining a healthy body, mind, and soul. The Teen Healthy Eating and Active Living (HEAL) Internship Program, co-sponsored by Chinatown YMCA, is designed to empower youths to improve their nutritional and physical well-being, as well as fostering leadership skills. The Teen HEAL Internship Program is funded through the Chinese Community Health Care Association (CCHCA) grant, which strives to improve the health of those within the Chinese community. Applicants were recruited through various high schools, Chinese clubs, and the Community Improvement Service. The most qualified applicants were selected to become Teen HEAL interns. The program was started in 2019 and this is the third year of the Teen HEAL internship program which ran from July 2021 to June 2022.

During the internship, interns were taught 8 nutrition skills: building a healthy plate, shopping smart, making healthy snacks, eating out right, managing your weight, staying active, exploring the benefits of organic food and vegetarianism, managing stress, and healthy cooking. They also learned various leadership skills, such as program planning, goal setting, public speaking, communication strategies, and social awareness. Interns utilized their nutrition and leadership training to serve their peers by leading a HEAL club at their schools to promote healthy cooking, healthy eating habits and active lifestyles. They also serve the community by teaching monthly Zoom club classes and to children at Chinatown YMCA, summer camps at the Asian Woman Resource Center and the seniors at Self Help for the Elderly and other senior housing units.

Congratulations to the following 21 interns:

Michael Allen / 邁克爾艾倫
Juliana Chen / 陳凱欣
Kaitlyn Chen / 陳月華
Makayleh Chen / 陳穎妍
Megan Chen / 陳月屏
Victorin Chen / 陳敬凱
Kristin Chiu / 趙文雅
Samantha Chiu / 趙麗雅
Celine Fong / 方恩怡
Amanda Hu / 胡可華
Meiyan Huang / 黃美雁
Kyle Lieu / 廖昌健
April Ng / 吳婉婷
Cathy Yixi Ou / 歐亦烯
Theresa Pham / 范淑儀
Nicole Read / 尹碧莉
Erika Tam / 譚慧婷
Jenny Tse / 謝沛盈
Tiffany Tse / 謝珮文
Serena Wu / 吳卓殷
Kassandra Yeung / 楊樂希

FOREWORD

by **Catherine Wong** M.P.H., R.D.

Dear HEAL interns,

Congratulations on graduating from our 2021-2022 Teen HEAL program amidst this pandemic year! Your diligence, eagerness to learn, and passion to share healthy eating and active living knowledge to your classmates, friends, family, and the community have truly impressed me! During the last year, you were trained on 8 nutrition skills, 6 leadership skills, and served the community via conducting 4 Zoom club meetings, 10 community workshops, and 2 media interviews! And through the 6 HEAL clubs in Galileo, Lick Wilmerding, Lowell, Mission, St. Ignatius, and Washington High School, you conducted a total of 54 trainings and 670 encounters! That is an amazing number of students that you all outreached to together during this pandemic year!

I am so proud of all your accomplishments! I have seen you blossom into more confident individuals—all equipped with the power to improve your healthy lifestyle habits, impact others in the HEAL community, and in your OWN school community! I am impressed by your creativity and perseverance during these unprecedented times. Despite moving to virtual trainings, we still met and exceeded the objectives of the internship.

When I read your testimonials, I was touched and encouraged by all the changes you made to live a healthier lifestyle and how you impacted your friends and family. You've learned to shop in a healthy manner, read nutrition labels, and substitute healthy ingredients when cooking. I am happy to know that you have learned the correct principles for weight management and dining out right, while also increasing your exercise levels by trying different forms of physical activity. I am glad that you are able to get to know yourself more, and that our program has inspired you to continue pursuing your interests and putting your best effort to achieve your life goals. I am impressed by the dedication many of you have put into the program, from participating in the production of KTSF Public Service Announcements, to teaching at Chinatown YMCA, Asian Women Resource Center, and the senior housing center! I want to thank my leadership team and especially Juliana Chen, my lead intern. They are my left and right hands when it comes to handling a lot of the administration and the creation of many Powerpoints, exams, and the Kahoot questions for evaluation for each of the nutrition skills!

I am indebted to Denise Hung, Teen director at Chinatown YMCA, who helped me teach all the leadership trainings throughout the year, and Vivian Wong R.D. who helped me teach most of the nutrition trainings, as well as Sunny Pak M.D., my TCM faculty, Stephanie Le M.D., my acting Medical Director, Priti Rane M.S., R.D., my Director of Nutrition Services and Hali Hammer M.D., my Director of Ambulatory Care, who have supported and encouraged me during the pandemic months. Lastly, I am so proud of each of you for sharing your champion stories and creating your own healthy recipes for this booklet.

I strongly believe you will be able to continue to live a healthy lifestyle by practicing what you have learned in the Teen HEAL program. You will always hold a special place in my heart, and remember that you can always contact me with any questions. Remember your 3 Rs! Make wise decisions in life! Stay connected in our HEAL community.

With lots of love,

Catherine Wong

Catherine Wong, M.P.H., R.D.
Nutrition Manager
Chinatown Public Health Center
San Francisco Department of
Public Health

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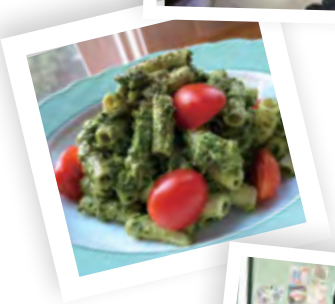


Teen HEAL Year In Review

Serving the Community

Evaluation

Catherine's Healthy Recipes

INSPIRING WORDS

by **Hali Hammer** M.D.

Congratulations 2021 Teen HEAL interns,

It's such a pleasure to join you in celebration of your graduation from the Teen HEAL program. I love this amazing program, and I look forward to learning about the work each of you has done in service to your peers and your community as Teen HEAL interns.

These last two and a half years, since San Francisco and the whole world were hit with the COVID-19 global pandemic, have changed so many things about our day-to-day lives. Those of you who participated in Teen HEAL this past year are an embodiment of resilience and commitment to the health of the community, regardless of the challenges we all are facing. I also value this program and Catherine Wong's vision because it spotlights nutrition and the importance of healthy eating in the overall health of a community. Moreover, through its focus on youth, this program shifts power and agency to young people who can be positive agents of change when it comes to a family or community's healthy habits. Teen HEAL is an innovative program where young people gain knowledge, experience, and leadership skills to be applied during their internship to help address the problems of obesity, diabetes, and limited physical activity among teens in our community. Thank you for participating as an intern in this innovative and impactful program, and thank you to Catherine for bringing your vision to fruition.

I also love the connection of this youth-focused program to Chinatown Public Health Center. Chinatown has been a leader in community-responsive health care for decades, and has hosted many programs which are aimed at promotion of healthy living habits and prevention of common health problems. Teen HEAL fits right into that public health tradition, and I hope that one by-product of the program is that interns get a little exposure to the work we do in public health. As someone who's now worked in public health for almost three decades, I am inspired each day by the commitment of the doctors, nurses, nutritionists, pharmacists, and medical assistants who serve San Franciscans each day. We would welcome any of you to join us in this work whose mission is to improve the lives and well-being of all San Franciscans.

Congratulations again on your graduation, and best of luck in your future endeavors.

I wish you all the best of luck and good health.

Hali Hammer

Hali Hammer, M.D.
Director of Ambulatory Care
San Francisco Health Network
SF Department of Public Health

INSPIRING WORDS

by **Sunny Pak** M.D., M.P.H.

Dear Teen HEAL Interns,

Congratulations on completing the Teen HEAL program, graduating interns!

I am so proud to see how far you have come in applying the new skills and knowledge to your everyday life - from improving personal habits to creating healthier versions of your favorite recipes. Being able to modify recipes yourselves with a purpose is a great achievement! Throughout this past year, you have brought better health to your friends by establishing Teen HEAL clubs in your schools, conducting Zoom club meetings, and reaching out to children and seniors in the community. That is simply phenomenal!

Despite COVID-19 pandemic restrictions, Catherine and her assistants have continued to do an amazing job in developing this program to be both educational and interactive for teens and youth. Conducting the internship through Zoom meetings and promoting the program through KTSF have allowed teens and young adults from anywhere in the world to learn more about creating a healthy lifestyle. Inviting different guest speakers to teach in the program has broadened the curriculum beyond western nutrition. I hope the lectures in cardiology and cancer from an integrative medical perspective, looking through western and traditional Chinese medical lenses, instilled in us the importance of maintaining homeostasis and balance in health. The nutritional knowledge and cooking skills learned from this program will undoubtedly help to achieve that balance. I look forward to seeing how the Teen HEAL program will evolve in the future, and how the interns in the program will continue to inspire others in their community to lead healthier lives.

Best Wishes,

Sunny Pak

Sunny Pak, M.D., M.P.H.
Associate Medical Director
On Lok

INSPIRING WORDS

by **Kristin Wong** M.D. & **Esther Situ** R.D.N., M.B.A., C.D.E.

Congratulations to the Teen HEAL interns and mentors of 2022! Thank you to Catherine Wong, R.D. for creating and directing this program. Her dedication and efforts are unwavering. I commend the students for completing the program and everyone for making this project even more successful than last year.

Teen HEAL comes at an opportune time when we've emerged from the pandemic, and aside from a multitude of setbacks, we've also seen an increase in the rates of obesity in both adolescents and adults. From a medical perspective, I observe these changes on a daily basis as patients have returned to the office 10-20 lbs heavier than the last years. It is concerning as Asians tend to have complications from excess weight, such as diabetes, high blood pressure, high cholesterol, and fatty liver at an earlier stage in their weight gain compared to their Caucasian counterparts. So it's especially important that Asians maintain healthy habits to prevent these medical conditions.

The good news about the increased rate of obesity is that the tools learned throughout the program can reverse those changes. Learning and implementing these healthy habits are daily decisions we make that may seem mundane or restricting. Choices such as skipping out on that boba, avoiding that extra serving of noodles, or choosing to shut off the computer and get outside to exercise are small, daily choices that have a long-lasting positive impact on our health when viewed over decades.

It's fantastic to hear that not only are interns learning about nutrition but are also implementing daily changes, experimenting with foods, and sharing knowledge within the community. It's tremendous that interns are returning year after year to build on their knowledge, mentor new interns, and pursue careers in nutrition.

In a time during the pandemic where social distancing translated to social isolation, this program has helped interns establish connections across the city and blossom into leaders. It is outstanding to have clubs at 6 high schools, college students mentoring interns, and Zoom meetings impacting hundreds of people in the community.

This program has given you a great foundation in nutrition, hopefully a new network of friends and colleagues, and many tools to guide you in the right direction on the path of health. I encourage you to continue to make healthy choices, grow and share your knowledge of nutrition, and implement healthy choices with your family. In this way, we can all contribute to our family and communities living long and healthy lives.

Again, congratulations on graduating from this wonderful program. On behalf of the doctors and staff at CCHCA, I wish you all great success in your future endeavors.

Kristin Wong

Kristin Wong, M.D.
CCHCA Grant Chair
AAMG & CCHCA Physician

Esther Situ

Esther Situ, R.D.N., M.B.A., C.D.E.
Health Education Manager
Grant Manager, CCHCA

INSPIRING WORDS

by **Denise Hung & Andy Chu**

Dear Teen HEAL Interns,

We wanted to take the time to acknowledge all your hard work and commitment you have put into the Teen HEAL Program. Taking the initiative to further your learning and enrichment journey speaks volumes to the kinds of amazing things you can accomplish. With the mix of hard work, grit, and conviction you have learned along the way, I hope you come to understand that you are unstoppable.

How I know you can be unstoppable is through your unwavering commitment to this program. We've met in the virtual setting, monthly on Saturdays to review aspects of leadership and self-improvement. Not to mention the over 40 hours you've logged in virtually throughout the week for the rigor of school. You must recognize that this dedication is special, and to take that characteristic wherever you go.

Throughout the endurance of the global pandemic, your lives have continued to change. You've developed new routines; you tread slower from precautions and the emotional toll was immense at times; you missed friends, felt anger from parental miscommunications, and even felt lonely at times. You pushed on. Afterall, you are unstoppable. When the vaccine was available to you, you got it, and the relief that came with it. You began to emerge again. Slowly, carefully, and cautiously felt free. Did you emerge with more insight? More compassion as the threat of life became upfront and present? More willing to share who you are and how to care?

I believe you did.

I see hope because the promise of a better future is evident in the allyship you have formed in your Teen HEAL community, in the way you are surrounded by caring adults, in the grit you have shown to prepare yourself for the uncertainty of tomorrow, and in the way you are kind to one another. This is the community you have created and through this community, please realize that you also hold the ability to mold and shape others because you are unstoppable.

Good luck and be kind,

Your Friends at the Chinatown YMCA

Denise Hung
Denise Hung
Camp and Teen Director

Andy Chu
Andy Chu
Associate Executive Director

INSPIRING WORDS

by Vivian Wong R.D.

Dear Teen HEAL Interns,

You have all done a tremendous job the past year in the Teen HEAL internship program to improve your eating habits and inspire others to make healthier lifestyle choices.

Throughout the internship, we have covered many nutrition topics, specifically focusing on eight major nutrition skills. Starting from the basics, we learned about building a healthy plate and choosing healthier options from each food group. From there we learned about reading food labels in order to make smarter shopping choices. I was specifically amazed during our food label reading activity when you found foods from home to identify healthy choices. I hope that you continue to use this skill in your daily lives and also teach your friends and families.

As we progressed through the internship, we began talking more about weight management, which is a very important topic these days, especially since most of us continue to stay at home for a prolonged time with the pandemic. This makes it harder for us to exercise and to stay away from unnecessary snacking. Just remember the three R's that we talked about for healthy snacking— reduce (size and frequency of snacking), replace (unhealthy snacks with healthier alternatives) and refuse (to snack out of boredom), which we have explored with recipes that we prepared through the internship. I love the healthy snack recipes that you shared during our training because not only did you choose healthy ingredients, but you also picked creative ingredient combinations that inspired me!

We have also talked about making healthy dining options when eating out, focusing on the 80-20 rule by only eating 80% of your meal whenever you dine out. We explored nutrition topics beyond the basics: organic food, vegetarianism, stress and nutrition. You may find yourself more easily stressed during the pandemic, which is why it is important to maintain good sleeping and eating habits. Talking with friends and meditating can also help you relax your mind and body.

Besides healthy eating, we talked about the importance of staying active with different types of exercise. With the rapidly changing pandemic of COVID-19, I hope that you can find creative ways to achieve 60 minutes of physical activity every day. You can follow online exercise videos, or try having a video conference with friends where you meet virtually to exercise at home to make it more fun.

I am impressed by all the healthy recipes you have created for this yearbook and hope you have been taking the pandemic as an opportunity to cook more at home and experiment with new recipes. I am happy to see that the program has helped many of you become better health advocates and build a closer bond with your family and friends. I hope that you will keep these skills in mind in your future endeavors.

Best wishes,

Vivian Wong

Vivian Wong, R.D.
Out-patient Nutritionist
In-patient Clinical Dietitian
San Francisco Department of Public Health

HEAL LEADERSHIP TEAM 2021-2022


Juliana Chen


Meiyan Huang


Erika Tam


Tiffany Tse


Nicole Read


Amanda Hu

With a much larger incoming class of new interns, the Teen HEAL Leadership Team of 2021-2022 welcomed six more members (Amanda Hu, April Ng, Kassandra Yeung, Cathy Yixi Ou, Celine Fong, Megan Chen) in addition to the returning team (Erika Tam, Tiffany Tse, Meiyan Huang, Nicole Read, Juliana Chen). In doing so, we've also managed to increase diversity by including high school and college students together in the process of planning and implementing the HEAL trainings.

The main differences between 2021-2022 and the last two years were the events the HEAL Leadership team coordinated. To start off the new school year, four college interns from the leadership team hosted the HEAL College Applications Workshop, part one of the two-part college 101 series, which was directed to the high school senior interns and open to the general public. With experiences ranging from current college freshmen who had just gone through the college application process and a college senior preparing for graduation, the workshop was able to successfully impart to attendees the knowledge of the general breakdown of the different components and final tips the panelists wished they knew beforehand. To end off the school year, the leadership team also hosted the HEAL Transition to College Workshop, the following part to the college 101 series, where three of our college interns discussed ways to better adjust to college life.

Compared to previous years, where Catherine would invite professionals from various career fields to present their life journeys, we sought speakers who had more applicable stories to share. Though our selection of speakers came from our very own leadership team members (both high school and college interns), we were nonetheless able to learn more about one another and realize our shared struggles in finding our identities and thriving in school. Besides such learning opportunities, the leadership team most notably encouraged more bonding between interns. Throughout the year, the HEAL Leadership Team has been dedicated to allothing time at the start of every training for playing fun games to get to know each other, such as "Never Have I Ever" and "Two Truths One Lie." In particular, the leadership team hosted the most competitive game yet—Nutrition Jeopardy, HEAL version. Despite COVID-19 cases pushing the HEAL internship to be virtual, we were, fortunately, able to meet together for a HEAL Christmas party celebration at the Chinatown Public Health Center. With many fun events planned out, ranging from wrapping dumplings to a few rounds of the game "Taboo," many interns were finally able to see each other in person for the very first time, and a few intern alumni were also able to join the group too!

Moving onwards, the HEAL Leadership Team hopes to cordially celebrate our graduating interns and welcome new ones who will be joining in the behind the scenes planning of the HEAL Internship Program. With an expected smaller class size, we also hope to enhance our current mentor system to facilitate stronger bonds between mentors and mentees with common interests and more individualized support to help interns get the most out of the program. Though many of our interns will be leaving to pursue their own life journeys, we hope that the past year has been memorable and informative for everyone and that they will continue to spread their new-found nutrition knowledge to wherever they are headed towards! ❁


April Ng


Cathy Yixi Ou

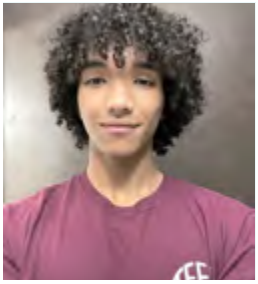

Celine Fong


Megan Chen


Kassandra Yeung

2021-2022 TEEN HEAL

INTERNS' CHAMPION STORIES & RECIPES

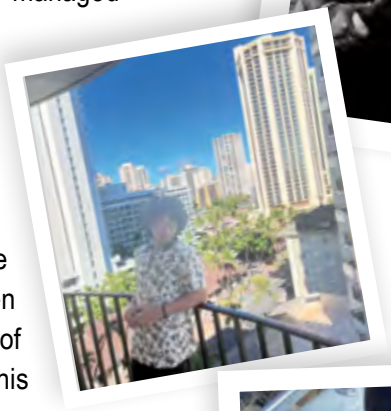


Michael Allen

St. Ignatius College Preparatory

"Michael! Sunday morning breakfast!" Every Sunday morning, I would wake up to the sound of my father calling me from downstairs to get his renowned Sunday morning breakfast, accompanied by the sound of clanking plates and utensils. My father had done some dietary research and was now trying a new recipe. This research produced a dish with white rice, half of it covered with tilapia and the other half covered with corn, all topped with some salt.

I always took it for granted. I assumed that it would be provided for me every Sunday morning, and I never thanked him for it. I didn't understand how he managed to create a perfectly balanced dish, which he would present to me every Sunday morning with a beaming smile on his face.



I was ungrateful, and I regret it tremendously. I managed to be selfish and blind at the same time. This series of seemingly nonchalant encounters with my father and lessons presented to me through Teen HEAL has taught me a valuable lesson in gratitude and humility. I have come to be more grateful for every little thing, including a Sunday morning meal. Teen HEAL has taught me the importance of a balanced diet and the difficulty of creating one. I was blind to the amount of effort my father had put into this dish, only realizing it years later.

Now, due to the efforts of Teen HEAL, I can proudly recreate this dish and many other dishes as well. I have made great strides in my culinary knowledge, which I apply to my everyday life, not only in cooking, but also in meditation, exercise, and stretching. I have adopted a healthier lifestyle and created worthwhile habits that will stick with me for the rest of my life. ❁

INGREDIENTS

2 6 oz salmon filets with skin
1 lemon, sliced
2 tsps olive oil
½ tsp himalayan salt
A pinch freshly ground black pepper
½ tsp mushroom umami powder
½ tsp garlic powder
1-2 Tbsps ponzu sauce

INSTRUCTIONS

1. Place two salmon filets on a plate to defrost.

2. Place cooking pan on low-medium heat and add two tsps of olive oil.

3. Once the salmon finishes defrosting, use a kitchen knife to make small incisions across the side of the salmon without the skin.

4. Apply salt, pepper, garlic, and mushroom umami powder to salmon on the side without skin. Place salmon on the cooking pan skin side up, and apply salt, pepper, garlic, and mushroom umami powder to the side with salmon skin.

5. Cook for two minutes, then pour a preferred amount of ponzu sauce on both pieces of salmon.

6. Cook on pan for two more minutes. Then flip the salmon so the skin side is touching the pan.

7. Cook on pan for 2 minutes, then raise to high heat and cook for an additional 1 ½ minutes.

8. Plate and serve. ❁

Pan-Fried Salmon

Michael Allen

Prep Time: 5 mins
Bake Time: 10 mins
Servings: 4

Juliana Chen

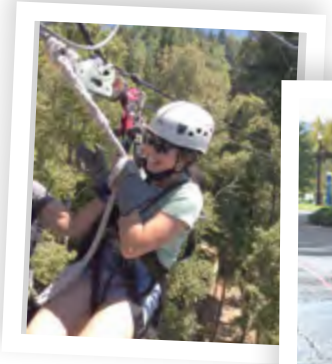
Cornell University

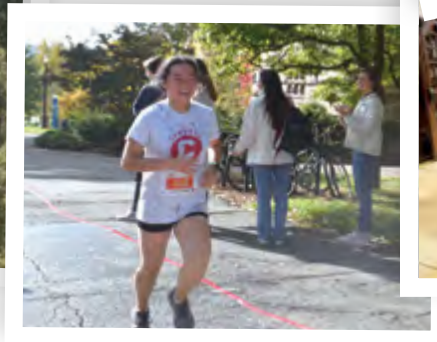
Upon flying across the country to pursue my college education in a new environment, practically "in the middle" of nowhere, I experienced a lot of changes in the people I was surrounded by and in my lifestyle habits. However, I was fortunate to have continued my third year as a HEAL intern, which gave me a familiar community to fall back on every time I was feeling lost and homesick. Throughout this past year, I mainly served as a member of the leadership team, with an additional role as the leader of the evaluation team. Though still an unfamiliar task to me, I've learned to designate tasks to other evaluation team members and compile each intern's reflection into succinct slides for further re-evaluation by the whole team.

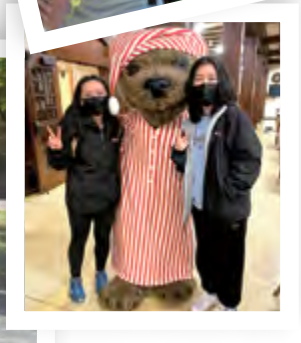
Contrary to what those who knew me in high school would expect, myself included, I fell out of my passion for running. Joining the Cornell Running Club every afternoon after classes just didn't seem appealing, especially when I was already struggling to survive in my dorm room with two fans on simultaneously in the humid 80-degree weather. My main form of exercise was from my Ashtanga Yoga class every Friday, and the 17,000 steps from walking to classes around campus, or the occasional at-home bodyweight YouTube workout video, which was significantly less compared to my average week as a high schooler. As a result, the dreaded freshman weight gain was inevitable.

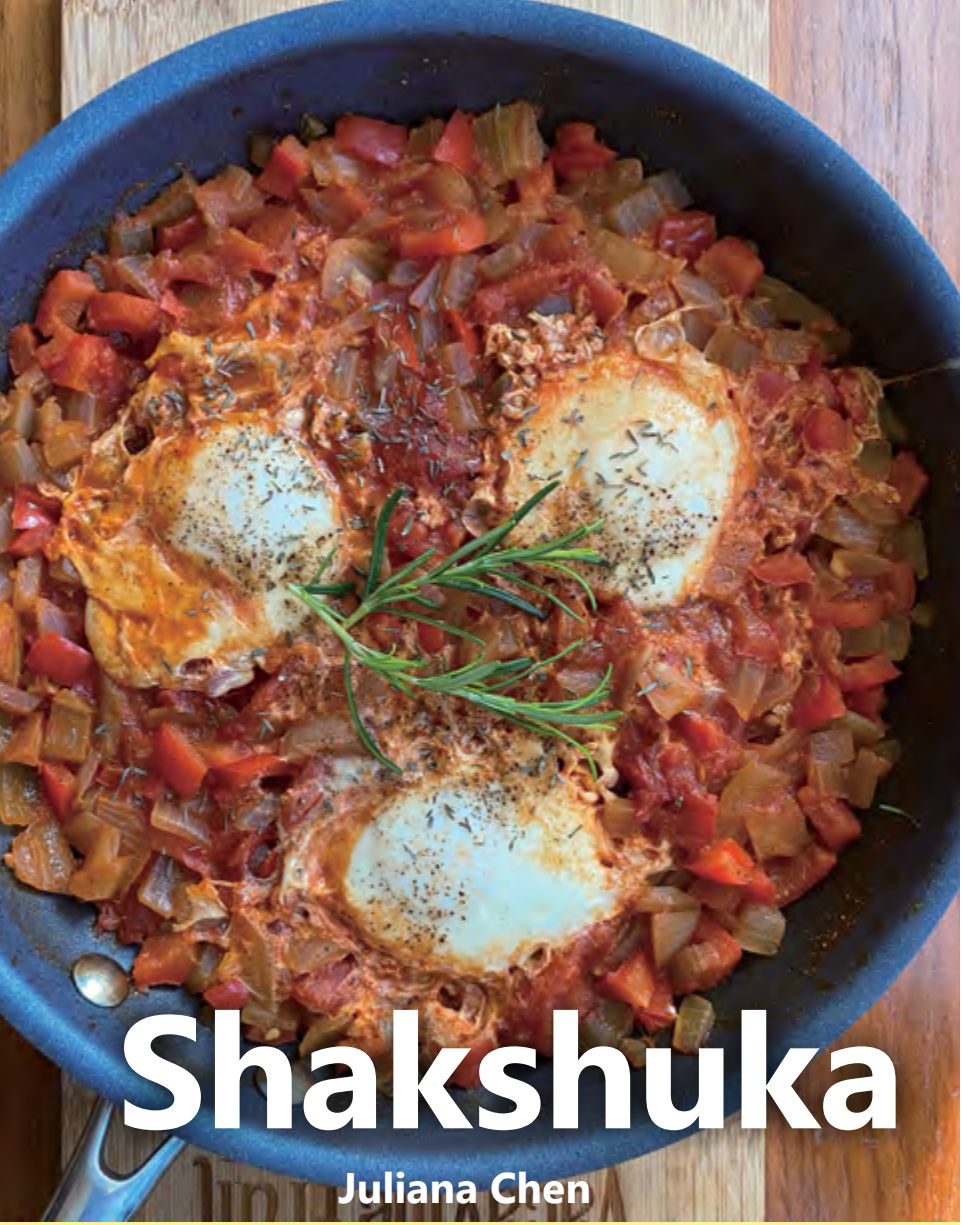
Though Cornell Dining is ranked relatively high for best campus food in the country, my food choice options were very different from my typical dinners, a home-cooked meal by my mom using the skills I've learned in HEAL to make it healthier. My general preference for food has always been the Chinese cuisine, but every college meal I had felt like I was eating takeout from the amount of oil used in cooking that left vegetables gleaming under the lights. There wasn't much that could be done in this situation, so I typically aimed to make oatmeal in the dorms given my limited resources. Instead of adding the typical brown sugar topping, I used a banana or other fresh fruits as my natural sweetener; sometimes I even used plain yogurt. It has also been much easier to implement the MyPlate guidelines with an actual plate instead of a bowl. I always choose to include more vegetables from a variety of colors and alternate between meat and a plant-based protein source. Likewise, I always end meals with my favorite yogurt and fruit combinations with the occasional coconut shreds, which I've come to learn is a Whoa food from Skill 5!

Through trial and error, I have also been able to find new habits that suit my current college student lifestyle. Since I am more sedentary now in comparison to high school, I've also found that snacks were not as necessary anymore. As we've learned from Skill 3, "Reduce, Replace, Refuse," it has aided me in noticing my general eating and hunger patterns. I've in turn focused on meeting my daily nutritional needs through three meals a day, which are typically breakfast, a relatively early lunch, and dinner. When eating with friends, I also aimed to remind them to include more variety of vegetables on their plates. And, if the weather isn't too crazy in Ithaca, I'll also drag my friends along to walk to and from classes instead of taking the bus, which usually earns me a few unwilling glares! In addition to eating a healthy plate, I have recently been making more of an effort to workout, which can range from a 10-minute ab workout to a spontaneous 4-mile run, to regain some of my lost muscle strength and take time out of my day to focus on myself, while giving my eyes a break from screens. I still have ways to go in improving my current lifestyle, but with each day, I hope to reintegrate exercise and continue fueling my body with nourishing foods as an indispensable part of my daily routine and inspire my peers to do the same as well! ☸









Shakshuka

Juliana Chen

Prep Time: 5 mins

Cook Time: 20 mins

Servings: 3

INGREDIENTS

1 Tbsp olive oil

½ medium onion

1 red bell pepper

4 cloves garlic

1 tsp paprika

½ tsp cumin

½ of a 28 oz can whole peeled tomatoes

3 eggs

Salt and pepper (to taste)

Rosemary (optional)

Basil and thyme (optional)

INSTRUCTIONS

1. Dice the onion and bell pepper into bite size pieces.

2. On medium heat, heat the olive oil in a large pan. Add the garlic, onion, and bell pepper. Cook for 5 minutes.

3. Add the spices and cook for 1 minute.

4. Pour the tomatoes into the pan (with a few spoons of tomato juice) and mash with a spoon. Season with salt and pepper until it simmers.

5. Make small wells in the sauce and crack the eggs into each well.

6. Cover the pan and cook for 5-8 minutes, or until the eggs are done to your liking.

7. Garnish with herbs and serve with bread. Enjoy!

Avocado Pesto Pasta

Juliana Chen

Prep Time: 15 mins
Cook Time: 10 mins
Servings: 2

INGREDIENTS

- 1 cup pasta of choice
- 1 large avocado
- 3 cups spinach
- 2 cloves garlic
- ¼ cup nutritional yeast
- ¼ cup chopped walnuts
- Juice of 1 lemon
- Salt and pepper (to taste)

INSTRUCTIONS

1. Boil a pot of water and cook the pasta according to the instructions. Once done, run through cold water.

2. Put all the other ingredients into a food processor and blend well.

3. Add the sauce to the pasta and top with tomatoes!

Kaitlyn Chen

Galileo High School

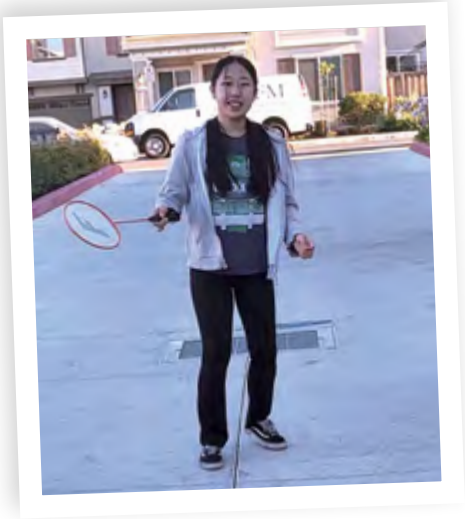
My name is Kaitlyn Chen. I am a junior at Galileo High School. I used to not pay attention to my diet, but since being a Teen HEAL intern, I've realized the long-term importance of eating healthy and incorporating nutrient dense foods in my meals.

During my time at Teen HEAL, I have learned many nutrition skills: building a healthy plate, managing weight, shopping smart, making healthy snacks, and many more. I am incorporating these new skills into my diet by paying more attention to the nutrition facts and ingredients when I am shopping for groceries, following the MyPlate Guidelines by including fruits, vegetables, grains, proteins, and dairy in every one of my meals, and looking for healthy alternatives of food instead of empty calorie foods.

In Teen HEAL, I also learned many other skills like communication, public speaking, and stress management, which has helped me build my confidence. In addition, I got to learn about different types of diets, Chinese medicine, Yijin, and the life journeys of different people, which I found very interesting.

The parts I enjoyed most about Teen HEAL were the food demos and the college workshop because I got to learn how to make bento, turnip cake, popovers, tofu mochi balls, and many more foods. The food demos showed me how to make the food, step-by-step. The college workshop was very helpful because it began to prepare me for applying to college.

It has been a joy being a Teen HEAL intern and learning how to live a healthier lifestyle and promote it to my community.



Red Bean Popsicles

Kaitlyn Chen

Prep Time: 10 mins

Cook Time: 50 mins

Servings: 5

INGREDIENTS

½ cup dried red bean

1 cup low fat milk

1 Tbsp honey

INSTRUCTIONS

1. Add red bean into a medium sized bowl and add water.

2. Soak the beans overnight.

3. Drain the red bean and transfer to a pot.

4. Add water to cook the red bean over medium heat until brought to a simmer.

5. Simmer the red bean until tender.

6. Rinse the red bean to cool and drain.

7. Combine the cooked red bean and milk in a blender.

8. Blend until it is smooth.

9 Add 1 Tbsp of honey and blend.

10. Transfer the mixture into popsicle mold and freeze them.

Makayleh Chen

Encinal Jr & Sr High School

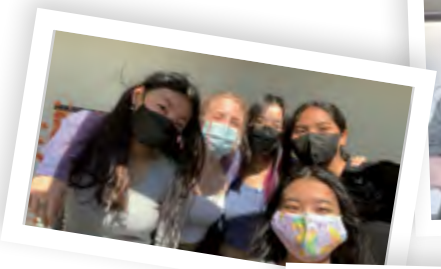
My name is Makayleh Chen, and I will be a senior at Encinal Jr & Sr High School in the fall 2022-2023 school year.

What I learned about most during HEAL was the importance of having a healthy and balanced diet. I applied the skills, “Building a Healthy Plate,” “Shopping Smart,” and “Making a Healthy Snack” when I shop for food and cook. When cooking, I try to decrease the amount of sugar or saturated/trans fats in my ingredients and replace them with healthier alternatives so that the meal is healthier overall. I shared the skills that I have learned in this program with my family and friends in hopes that they will also try to live a healthier lifestyle. As a result, my friends have started bringing healthier snacks for lunch. Instead of the usual chips and cookies, they began to bring fruits and whole wheat crackers.

The skill “Managing Your Weight” was the most impactful for me. In today’s society, weight is often a harmful or controversial topic. Most social media platforms portray the ideal body type as being very skinny, which can lead to eating disorders. For most of my life, I have been underweight, and only recently have I finally reached and maintained a healthy weight. This skill has been very helpful for me because I learned that weight has many factors that contribute to its increase and decrease. Fad diets are another topic I learned about that could be harmful to the body. New dieting methods are always circling the internet, but rarely do people research enough about them before trying it out. Learning this skill has helped me recognize and avoid unhealthy diets and habits, as well as manage my own weight better.

Along with nutritional skills, our trainings also consists of leadership skills, life journey speakers, and food demonstrations. I learned about public speaking, communication, and creating a safe space from Denise. Those are very important everyday skills that I have improved. Additionally, hearing about the life journeys of others gave me the confidence to pursue my passions and not give up when I encounter a mishap. The food demonstrations also gave me inspiration on what simple healthy foods I could make. My favorite is the tofu mochi balls that Amanda showed us because it's simple and unique.

This program has taught me many ways to live healthily and actively. Even though most of the program was conducted over Zoom, I got the chance to meet many new people. I am happy to have gotten this experience and will continue educating myself and others on Healthy Eating Active Living. ☸



Makayleh Chen

Mango Pomelo Sago

Prep Time: 15 mins

Cook Time: 15 mins

Servings: 2-3

INGREDIENTS

3 very ripe large mangos

1 16 oz can of low-fat coconut milk

½ cup sago

½ pomelo

¼ cup sugar

1 ¼ cups 1% milk

⅔ cup water

INSTRUCTIONS

1. Add sago to boiling water and simmer for 15 min or until sago is completely transparent.

2. Drain the water and soak the sago in cold water.

3. Puree two mangos and dice one mango.

4. Add the milk, sugar, coconut milk, and cold water to a pot and bring to a boil.

5. Peel the pomelo.

6. Add the puree, sago, and pomelo into the milk mixture. Mix well.

7. Serve and top with the diced mangos. ❄

Megan Chen

Galileo High School

My name is Megan Chen, and I'm a senior at Galileo High School. I used to be someone who didn't worry about their health much, but during quarantine, I realized that I have unhealthy eating habits and a relatively inactive lifestyle. I wanted to do something to change and improve my eating habits. That's when I learned about Teen HEAL through a friend and KTSF. I believed that Teen HEAL was a good place to start.

In the Teen HEAL program, I learned several nutritional skills: building a healthy plate, shopping smart, managing weight, making healthy snacks, and many more. I incorporated the MyPlate guidelines consisting of fruits, vegetables, grains, proteins, and dairy into every one of my meals. Additionally, I would pay more attention to the nutrition facts and the ingredients in the products I'm buying by looking at the grams of fats, sugars, calories, minerals, fibers, the daily value percentage, and also the ingredients. I would also manage my weight by limiting the number of junk foods and sugary foods in my diet. Instead, I would look for more healthy alternatives, such as replacing regular chips with fruit chips. As I learned about these skills, I would slowly try to incorporate them into my life.

In addition, I learned about other skills: public speaking, stress management, communication, and leadership. These skills helped me become more confident. Learning these skills also helped me understand that many people often feel stressed and scared to open up just as I did. By understanding this, I was able to be more confident and create a safer space for others to open up. I also learned how to cope with stress. With these new skills, I hope to continue building my confidence.

Furthermore, I also learned Yijin, Chinese medicine, different types of diets, and the life journeys of different people along with healthy recipes like bento, turnip cake, popovers, tofu mochi balls, and many more foods. Lastly, since the research topic for my partner and me was the health risk of processed foods, I also learned about what processed foods are and how they are a health risk to us, which I found to be very interesting.

Through Teen HEAL I learned a lot about how to eat healthy and what being healthy looks like. The things I learned in Teen HEAL are very informative and useful, but also very different because I wouldn't be able to learn about these skills specifically at school. I think it is a great community and it allowed me to get to know the other Teen HEAL interns better. Teen HEAL was definitely a good place to start learning about health. ❁

Megan Chen

Egg Sushi Roll

Prep Time: 6 mins

Cook Time: 6 mins

Servings: 3

INGREDIENTS

1 egg

A pinch of salt

1 tsp oil

1 cup cooked brown rice

1 Tbsp rice vinegar

1 sheet nori seaweed

½ cup cucumber, matchstick

¼ cup carrot, shredded

¼ of an avocado

INSTRUCTIONS

1. Crack the egg into a small bowl and whisk in the salt.

2. Heat your pan for about a minute and then spread the oil.

3. Pour the egg mixture into the pan.

4. Fry each side for about 2 minutes.

5. Slice into strips and put them on the plate.

6. Mix the rice vinegar into the cooked rice.

7. Take a piece of seaweed.

8. Spread the rice mixture around the seaweed.

9. Add a row of egg, cucumber, carrot and avocado.

10. Roll everything together and cover with plastic wrap to tighten everything.

11. Remove the plastic wrap, slice, and enjoy! ☸

Victorin Chen

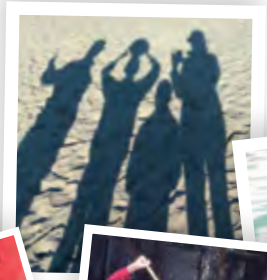
Lowell High School

When I first heard of Teen HEAL through my brother, it seemed so complicated and confusing. I was given access to one of the training sessions before I joined, which made me really curious to learn more about the program, but I was still unfamiliar with the concept of healthy eating.

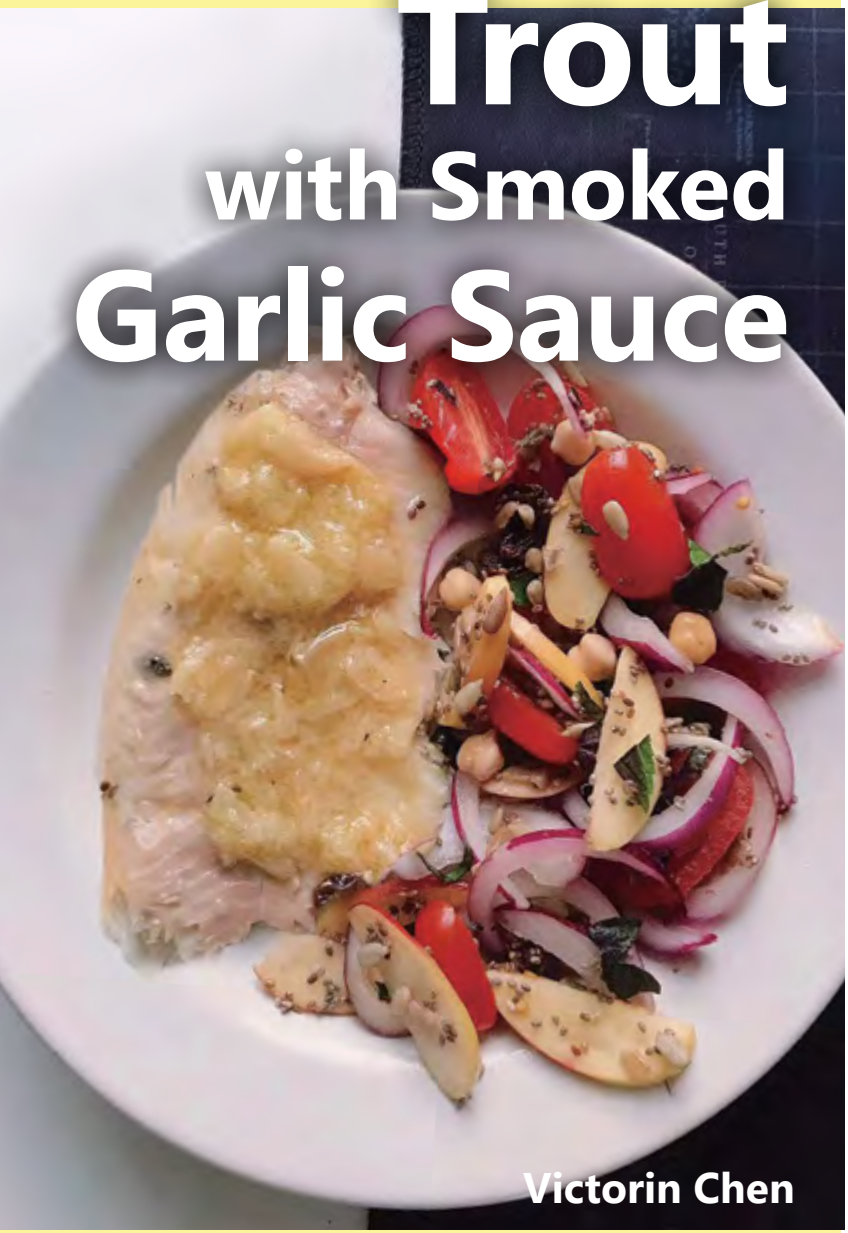
However, throughout the past year,I've actually found the trainings to be really easy to understand. Healthy eating is pretty simple. I use the chart about the proportions of what I should eat every day as well as the limits of what's recommended when making my meals. I even shared the "building a healthy plate" guidelines with some of my friends. They were open-minded and willingly adopted the guidelines, especially after hearing about how healthier meals could improve sleep and decrease stress.

When I first tried to adopt a healthier and more active lifestyle, I was slow to act on it. Over time, I was more motivated to change when I learned about the risks of unhealthy eating such as cancer, long-term stress, and lower sleep quality. I recall one time when I asked myself if reaching for the fruit popsicle after dinner was worth it. It was too much sugar, and I had a better replacement for it anyways. I would have eaten the popsicle and thought nothing of it earlier on in this goal of eating healthier, but now I know that I shouldn't. I could combine some fruit, yogurt, and granola to make a yogurt parfait which I love. It is such a simple recipe and could be altered and changed easily. Gradually, that mindset of eating healthier slowly changed my habits. I still occasionally will choose a popsicle over an apple, but I'm trying to eliminate that. Exercising is still a problem though, but I have made some efforts to try to increase my daily movement. I started small with only running a few laps around my house every day, but I stepped it up over time with the energy I was getting from eating healthier. I've been trying out new exercises while still keeping my goals in mind. I learned that it doesn't have to be a routine set in stone and that it's ok to try out new exercises or new activities. It could be martial arts or just taking a hike. It depends on what you want.

I've been enjoying my time as a Teen HEAL intern. Everyone is nice, supportive, and inclusive. I remember when I was at the Christmas party, I was still a bit confused about how Teen HEAL worked at the time, but Catherine and the other interns were very welcoming. Learning to make new food as well as getting to try new food was very fun. The welcoming event for all interns was also fun too. I got to see Martin Yan cook in person and was introduced to everyone in the program. I've been having a really good time at Teen HEAL, and I hope that I can continue to keep improving my eating and exercising habits to achieve a lifestyle I'm proud of. ❁



Trout with Smoked Garlic Sauce



Victorin Chen

Prep Time: 10 mins

Cook Time: 45 mins

Servings: 2

INGREDIENTS

1 lb rainbow trout, gutted and scaled

3 cloves smoked garlic

1 tsp olive oil

½ tsp salt

½ tsp ground black pepper

1 tsp white wine vinegar

INSTRUCTIONS

- **Trout:**

1. Preheat the oven to 450°F.
2. Cut fins off of fish if they are still on.
3. Put fish on the oven rack and score both sides with a cross pattern.
4. Put in the oven for 25 minutes.
5. Cut off skin by making a shallow incision on the top of the fish and peeling the skin off with a fork.
6. Pull meat downward and up.

- **Smoked Garlic Sauce:**

1. Preheat oven to 350°F.
2. Peel off the skin of the garlic. Slice off the top of the garlic bulb.
3. Arrange cut garlic in a metal bowl with cut-side-up.
4. Drizzle garlic lightly with oil as well as salt and ground black pepper.
5. Cover with a smaller metal bowl.
6. Place in oven and roast for around 45 minutes.
7. In a small plastic container, add in around ⅓ cup oil.
8. Add in the same amount of white wine vinegar as the oil.
9. Squeeze out 2 cloves of smoked, roasted garlic into the vinegar & oil.
10. Mash up the cloves of garlic with a fork.
11. Add 2 pinches of salt as well as 3 pinches of ground black pepper.
12. Put the lid on the plastic container and shake thoroughly.

Simple Salad

Prep Time: 10 mins

Cook Time: 5 mins

Servings: 2-3

Victorin Chen

INGREDIENTS

Around 20 cherry tomatoes
5-10 small basil leaves
½ a red onion
2 Tbsps raisins
5 tsps sunflower seeds
½ a small apple
1 ½ tsps cooked chickpeas
3 tsps chia seeds

INSTRUCTIONS

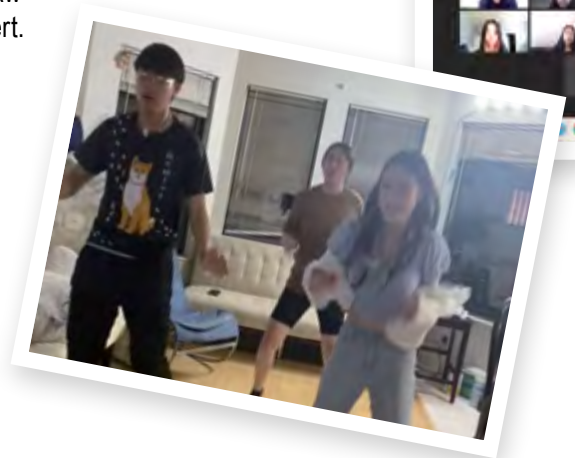
1. Cut the cherry tomatoes in half.
2. Slice the half of a red onion into small slices (vertically) and add to bowl.
3. Chop basil leaves into vertical strips.
4. Cut apple into small slices.
5. Add all ingredients into bowl and mix, enjoy!

Kristin Chiu

Phillip and Sala Burton Academic High School

Throughout my time as a HEAL intern, I enjoyed learning about building healthy eating habits to enhance a happier lifestyle. I began by checking the nutrition facts when I visited grocery stores. Understanding the ingredients within the foods I consumed helped me make healthier choices. Before joining HEAL, I often bought groceries without checking the nutrition facts, which was an issue because it could result in a poor diet. I made sure to share this with my family.

Checking the nutrition facts is now a necessity for my family when we go grocery shopping. For instance, we choose to eat healthier snacks such as dried fruits, nuts, sweet potatoes, and whole-grain crackers. We also consume low-fat dairy products like low-fat milk and low-fat yogurt. In our daily meals, we utilize MyPlate to portion the amount of food we consume. Another skill that I applied to my life and my family is the "go slow whoa" foods. I suggested to my family that we incorporate more go foods into our meals. That includes foods like fruits and vegetables without preservatives or added sugars. My family loves to consume red meat, but we became more aware of our consumption amounts after recognizing that red meat falls below the slow category. My favorite food demo recipe that I have tried is the popovers by Catherine. It was simple, yet delicious. I added strawberries and honeycomb inside, which made a fabulous dessert. Thank you Catherine for introducing this recipe to us! ❁



Caprese Salad

Kristin Chiu

Prep Time: 10 mins

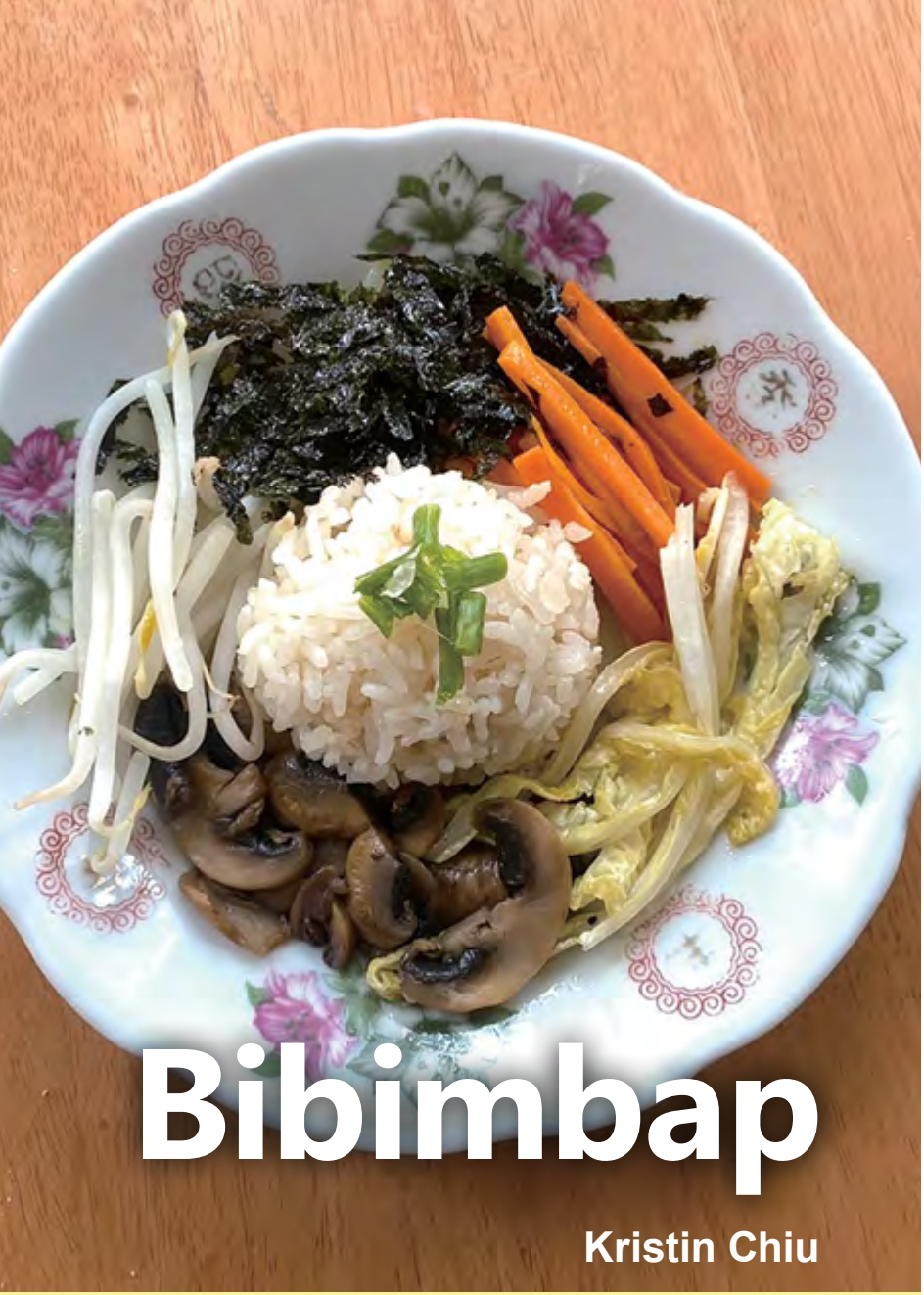
Servings: 1

INGREDIENTS

1 tomato
1 hard boiled egg
1 Tbsp cilantro
1 Tbsp green onion
2 Tbsps onion
1 clove garlic
Parmesan cheese, to taste
1 Tbsp extra virgin olive oil
1 Tbsp balsamic vinegar
1 Tbsp black pepper
2 pinches salt

INSTRUCTIONS

1. Slice the tomato into thin slices.
2. Dice the onion, green onion, cilantro, and garlic.
3. Add extra virgin olive oil, balsamic vinegar, salt, and pepper.
4. Mix everything together.
5. Slice the hard boiled egg into ½.
6. Begin plating.
7. Top it off with parmesan cheese. ❁



Bibimbap

Kristin Chiu

Prep Time: 15 mins

Cook Time: 15 mins

Servings: 1

INGREDIENTS

¼ whole carrot

¼ whole cabbage

¼ cup bean sprouts

¼ cup mushrooms

¼ cup seaweed

Green onion

1 tsp sesame oil

¼ tsp salt

1 tsp black pepper

1 sunnyside egg (recommended)

¼ cup cooked rice

INSTRUCTIONS

1. Rinse the carrot, cabbage, mushrooms, and bean sprouts with water then slice them into thin vertical slices.

2. Turn on the stove to medium heat and add a tsp of sesame oil.

3. Throw in the sliced carrots, cabbage, and mushrooms into the pan, then season it with salt and pepper.

4. Turn off the heat when the carrots have softened.

5. Begin plating. The cooked rice will be in the middle. Place the carrots, cabbage, beansprouts, mushrooms, and seaweed around the cooked rice.

6. Top if off with some green onion and sesame seeds (optional). ❁

Samantha Chiu

San Francisco State University

My name is Samantha Chiu. I am currently a sophomore at San Francisco State University majoring in Diet and Nutritional Science. I am interested in this major because I want to become a registered dietician in the future. During my free time, I like to cook and test out different recipes. A recipe I made recently was japchae. It's colorful, nutritious, and tasty too.

As an intern at HEAL, I learned about different skills to maintain a healthier lifestyle. The skill Building a Healthy Plate gave me a better idea about the proportions of food I should be consuming from each category. Besides having a healthy diet, I learned the importance of incorporating at least an hour of exercise per day to maintain a healthy weight and body.

I further developed my passion for cooking and trying many new foods through HEAL this year. When I go to the grocery store to shop for food, I read the nutrition labels carefully to see if it contains anything that might be high in fat, salt, and sugar. In my recipes, I try to replace ingredients that contain high amounts of fat, salt, and sugar with healthier alternatives. By replacing ingredients with healthier alternatives, I can still consume delicious food that is healthier and more nutrient-dense.

With the skills I learned from attending this program, I got the chance to serve the community by hosting a Zoom meeting to educate my friends and family members about nutrition. In my Zoom meeting, participants get to engage in fun games like Kahoots where they get the chance to be more engaged in learning about nutrition. Starting this year, I also had the opportunity to build up my leadership skills by joining the Nutrition Club at my school where I participated in team activities like helping out at the school greenhouse. This was a way to encourage people to adapt to a healthier lifestyle and also create a happier, healthier community.

A takeaway I learned from life journey speaker Timothy Lam is to never give up when life gets difficult. Also, don't be afraid to ask for help if you need it. I found that it is fine to not know everything. By asking for help, it creates a learning opportunity for me. ❁

Korean Glass Noodles

Samantha Chiu

Prep Time: 20-30 mins

Cook Time: 30 mins

Servings: 5-8

INGREDIENTS

Noodles Ingredients:

3 dried shiitake mushrooms, soaked in hot water until soft, cut into thin strips
2 Tbsps mushroom water
2 bunches glass noodles
2 carrots, shredded
1/3 zucchini, peeled, cut into ¼ inch wide strips
1/3 white onion, sliced
1/2 jalapeño, cut into ¼ inch rings
1 tsp honey
1 tsp brown sugar
2 tsps reduced sodium soy sauce
1 tsp sesame oil
1 tsp hot pepper paste
A pinch of salt & white pepper
3 cloves garlic

Spinach Ingredients:

2 bunches spinach
1 clove garlic, minced
A pinch of white pepper
1 tsp sesame oil
1 tsp reduced sodium soy sauce

Egg Ingredients:

2 eggs, beaten
1 tsp Japanese cooking wine
A pinch of pepper
1 tsp reduced sodium soy sauce

INSTRUCTIONS

Shiitake Mushrooms:

Rinse and soak the dried shiitake mushrooms for 20-30 mins or until softened in hot boiling water. Squeeze all the water out, saving 2 tablespoons for the noodles.

Slice the mushrooms to a width of ¼ inch.

Onions, Carrots, and Zucchini:

While waiting for the shiitake mushrooms to soften, peel and cut the onion, carrots, and zucchini to a width of ¼ inch and length of 2 inches.

Then, cut the jalapeño into ¼-inch rings.

Spinach:

Add a pinch of salt and a drizzle of oil to boiling water and cook the spinach for 1 minute. Immediately, put the spinach in a cold ice bath and let it sit for 3 minutes.

Squeeze all the water out of the spinach. Cut the spinach into bite sized pieces.

In a pan, drizzle a little bit of oil and then put minced garlic on low heat. Turn the stove off once the garlic becomes fragrant.

In a bowl mix soy sauce, garlic, sesame oil, and spinach together, and garnish with chopped scallions.

Eggs:

Beat the eggs and mix in Japanese cooking wine, a pinch of pepper, and soy sauce.

Heat up a pan and drizzle some oil on it, then pour the egg mixture into the pan.

On medium heat, cook the egg for 2 mins. Then, flip it and cook for another 2 mins.

Let the egg cool down. Cut the egg into ¼-inch wide, and 2-inch long strips.

Noodles:

Boil the noodles by following the cooking instructions on the bag, then drain and rinse with cold water.

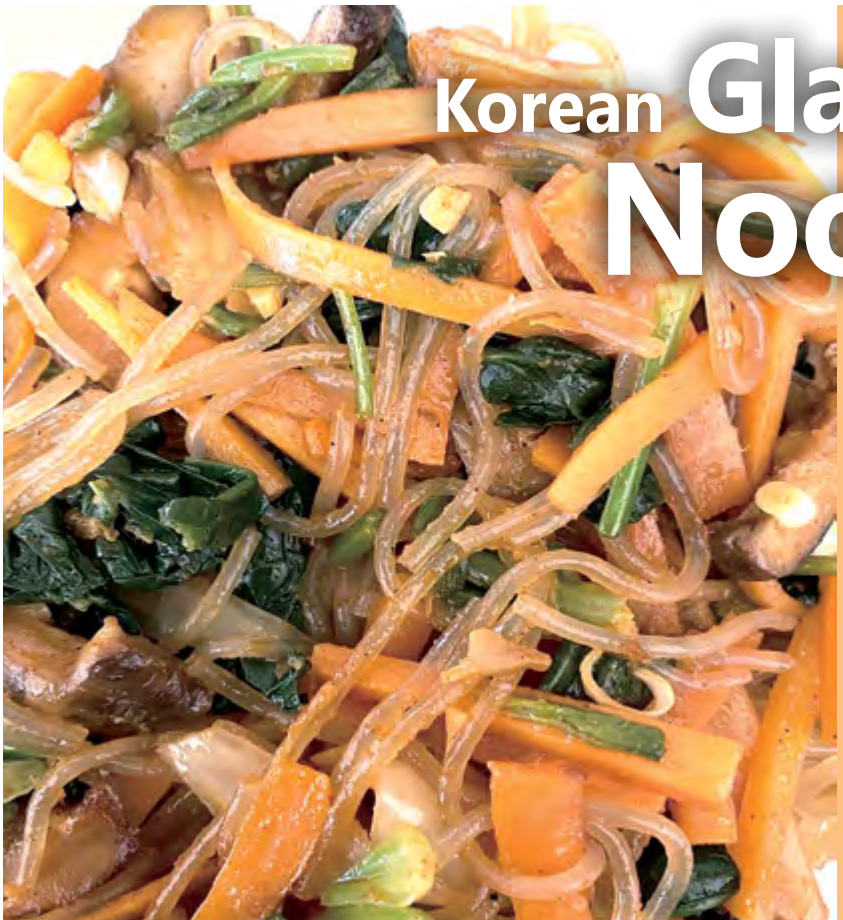
In a bowl, mix together mushroom water, honey, brown sugar, soy sauce, sesame oil, hot pepper paste, white pepper, and salt together to create the sauce.

In a large pan, on medium heat drizzle some oil, and heat the garlic until fragrant.

Stir fry the vegetables together for 3-4 minutes or until tender, then add 1 tablespoon of the sauce.

Mix in the noodles until it's combined. Pour in the rest of the sauce and stir fry for 3-4 minutes.

Put the japchae in a huge dish and add the sliced egg on top. Serve. ❁



Celine Fong

George Washington High School

My name is Celine Fong, and I will be graduating from George Washington High School this year. I will be majoring in Biochemistry this fall, and I aspire to utilize my education as a stepping stone to incorporate nutrition and metabolism in my future work. In my leisure time, I enjoy cooking, doing pilates, watching Korean dramas, calling my sister via Facetime, and taking walks with my parents.

HEAL has truly taught me to step out of my comfort zone. From the start of the program, Catherine, our internship director, and returning interns repeatedly encouraged me to take the initiative to restart HEAL Club at Washington, invite friends and relatives to attend Zoom community workshops, and serve as the HEAL secretary this year. As a school club lead, I learned to actively promote HEAL through Instagram and flyers. Furthermore, I learned to stand unafraid as I conducted food demonstrations and taught my peers various nutritional skills, such as how to Build a Healthy Plate. Although there were times when barely anyone attended my club meetings at school, my mentors in the internship motivated me to persevere to make HEAL known at Washington. While the HEAL Club at Washington has not been as successful as I envisioned it would be, this internship has shed light on other ways I can be a more outspoken advocate for healthy eating. For instance, I have learned to teach my parents and friends to make healthy eating a part of their lives. Through my continuous efforts, I have noticed my mom exhibit gradual changes in her lifestyle habits; she has come to enjoy kale, use nutritional yeast in her cooking for an extra boost of Vitamin B-12, fuel her body with more protein, reduce her intake of refined carbohydrates and red meat, and engage in strength-training exercises.

As this year's Class Secretary, I am responsible for sending out training emails, taking attendance at training sessions, and corresponding with individuals who attend our public Zoom symposiums. While being punctual and time-efficient worked to my advantage, the position of Class Secretary allowed me to discover my tendency to make careless mistakes. Thus, HEAL has also taught me to complete every task thoroughly.

Aside from the nutrition knowledge I have acquired from participating in HEAL, I really enjoyed listening to Life Journey Speakers share their own struggles and triumphs, especially from fellow interns who are in a similar stage of life as I am. I particularly related to Erika and Kassandra, who mentioned the pressure of living up to the expectations of others, the difficulty of maintaining a proper balance between school and extracurricular activities, and the mindset of seeing the college process as simply a means of growth and not something to be bottled down by. I also loved watching Amanda's food demonstrations and trying new recipes on my own (Meiyan's Oatmeal Cookies were perfectly chewy and delicious)! While it would have been nice to attend trainings in person and to meet other interns face to face, I definitely appreciate the time we spent together at HEAL and am grateful that I was given the opportunity to share methods of healthy eating and active living with those around me. ❁

Sesame Soba Noodles (Vegan)

Prep Time: 20 mins

Cook Time: 10 mins

Servings: 4

Celine Fong

INGREDIENTS

Stir-Fry Kale:

1 large bunch curly kale

¼ cup nutritional yeast

½ tsp salt

Olive oil

8 oz. dry matcha or regular soba noodles (4 bundles or 1 pack)

½ pack frozen edamame beans

1 block extra firm tofu

Olive oil

5-7 radishes, sliced

Black sesame seeds and chopped green onions for garnish

Sauce:

3 Tbsps tahini or unsweetened peanut butter

2 Tbsps + 2 tsps coconut aminos (vegan soy sauce) or low-sodium soy sauce

1 Tbsp rice vinegar

1 Tbsp honey

1-2 tsp sesame oil

INSTRUCTIONS

1. Cook soba noodles in a large uncovered pot of boiling water according to the package directions (about 6-7 minutes). Drain and rinse under cold water and transfer the noodles back into the large pot.

2. In a separate saucepan, cook edamame beans in boiling water (3-4 minutes). Drain and peel shells. Combine with noodles in the large pot.

3. Drain tofu and press dry with a paper towel (For the best results, soak up excess water with paper towels and compress with a flat plate or cutting board). Cut tofu into cubes. Drizzle olive oil onto a large pan until thinly coated and pan-fry tofu until golden brown. Combine with noodles and edamame.

4. Pan-fry kale with a drizzle of olive oil, ¼ cup nutritional yeast, and ½ tsp salt over medium heat until withered and crispy. Combine with noodles, edamame, and tofu.

5. Mix sauce ingredients together until smooth. Pour over the noodles, toss, and garnish with radish slices and green onion. Serve on a nice plate. ❁

High Protein Chocolate Mousse

Celine Fong

Prep Time: 10-15 mins

Servings: 3

INGREDIENTS

1 block (453g) extra firm silken tofu

2 Tbsps monk fruit sweetener + 1 Tbsp honey

1 Tbsp cocoa or cacao powder

Raspberries, strawberries, and/or blueberries for topping

INSTRUCTIONS

1. Drain tofu and steam in a pan until the water boils (7-10 minutes). The tofu should excrete water. Drain excess water and pat tofu dry with a paper towel. Let cool.

2. In a blender or bowl, add tofu, sweetener, honey, and cocoa powder. Using a standing or hand blender, blend until smooth.

3. Scoop out 3 portions into separate containers. Cover with plastic wrap or reusable lids. Refrigerate 5-8 hours or overnight.

4. Serve with berries or fruit of choice. ❁

Amanda Hu

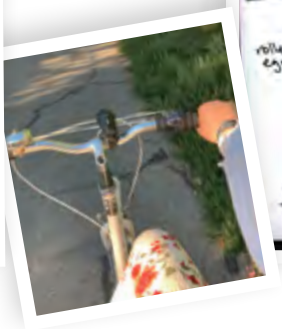
UC Davis

My name is Amanda Hu. I am currently a freshman majoring in Food Science at UC Davis and an alum of Lowell High School, class of 2021. As implied by my major, I love food, including cooking, baking, and eating. I usually cook on the weekends and love to make cakes for my friends and family on special occasions or whenever I crave it. I am also very interested in Japanese culture, originating from my hobbies of reading manga, listening to j-pop, and playing Japanese rhythm games. Reading manga about cooking also strengthened my interest in food. I joined HEAL to learn more about the nutrition side of food and to build my leadership skills.

Coming into the program, I had a general idea of what is healthy and what isn't: we should eat more fruits and vegetables and avoid added sugar and too much sodium. I usually had balanced meals, but I struggled with getting enough dairy into my diet because I am lactose intolerant and don't really like the taste of milk. After attending the monthly trainings, I now have adopted the advice to eat yogurt for dairy. I also drink oat milk that is fortified with calcium and vitamin D as an alternative to dairy milk. I live a very sedentary lifestyle as a college student, but with the encouragement and exposure to new exercise types during Zoom trainings, I have been walking more and even tried Yijin and the patting exercise.

As a part of the leadership team and evaluation team, I developed my leadership skills over the course of this program. I attended the weekly leadership team meetings where I helped make decisions and plan activities, served as a mentor for a high school HEAL club lead, and helped organize the evaluations of the program's activities. An experience that developed my organizational and public speaking skills was the food demonstrations I presented during trainings. I had to plan my presentations ahead of time, which consisted of deciding on a dish to make, preparing the ingredients, and thinking about how I would use my laptop and phone to properly capture what I am doing. So far, I made tofu mochi balls, an apple cake, and a character bento (Japanese boxed lunch) to share some healthy recipes that the HEAL community can try.

As the end of my first year in this internship approaches, I gained a wealth of important knowledge and leadership skills that I want to continue sharing with my community. ❁



Amanda Hu

Custard Yogurt Toast

Prep Time: 10 mins

Cook Time: 15 mins

Servings: 4 pieces of toast

INGREDIENTS

4 slices whole wheat bread
½ cup plain nonfat Greek yogurt
1 large egg
2 tsps honey, a little more to drizzle if desired
Toppings: Sliced fruit, cocoa nibs, sliced almonds, etc

INSTRUCTIONS

1. Preheat the oven to 400°F with the rack in the middle of the oven.

2. Line a sheet pan with parchment paper and place bread on the pan. Use a spoon to create a well in the center of each bread slice.

3. In a bowl, whisk together the egg, greek yogurt, and honey until smooth.

4. Fill each slice of bread with the custard mixture (filling amount will vary depending on the size of the slice.

5. Arrange the fruit on top of the custard and add a drizzle of honey if desired.

6. Bake until the custard is set and slightly wiggly in the center, about 5-10 minutes (depends on the thickness of your bread).

7. Serve. ❁

Tofu Mochi Balls

Amanda Hu

Prep Time: 20 mins

Cook Time: 10 mins

Servings: 26 balls (~8g each)

INGREDIENTS

¾ cup glutinous rice flour
¾ cup soft tofu

INSTRUCTIONS

1. Knead together the glutinous rice flour and tofu until a smooth dough forms.

2. Roll the dough into a rope, pinch off small portions (about 8g), and roll them into balls.

3. Bring some water to a boil in a medium saucepan and drop the mochi balls in.

4. Once the mochi balls float to the surface, add a cup of cold water and wait for the water to boil and the rice balls to float again.

5. Either scoop them out into a cold water bath or drain the water from the pot and add cold water.

6. Take the mochi balls out of the water, place them into serving bowls, and top with fruit, red bean paste, and/or syrup. ☸

Character Bento-Bear

Amanda Hu

Prep Time: 20 mins

Cook Time: 40 mins

Servings: 1 bento

INGREDIENTS

Bear Rice Ball:

1 cup cooked brown rice

A part of a slice of white-colored cheese

A part of a sheet of nori

Rolled Omelet:

2 large eggs

¼ tsp black pepper

1 Tbsp stock (seaweed, chicken, or other preferred stock)

Wood Ear, Carrot, and Onion Stir-Fry:

5 wood ear mushrooms

¼ cup carrot, julienned

¼ cup onion, sliced thinly

1 tsp vegetable oil

1 tsp soy sauce

Blanched Spinach with Sesame:

1 cup spinach (Asian or Western)

1 tsp toasted sesame oil

1 tsp toasted white sesame seeds

Other Sides:

Lettuce (for separation of sides)

Cherry tomatoes

Flower-shaped blanched carrots

Protein (meatballs, leftover entrees)

Fruit for dessert

INSTRUCTIONS

1. Form the bear rice ball by splitting the rice into one big ball and two smaller balls about the size of a tsp. These are the bear's head and ears. Cut a small circle of cheese as the bear's snout. Cut two small circles for the eyes, a triangle for the nose, and its mouth from the seaweed. Arrange the bear's face and place the finished riceball into the bento box.

2. Whisk together the eggs, broth, and pepper. Pour a thin layer into a heated frying pan and let it set before rolling it up with a spatula. Add the next layer and lift the rolled egg to let the mixture connect with the roll. Let it set and roll again. Repeat until all of the mixture is used up. Turn the cooked rolled egg in the pan to give it a pronounced rectangular shape and let it rest for a few minutes. Slice into ¾-inch slices and place into the bento box.

3. Wash and dry fresh wood ear and stir fry with the onion and carrot for a few minutes until translucent and cooked. Add the soy sauce, mix, and set aside.

4. Wash, then blanch the spinach and dunk it into the cold water bath to stop cooking. Squeeze gently to drain water and toss with the sesame oil and seeds. Set aside.

5. Optional: Wash and pat dry the lettuce. Wash the cherry tomatoes. Slice the carrot into coins and make 4-5 small triangular cuts around the circumference to create the flower shape, and boil until soft. Heat up the protein/leftover entree. Cut up the fruit and put it into another container.

6. Assemble by placing lettuce leaves into the bento box to form little cups (or use paper/silicone cupcake liners) around the rice ball and rolled omelets and place the sides into them. Enjoy! ❄

Meiyan Huang

UC Berkeley

My name is Meiyan, and I recently graduated from UC Berkeley with a major in Nutritional Science - Physiology and Metabolism. In the summer, I will be taking EMT training courses in order to obtain an EMT certification. I enjoy spending time alone, playing video games, as well as meeting and learning from people.

This is my second year in the internship. In addition to attending bi-monthly training with other interns, I was given more leadership tasks and responsibilities. I was on the leadership team and mentored four other high school interns. On the leadership team, I engaged in weekly meetings and participated in discussions that structured future training. We brainstormed various new projects to add to this year's internship program, such as the research project, which allowed interns to interact with interns from other high schools and practice their public speaking skills taught by Denise. Another leadership responsibility that I was given was being a mentor of Mission High School and Galileo High School HEAL clubs. As a mentor, I actively checked in with my mentees monthly on their internship and school club status and provided helpful insight when needed.

I was also deeply involved with community engagement and outreach. In this internship, I have given six presentations, impacting different age groups and communities: Self Help for the Elderly, Asian Women Resource Center, Chinatown YMCA, and Mei Lun Yuen. This year, I taught Build My Plate and Limit Added Sugar presentations to children at YMCA, recognizing the need for children to be mindful of hidden sugars and nutritious meals. I also gave a presentation on Healthy Eating to over 50 seniors in Mei Lun Yuen Apartments, a senior housing facility, emphasizing the importance of certain nutrients that boost our immune system during COVID-19. Besides giving presentations to different groups, I also went on KTSF and Skylink TV programs to promote basic nutrition knowledge to the general audience alongside Catherine, our nutrition manager. Another wonderful opportunity I had was to represent the HEAL program and report our progress to the program funder, the Chinese Community Health Care Association.

This year's experience as a second-year intern was extremely valuable and definitely a highlight of my four-year college experience. Although I learned more nutritional information in school, I was not given an opportunity to apply my knowledge in real life. Next year, I will continue as a third-year intern and hope to bring more interesting projects to enrich our internship experience.

Healthy Chocolate Brownies

Prep Time: 10 mins

Cook Time: 50 mins

Servings: 4

Meiyan Huang

INGREDIENTS

2 medium size banana, blended
1 ¼ Tbsps cocoa powder
7 ½ Tbsps flour
1 ½ Tbsps plant-based milk
1 Tbsp walnut, chopped

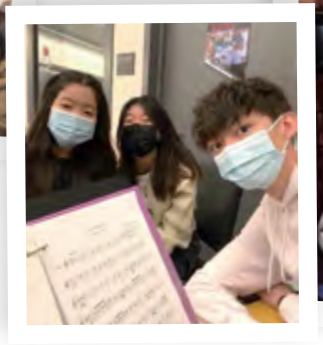
INSTRUCTIONS

1. Preheat oven to 300°F.
2. Mix banana, cocoa powder, and flour together.
3. Add plant based milk and walnut and stir.
4. Line an oven safe square tin with parchment paper.
5. Pour in the mixture and spread evenly with a spatula.
6. Bake for 50 minutes and enjoy. ❁

Kyle Lieu

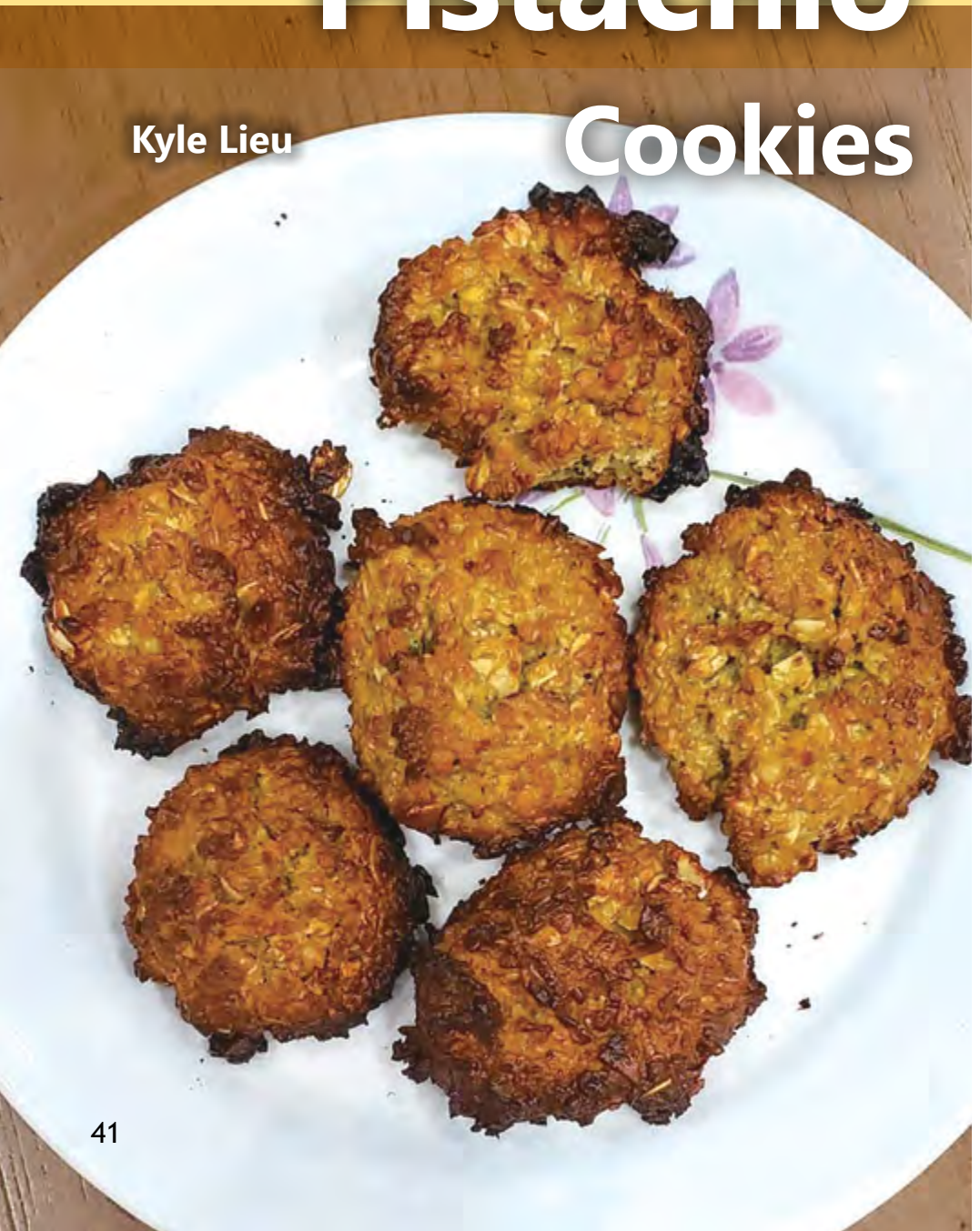
SOTA (Ruth Asawa San Francisco School of the Arts)

As a HEAL intern, I have gained so much knowledge about food, health, and their role in my life. Whether it is learning how to build a healthy plate or how to manage my weight, each of the skills that we learned together in trainings helped expand my knowledge about healthy eating and active living. For example, we learned how much of the different food groups would be considered healthy per day, based on the MyPlate guidelines; half of the plate is recommended to be fruits and vegetables, a fourth of the plate is lean proteins, and the other fourth of the plate is grains. I used this knowledge to start building healthier plates for myself and my family by suggesting more or less of each food group to buy for the next meal. I found the weight management skill to be the most informative and interesting because I have been underweight all my life. We learned what causes weight loss and weight gain, that weight loss occurs when more energy is put out than in, and that weight gain occurs when more energy is put in rather than out. We learned the impact of calories on our diets and different alternatives we can choose to consume to control the energy we are putting in. For example, drinking water instead of soda or using smaller plates or bowls to reduce portion sizes (though not very applicable to me since I am trying to gain weight). These skills that I have learned not only played a role in my own well-being but also in those around me as I have become more conscious of the flaws in my family and my previous eating habits, physical activity, and flaws. We have had more balanced meals and have made stronger efforts to get some physical activity in each day since joining HEAL. Although the whole internship was done on Zoom, I found the experience to be very positive and educational. The food demos were a very fun learning experience; they sparked motivation in me to go to the kitchen and try out those recipes or even new ones. I also enjoyed the bonding we were able to have with other interns as we were able to learn a lot from each other. As this internship comes to a close, I hope to retain all the information learned so that I can pass it on to those around me and inspire them to live a healthier and therefore, happier life just like how this internship impacted mine. ❁



Oatmeal Pistachio Cookies

Kyle Lieu



Prep Time: 20 mins

Cook Time: 15 mins

Servings: 15

INGREDIENTS

1 cup pistachios
½ cup ground almonds
1 cup oats
¼ cup avocado oil
¼ cup honey
1 egg

INSTRUCTIONS

1. Preheat oven to 350°F.

2. Grind pistachios in food processor until there are no big chunks.

3. Add the almonds, oats, avocado oil, honey, and egg to the food processor and blend it all together.

4. Measure tablespoons of the mixture and form them into balls, lay them on a lined baking sheet.

5. Bake for about 15 minutes.

6. Let cookies cool before serving. ❄

Banana Pancakes

Kyle Lieu

Prep Time: 10 mins

Cook Time: 5 mins

Servings: 1

INGREDIENTS

1 ripe banana
⅛ tsp baking powder
2 eggs
Fresh fruit as topping (blueberries, strawberries, etc.)

INSTRUCTIONS

1. Mash the banana in a bowl.

2. Add ⅛ teaspoons of baking powder for fluffier pancakes.

3. Crack the eggs and mix into the bowl until completely combined.

4. Heat a pan over medium heat.

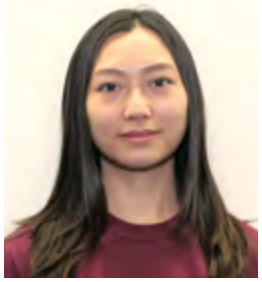
5. Drop about 2 tablespoons of batter onto the pan. Leave at least an inch or two between pancakes if making multiple at a time.

6. Cook for about 1 minute then flip the pancake.

7. Cook for another minute.

8. Transfer the cooked pancakes to a plate.

9. Serve warm topped with the fresh fruit. ❁



April Ng

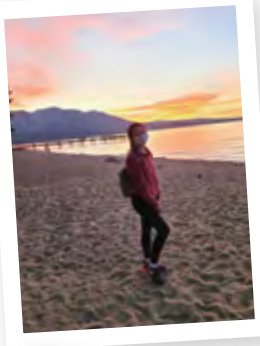
University of Pennsylvania

My name is April Ng, and I am a sophomore at the University of Pennsylvania. During my time at HEAL, I learned what it truly meant to eat healthier and live healthier. Before the pandemic hit, my family and I would eat out quite often at our favorite restaurants. Through HEAL, I learned more about the importance of cooking at home. I enjoy the process of cooking and seeing what ingredients I am putting into my body. My family and I rarely eat out nowadays as we prefer to try new recipes and make our own meals at home. I'm grateful that HEAL changed this aspect of our lives because we are working harder to become the healthiest versions of ourselves. Some skills I found exceptionally valuable include building a healthy plate and reading nutrition labels. I realized that most of my meals usually lacked whole grains and dairy. After learning about what a healthy plate consists of, I began to incorporate more grains and dairy into my meals. I also passed this lesson on to my family, convincing them to build healthier plates at home. Similarly, after learning how to understand the nutrition label better, my family and I became more aware of the added sugars, sodium levels, and saturated fats present in the food we buy. These are essential nutritional skills that I will continue to use daily and will also share with those around me.

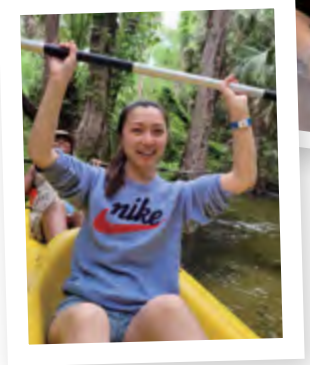
Furthermore, HEAL has inspired my family and me to exercise more. At college, I've always found it really difficult to start going to the gym because I didn't want to appear as if I've never been to the gym before (which I haven't). Luckily, I had some friends who knew their way around the gym and would go with me until I felt comfortable enough to workout on my own. I began to go to the gym whenever I could outside of studying and classes. This summer, I plan to go to the gym every day after work. Overall, my family and I were able to change our diets to healthier home-cooked meals and exercise more.

Besides improving my physical health, being a part of the leadership and evaluation team in HEAL also taught me many leadership and communication skills. I loved whenever Denise, Catherine, Vivian, or Dr. Sunny Pak would share their knowledge and experiences with us. Through their lessons, I learned how to communicate efficiently and be a good leader as well as a good teammate. As a leader, I try to be a good listener and to be welcoming to others so that they feel comfortable speaking their thoughts. As a teammate, I try to ensure that everyone participates and contributes their part to the group. These are lifelong leadership and communication skills that I will carry with me through the rest of university and onwards.

Furthermore, HEAL allowed me to learn more healthy recipes and cooking techniques. My favorite food demo was when Amanda made the tofu mochi balls. I thought it was a really easy, yet delicious food that could be added to multiple different types of meals. Overall, I enjoyed all the food demos by Martin Yan, Amanda, Catherine, etc. They were the best part of the trainings.



Lastly, my most memorable experience at HEAL was the Christmas party. Being across the country at Penn, I know I've missed out on many opportunities to meet and work with the rest of the interns. The Christmas party was the first time I was able to meet some of you guys, and it was so fun! Over Zoom trainings and leadership meetings, it's definitely much harder to make friends or talk to everyone. Being able to see some of you in person and to wrap dumplings, eat, and get to know each other will remain a special memory in my heart. I'm glad that I was able to get that experience from HEAL. Overall, HEAL was a wonderful internship that allowed me to meet more people, improve my leadership skills, and to make myself and those around me healthier. ❁



BANANA BREAD

April Ng

Prep Time: 10 mins

Cook Time: 60 mins

Servings: 8-10

INGREDIENTS

3 large or 4 medium very ripe bananas, peeled

⅓ cup unsalted butter melted

¾ tsp baking soda

1 pinch of salt

¼ cup honey/maple syrup

1 large egg beaten

1 ½ cups all purpose flour

(Optional) semi-sweet chocolate chips

INSTRUCTIONS

1. Preheat the oven to 350°F and put parchment paper into an 8 by 4 inch loaf pan.
2. In a big bowl, mash the bananas.
3. Pour the melted butter into the mashed bananas and stir until well combined.
4. Mix in the baking soda and salt.
5. Add the maple syrup and beaten egg, then stir until well combined.
6. Mix in the flour ½ cup at a time.
7. Pour the banana bread batter into the loaf pan.
8. (Optional) Add semi-sweet chocolate chips to the top of the batter and press them into the batter.
9. Bake in the oven for 55 minutes at 350°F. Check if the bread is done by inserting a wooden toothpick or chopstick into the center of the loaf. It will come out clean if the bread is done. If not, bake for about 5 more minutes and check again.
10. Remove the banana bread from the oven and let it cool for a bit. Use the parchment paper to take out the bread from the pan and cut into slices.
11. To store the bread, wrap it well or place in a container and keep in room temperature.

GUACAMOLE

April Ng

Prep Time: 10 mins

Servings: 2-3

INGREDIENTS

3 Tbsps diced onion

2 avocados

2 Tbsps lime juice

1 pinch of salt

1 Tbsp honey

INSTRUCTIONS

1. Mince the onion and place into a bowl.
2. Add avocados to the bowl and mash them up. Mix well with the onions.
3. Add the lime juice and mix well.
4. Add a pinch of salt and then the honey. Mix well.
5. Serve with tortilla chips. ❁

Cathy Yixi Ou

Mission High School

My name is Cathy (Yixi) Ou, and I am a Junior at Mission High School. Because of my parents, I know how to play more than 5 different kinds of sports including table tennis, badminton, basketball, swimming, and volleyball. I especially enjoy volleyball. I played volleyball for the first time when I was 13 years old. It quickly became one of my favorite hobbies, which led me to join the high school volleyball team. Besides sports, I also like to draw, read, and test out different recipes.

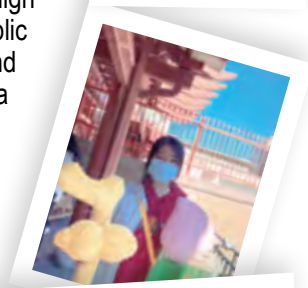
There are rarely any foods I dislike, but some foods I do not like include avocados and fizzy drinks. Although I don't like Coke, I am a big fan of milk tea. My cooking journey began in elementary school when my parents weren't home during summer vacations. I quickly discovered that cooking and baking were really fun, and they became additions to my hobbies. Watching the cake puff up in the oven makes me feel relaxed.

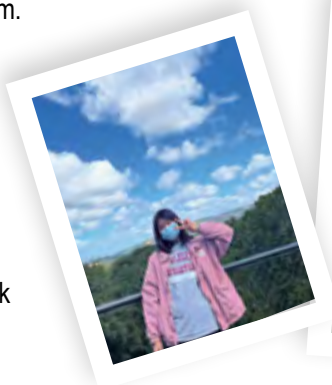
After my first year in the Teen HEAL program, I decided to stay another year because I think the Teen HEAL program really taught me a lot and gave me many memorable experiences. I was pleased to be invited by Catherine to join the Leadership team. We meet every Monday to discuss the specific agenda and icebreakers to prepare for Saturday's training. The members of the Leadership team are very thoughtful, and I have learned a lot by listening to their opinions. During the leadership meetings, I improved my communication skills and developed a deeper connection to the Teen HEAL program.

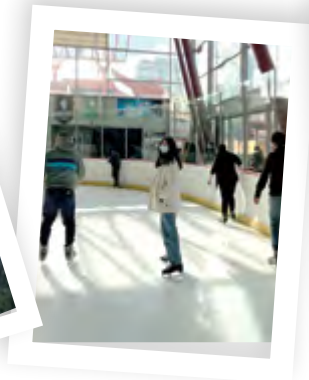
With Catherine's mentorship, we were encouraged to set up our own high school HEAL clubs to share what we learned about healthy eating and exercising. It further gave me a chance to build my leadership. My club has been running for 2 years ever since. I am happy that HEAL gave me the opportunity to impact others in a way that allowed them to have a healthier lifestyle. One example is when one of my club members replaced milk with soy milk because she is lactose intolerant, and she started to pay attention to the sugar content of the drinks when she bought them. My family also started a healthier eating diet. We would match our dinners to a healthy plate and make sure we were getting enough vegetables and fruits. One of my favorite food demos was the ginger milk pudding. It's easier than I thought, and the one I made tasted familiar, exactly like the ones I ate in restaurants when I was a kid.

The Teen HEAL program has given me a deeper understanding of nutrition, and the two years of experience and lessons I gained as a Teen HEAL intern will without a doubt, remain an important part of my life. I started making more conscious choices about food and cooking methods that helped my family and I become healthier overall. In addition to acquiring more nutritional knowledge, I was also able to make new friends through this program. Furthermore, I found it very useful as a high school student when we had individuals from different fields share their life experiences and the life lessons they learned along the way.

I am very glad that I chose to join this big family two years ago. I have experienced many things for the first time through this program, such as becoming an MC and establishing a high school club. I was able to practice my public speaking skills, and teamwork skills, and these experiences have overall made me a better person. I look forward to having more people join the Teen HEAL program to learn more about nutrition and to improve their lifestyles. ❁







Blueberry Oatmeal Egg Tart

Cathy Yixi Ou

Prep Time: 15 mins
Cook Time: 1 hour
Servings: 4-5

INGREDIENTS

2 bananas

1 ¼ cups instant oats

½ cup 1% milk

¾ cup low-fat yogurt

2 eggs

20 blueberries

2 tsps sugar

INSTRUCTIONS

1. Mash the bananas in a bowl.
2. Mix in the oats thoroughly.
3. Spread the dough onto a 7-inch pie pan and bake in the oven at 340°F for 16 minutes.
4. Mix the milk, low-fat yogurt, and eggs well.
5. Add the sugar to the egg mixture.
6. Take the tart shell out of the oven and put about 20 washed blueberries into the tart shell.
7. Pour the custard mixture into the pie pan.
8. Put the pie pan in the oven and bake at 360°F for 40 minutes. ❁

Cabbage Rolls

Prep Time: 25 mins

Cook Time: 10-15 mins

Servings: 7 rolls

Cathy Yixi Ou

INGREDIENTS

7 Chinese cabbage leaves
1 egg
1 carrot
1 cucumber
1 medium potato

Sauce:

4-5 cloves garlic
2 Tbsps sliced scallion
2 tsps soy sauce
1 tsp oyster sauce
½ tsps sesame oil
1 tsp water
2 tsps aged vinegar or Chinese black vinegar

INSTRUCTIONS

1. Wash and blanch Chinese cabbage for 2-3 min.

2. Peel, shred and blanch carrot and potato.

3. Peel and shred the cucumber.

4. Crack egg into a bowl and mix well.

5. Drizzle olive oil into a pan and then put the egg in.

6. Pan-fry the egg with medium heat without stirring.

7. Take the omelet off the pan and slice it into thin strips.

8. Take some shredded carrots, shredded potatoes, shredded eggs and shredded cucumber and put them on top of a piece of Chinese cabbage.

9. Roll them up with the Chinese cabbage.

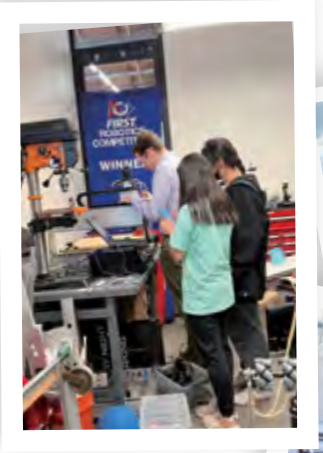
10. Dice garlic, add all remaining sauce ingredients. Mix well to make the sauce.

11. Enjoy cabbage rolls directly or with the sauce. ❁

Theresa Pham

Lick Wilmerding High School

HEAL, Healthy Eating Active Living, embodies the way I am aiming to live my life. Through this program, I have learned a range of skills, from how to choose snacks to how to manage stress. I am eternally grateful for this opportunity; these skills are something I hope to carry with me for the rest of my life. A skill I appreciate getting to learn about is breaking foods into three categories: slow, go, and whoa. A lot of diets and health advice given online include avoiding this, buying this, eating this, don't eat this, and throw this away immediately. Oh, wait! Never mind, this actually has health benefits! The slow, go, and whoa method has been extremely helpful. It has helped my family choose foods, and helped assist the decision-making process. During this decision-making process, foods are divided into three categories, separated by their nutritional value and how much we can eat before it harms us. This approach allows someone like me, who is easily flustered when it comes to decisions, to make a healthier decision by following a guideline. If a food ends up in the whoa category, it is not blacklisted. It is given a tiny yellow sign with an exclamation mark. Food that ends up in the slow category is okay to eat at some point but would prefer you choose a healthier option. This approach is good because it helps people develop a healthy relationship with food. It teaches us that food is your friend. It has its quirks and benefits. While I have learned many nutrition-based skills from HEAL, I have also learned important skills regarding self-care. A presentation I take inspiration from is Denise's "How to Manage Stress." As a constantly stressed person, I appreciate the opportunity to understand the causes of stress better and how to manage it. After all, if you treat your body well, it will treat you well in return. ❁



Baked Apple & Almond Oatmeal

Theresa Pham

Prep Time: 10 mins

Bake Time: 25 mins

Servings: 3

INGREDIENTS

1 ½ cups old-fashioned rolled oats
2 eggs
1 ⅓ cups unsweetened plant-based milk
2 tsps baking powder
2 apples, roughly chopped
2 tsps ground cinnamon
1 tsp sea salt
4 Tbsps chopped almond
¼ cup honey

INSTRUCTIONS

1. Preheat the oven to 350°F.
2. In a bowl, combine oats, eggs, plant based milk, baking powder, cinnamon, honey and salt.
3. Stir apples into the oat mixture.
4. Grease dish and pour mixture into pan.
5. Bake for 25 minutes. ❁

Nicole Read

Duke University

My name is Nicole Read, and I am an incoming sophomore at Duke University. For most of my life, I wasn't concerned with eating a healthy diet and didn't necessarily have a form of exercise that I enjoyed. As I transitioned from high school to college, it was even more difficult to find the time and motivation to prioritize my physical health. However, through exploring different recipes and forms of exercise, largely inspired by everything I have learned in the Teen HEAL internship, I have made many lifestyle changes to prioritize my health and well-being.

From the Teen HEAL program, I learned how to build a healthy plate, read food labels, and make healthy snacks, among many other nutrition skills. Through these lessons, I have learned to plan my meals to ensure that I am meeting the proper portion guidelines, carefully read nutrition labels before purchasing food products, and substitute unhealthy snacks for more nutritious alternatives. Since joining the program, my diet has primarily consisted of fresh fruits and vegetables, whole grains, and vegetarian protein sources such as tofu and tempeh. Additionally, the program has imparted to me the importance of physical activity as I now regularly practice yoga and go on daily walks.

Since this is my third year as a Teen HEAL intern and I am a college student, I was given the opportunity to take on more of a leadership role. Specifically, I was able to lead presentations and communicate about upcoming assignments; additionally, I was able to be a mentor to a group of other interns. Through these responsibilities and presentations from Denise Hung and other life journey speakers, I have been able to strengthen my leadership skills. For example, I have developed my public speaking skills and am now much more comfortable speaking up in class. Additionally, developing my communication skills has enabled me to have a greater impact on the health of my family and friends because I have been able to teach them the importance of a well-balanced diet and an active lifestyle. I am very grateful for the knowledge and skills I have gained through my years as a Teen HEAL intern, and I know that I will carry the impacts of this program and its supportive community with me throughout my life. ❁

Pesto Couscous Salad

Nicole Read

Prep Time: 10 mins

Servings: 3

INGREDIENTS

1 cup uncooked couscous
½ vegetable bouillon cube
1 cup boiling water
1 cup cherry tomatoes
½ cucumber
⅓ cup kalamata olives
¾ cup vegan feta
¾ cup cooked brown lentils
¼ cup vegan green pesto

INSTRUCTIONS

1. Add the couscous, crushed bouillon cube, and boiling water to a large bowl. Mix and cover with saran wrap or cloth.

2. Chop the veggies, olives and feta into bite-sized pieces. Add minced herbs (basil, mint, parsley) if desired.

3. Remove the saran wrap or cloth from the large bowl and use a fork to fluff the couscous.

4. Add and mix in the veggies, feta, herbs, lentils and pesto to the large bowl with couscous. ☸

Erika Tam

Lick Wilmerding High School

Despite being a second-year HEAL intern this year, I still learned a lot. What I enjoy about HEAL is that not only do we highlight useful nutrition skills with helpful acronyms, like "Whoa, Slow, and Go" foods, but we also focus on managing mental health. For example, some of my favorite training sessions include the monthly visits by Denise from the Chinatown YMCA. Covering topics such as creating safe spaces and handling stress taught me valuable lessons that I can also apply to my life beyond the kitchen.

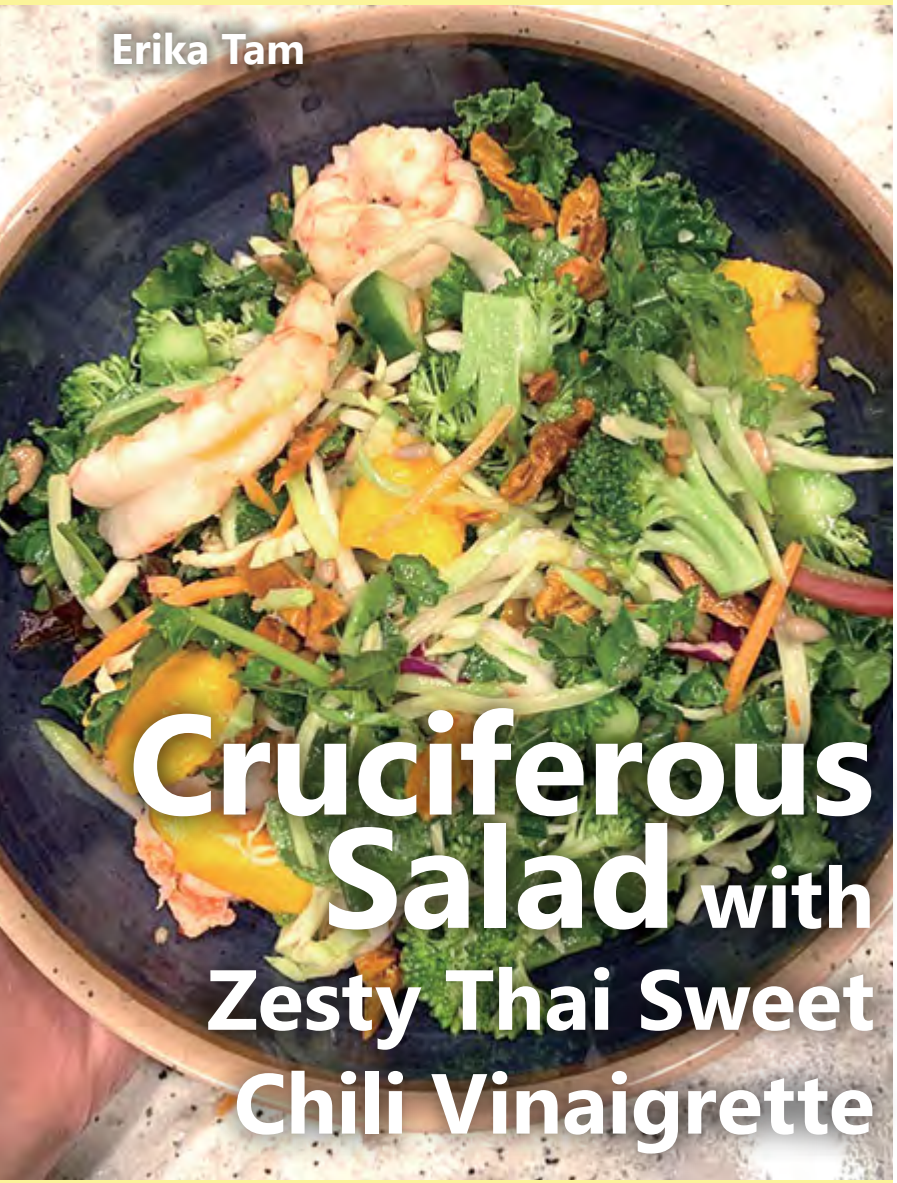
I was also a leader at Lick Wilmerding's HEAL club for the first time. This was a new and challenging experience to balance with my other extracurriculars, but I enjoyed it. We met alongside the APIDA-Students-in Alliance (ASIA) group at Lick. This was great to see the community come together, bond over food, and see different food interests. For example, we had a meeting where we taught about MSG and its history and racial implications. We had fruitful discussions about our family's experiences with MSG and the different connotations that may have been skewed from Western diet interpretations. It was nice to see the conjunction of both social and cultural impacts of food, which was inspired by HEAL.

The skills that I have used and implemented the most are the Clean Fifteen and Dirty Dozen list for produce. Although it is a bit hard to remember all of them, I always pull out the list before purchasing fruit or vegetables to make sure if I need to buy them organic or not. At a recent family dim sum gathering, the topic of organic produce arose. This provided a perfect opportunity for me to talk about this list and my family and relatives engaged enthusiastically. I believe such conversations made them reconsider their past grocery purchases and will affect their future grocery shopping as well.

All in all, HEAL has given me the gift of community connection. With a whole new class of interns this year, I was able to meet many fellow students who shared a common interest in healthy food. Also, we were able to work through our busy schedules and still remain so supportive and engaged with each other during the trainings.

HEAL was a consistent growing opportunity for me this year, especially as a senior with my high school years coming to an end. It was nice to have so many fond memories of new projects, working through challenges, and new discoveries. ❁

This salad combines a fun cruciferous base with just a hint of spice and a touch of sweetness to round out the flavor. It is packed with vibrant veggies such as cauliflower, Brussels sprouts, broccoli, radicchio, green cabbage and, kale, and topped with some unique ingredients like sunflower seeds, dried mango, crispy toasted quinoa and an exquisite Zesty Thai Sweet Chili Vinaigrette. It pairs perfectly with grilled chicken, tofu or shrimp!



Cruciferous Salad with Zesty Thai Sweet Chili Vinaigrette

Prep Time: 20 mins / Servings: 3-4 as entree size, 5-9 side size

INGREDIENTS

For the salad:

1 small head of raw cauliflower / 3 cups

12 Brussels sprouts

1 small head broccoli / 2 cups

2 cups radicchio

2 cups green cabbage

2 cups kale

¼ cup sunflower seeds

¼ cup dried mango, chopped

¼ cup crispy toasted quinoa or "crunch" factor of choice (can replace with almonds, crushed toasted bread, seeds, etc)

1 small bunch cilantro

2-3 stalks green onions (scallions)

For the dressing:

¼ cup sweet Asian chili sauce

¼ cup rice wine vinegar - or substitute apple cider vinegar

¼ cup vegetable oil

1 Tbsp lime juice

½ tsps ground ginger - or 1 ½ tsps fresh grated ginger

1 tsp xanthan gum/ corn starch

INSTRUCTIONS

1. Wash and dry your produce.

2. Using a sharp knife, finely chop cauliflower and broccoli and green cabbage into about 1-2 inch pieces. You could also use the shredding disc of a food processor or the side of a box grater.

3. If you prefer you can cook the broccoli for a softer salad. It helps to steam the broccoli and let it chill so the salad is not warm.

4. Prep the radicchio, but cutting out the white middle stem, and finely slice the rest into 2-3 inch strands.

5. Cut Brussels sprouts by slicing it into "coins".

6. Cut kale into 1-2 inch leaves or your preferred sizes. It also can help to massage the kale so it is not so tough to eat.

7. Combine all the vegetables together. Combine all the ingredients of dressing in a bowl and mix well.

8. Enjoy the salad with dressing. Add the texture + toppings at the end! ❁

Prep Time: 5 mins

Cook Time: 1 hr

Servings: 8-10

Vegetarian Chili

Erika Tam

INGREDIENTS

2 Tbsps olive oil

½ medium onion, chopped

3 bay leaves

1 tsp ground cumin

2 Tbsps dried oregano

2 tsps salt

2 stalks of celery, chopped

2 organic (red, yellow, green, or orange) bell peppers, chopped

3 cloves garlic, chopped

2 (4 oz) cans chopped green chile peppers, drained

2 (12 oz) packages vegetarian burger crumbles

3 (28 oz) cans whole peeled tomatoes, crushed

¼ cup chili powder

1 Tbsp ground black pepper

1 (15 oz) can kidney beans, drained

1 (15 oz) can garbanzo beans, drained

1 (15 oz) can black beans

1 (15 oz) can whole kernel corn (optional)

INSTRUCTIONS

1. Heat the olive oil in a large pot over medium heat. Stir in the onion, and season with bay leaves, cumin, oregano, and salt. Cook and stir until onion is tender, then mix in the celery, bell peppers, garlic, and green chile peppers.

2. Once vegetables are cooked through, mix in the vegetarian burger crumbles. Reduce heat to low, cover pot, and simmer for 5 minutes.

3. Mix the tomatoes into the pot. Season with pepper. Stir in the kidney beans, garbanzo beans, and black beans. Bring to a boil, reduce heat to low, and simmer for 45 minutes. Stir in the corn if you are adding, and continue cooking 5 minutes before serving. ❁

Jenny Tse

Lowell High School

My name is Jenny Tse and I'm part of the class of 2025 at Lowell High School. I spend much of my free time watching both Korean and Chinese dramas. One of my personal favorites would be The Untamed. I also enjoy reading novels and listening to music. I joined Teen HEAL because I was interested in learning how to lead a better lifestyle. During the internship, I met many people and learned a lot of new skills.

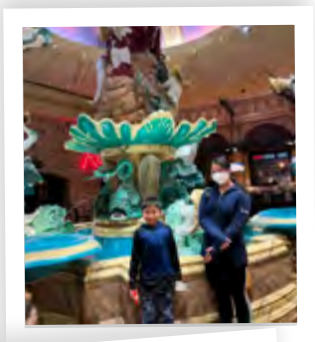
Some skills I learned during my internship include managing stress, how to read food labels, and how much nutrition our body needs. I've always had trouble trying to get stress not to affect me that much. Ever since Denise taught us about managing our stress, I tried adjusting my mentality to think the way Denise taught us. I would try to find the root of the stress and work it out from there. Before, I often coped with stress by trying to find the best way to get things done the quickest, which of course, didn't always work out. After adjusting my mentality, I was seeing results within a week already. I could feel myself becoming happier and less tired at school. I had a lot less trouble sleeping as well.

Reading food labels and understanding the amount of nutrition my body needed really helped me when I was shopping for groceries. I developed the habit of always reading the food labels and checking if it had too much salt, sugar, or saturated fat. Groceries with a really high amount of the daily recommended value were seldomly bought. Instead, I chose or now choose healthier options like Greek yogurt instead of sour cream. My mom, being an immigrant from China, didn't understand how food labels worked. I taught her how to read them and influenced her to make a habit of reading food labels as well. Since then, our groceries have always been healthier.

We also learned about the pros and cons of many diets. One of the really well-known ones, the Carnivore diet, consists of eating a lot of meat which would mean taking in a lot of saturated fats. This could result in high cholesterol. Another well-known diet would be the Keto diet. This diet is high in fat and protein, but very low in carbs. This raised my awareness and knowledge of the diets that everyone claims to be beneficial.

Throughout my experience as a Teen HEAL intern, I enjoyed the bonding activities the most. Although our training sessions were all through Zoom, every intern made it enjoyable. There were fun bonding activities such as continuing each other's sentences with fortunately or unfortunately. Another one I really enjoyed was when we played Never Have I Ever. Everyone was nonjudgmental and inclusive toward each other. I especially enjoyed school club meetings because it was in person. We were able to talk face to face, which made it more fun and engaging. Although we were often learning various nutritional topics, the atmosphere was always light-hearted and filled with laughter.

Teen HEAL was able to teach me skills that allowed me to have a healthier lifestyle. Teen HEAL made me cook healthier, and make better food choices. It was very educational, but also fun. I learned a lot of new skills and a lot about myself. I am very grateful that I was given a chance to become an intern here because without it, I wouldn't know where the current me would be. ❁



Prep Time: 30 mins

Cook Time: 20 mins

Servings: 4-6

Pork Dumplings

INGREDIENTS

(for 14 dumplings):

½ cup minced ground pork

¾ cup cabbage, shredded

10 shrimps (optional and can add more depending on preference)

½ tsp salt

14 dumpling wraps

Scallions (optional)

Fat free reduced sodium chicken broth (or other broths)

INSTRUCTIONS

1. In a large bowl, combine the meat and salt and mix until combined.

2. Add the cabbage and shrimps and mix until incorporated.

3. Put ¾ of a tablespoon of the filling into a wrapper and fold the dumplings.

4. Fill a large pot with water and wait for it to boil.

5. Once the water finishes boiling, put the dumplings into the water and wait until they all float.

6. Let the dumplings float for 2 minutes while the fire is still on.

7. Take the dumplings out and place them into a bowl.

8. Put the broth in the bowl with the dumplings.

9. Put the scallions on top of the dumplings. *optional

10. Enjoy!

Tiffany Tse

Lowell High School

My time at Teen HEAL has been a crazy journey that I'm so glad to have embarked on. Two years have passed since I first applied to be a Teen HEAL intern, and I couldn't be more proud of the person I have become and the things that I have accomplished. I have spoken as a life journey speaker, been a guest teacher at the YMCA, and a co-host of our very own Teen HEAL graduation among many other things. The relationships I have built with my fellow interns and my mentors will be something that I treasure no matter how far down the road I travel. Along my Teen HEAL journey, I have made many friends, acquired many memories, and learned many lessons.

When I first became the Lowell HEAL club president, I was excited but also a bit nervous to meet and interact with the new interns. It turns out that I was worried for nothing. Over the course of a year, Lowell HEAL interns and club members built strong friendships with each other, whether it was fighting over who wants to give the next meeting's presentation or what game to play. I am extremely grateful and proud to have seen how much Lowell HEAL has grown in the span of a year and it couldn't have been done without the help of all the interns at Teen HEAL and for that, I will always be grateful. I'm grateful to have had the opportunity to teach and guide all the new Lowell HEAL interns, but I'm even more thankful for everything they have taught me: leadership, friendship, and creativity. To all the Teen HEAL interns, it has been an honor to serve you all on the leadership team and as one of your life journey speakers. I'm so grateful to have seen everyone grow as a leader in the community, and I look forward to seeing how you will make your mark in the world.

Not only have I seen others grow and change throughout this internship program, but I have also grown and changed. The lessons I have learned from different mentors will always be deeply ingrained into my personality and future. First, I have learned to lead. Since Denise is always pushing and motivating us interns to take charge amongst our peers, I have successfully mentored and led the class of 2022 Teen HEAL interns. Whether it be speaking as a life journey speaker or welcoming them into the Teen HEAL program in our induction ceremony, I am glad to have been a part of their internship journey. From Catherine, I learned to always try. Whether it is trying out new recipes or new ways of presenting information, she has taught me to never be afraid of the unknown because only when there is the unknown, will there be the excitement of discovery. From every single person that has contributed to Teen HEAL in any way, shape, or form, I have learned love. It is because of the love and compassion of every single person that has made Teen HEAL into what is today that I'm standing here today. All the guest speakers, doctors, parents, and friends that have supported me over the many years have made me the person that I am today and I couldn't have been more thankful for all of them.

"十年樹木，百年樹人。" Last year, I also included a quote in my champion story, "千里之行，始於足下。" and now, I will end my Teen HEAL journey with another quote. The quote that I wrote in my first year as a Teen HEAL intern translates to "a journey of a thousand miles begins with a single step" which I find to be quite fitting because I started my journey as a Teen HEAL intern on a complete whim. Throughout my Teen HEAL internship, I've learned to express courage, leadership, initiative, comradery, and self-discovery among many other things. As I leave the Teen HEAL community, I want to leave this quote, "十年樹木，百年樹人。" It takes ten years to cultivate wood, and a hundred years to cultivate a man. As a Teen HEAL intern, I've learned many things, but as life will teach you when it comes to learning things, the sky's the limit. Even after I graduate, I will continue to be curious and I will continue to strive because if anything, Teen HEAL has taught me to keep learning. ❁

INGREDIENTS

12 strawberries

5 oz of dark chocolate chips or chunks

Toppings of your choice (peanuts, walnuts, etc.)

INSTRUCTIONS

1. Wash strawberries and pat the strawberries dry.

2. In a bowl, add dark chocolate and place bowl in microwave.

3. Take the bowl out of microwave every 10 seconds and mix the chocolate before putting the bowl back into the microwave.

4. Repeat until the chocolate has fully melted then take the bowl out of the microwave.

5. Pick up the strawberry by the stem and dip the strawberry in the bowl of chocolate until every surface on the strawberry except the stem area is coated in chocolate.

6. Place the strawberry onto a plate and sprinkle any desired toppings on top of the strawberry.

7. Repeat the process for the rest of the strawberries.

8. Refrigerate the strawberries for one hour before consuming. ❁

Chocolate-Covered Strawberries

Prep Time: 10 mins

Servings: 12 strawberries

Tiffany Tse

Veggie Omelet

Tiffany Tse

Prep Time: 10 mins

Cook Time: 5 mins

Servings: 1

INGREDIENTS

2 eggs

⅓ cup chopped tomatoes

1 ½ Tbsps sliced black or green olives

⅓ cup chopped bell peppers

½ Tbsp canola oil (can be replaced with other oils)

Optional: ¼ cup shredded low-fat cheese

INSTRUCTIONS

1. Turn the heat of your stove on to medium heat and add oil onto your pan.

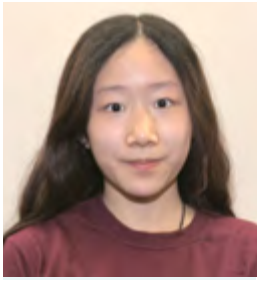
2. In a bowl, crack the eggs and beat the eggs until the yolk and egg whites are well-combined.

3. Pour the eggs into the heated pan.

4. Wait until the eggs have cooked before sprinkling your toppings on top of one side of the eggs.

5. Fold half of the eggs on top of the side of the omelet which contains the toppings.

6. Slide the omelet onto a plate and serve. ❁



Serena Wu

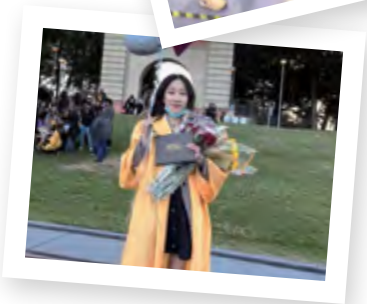
Mission High School

My name is Zhuoyin Wu, but you can call me Serena. I am a senior at Mission High School. My family is from Guangdong China, and we immigrated to San Francisco, California in 2018. I like to dance, watch videos on YouTube, and play video games. I am graduating this year and will be attending the University of California San Diego in the fall with an undeclared major. However, I want to study biology in college and conduct research in biology as a career. I am a first-year intern in the Teen HEAL program.

Teen HEAL Internship helped me improve my eating habits. Some examples would be learning how to read nutrition labels, shop wisely, pick a healthy snack, and lose weight in a healthy way. Nutrition labels allowed me to know how much nutritional contents are in the foods that I eat. It is something that I used to disregard when grocery shopping. I used to consistently drink milk tea and eat red meat, especially beef, but after I learned that too much sugar and saturated fat in our diet (even though it is non-sugar milk tea) can contribute to chronic diseases, I have changed to a healthier diet. I try to substitute beef with seafood or chicken breast to meet the protein requirements for my health. My favorite food recipe from the appetite book is poached chicken. My father and grandparents used to cook chicken like this, making me nostalgic. It is a healthier option for protein compared to red meats, and it can be served in many different ways like in a salad or in a wrap. Likewise, substituting snacks like cookies for whole wheat crackers is a better choice. Staying active is also a skill that I found useful in this internship. Balancing energy in and out over time is the key to managing our weight, so exercise is essential. Not exercising enough can also contribute to chronic diseases like diabetes and even mental health problems. All these skills that I learned from this internship are linked together, which makes it even more important for us to live a healthy lifestyle overall. It is also never too late to start eating healthier.

Throughout the internship, I was able to teach and share these healthy eating skills with people around me at school and at home. Teaching these skills offered me opportunities to practice my public speaking and communication skills. It feels good to make a positive impact on those around me, which is also a reason why I like this internship. By teaching peers and contributing to the community, I have learned that I need to listen to others' feedback and comments. This also taught me to be a more patient teacher. Overall, some leadership skills that I learned from this internship are public speaking, how to manage time, making a plan for studying (very useful in college), how to manage mental health, and more. I tend to be an introverted person and don't particularly like asking questions when I face challenges, but after I attended the HEAL workshops, I know that I need to voice my thoughts and speak up. It is the only way to get help whenever I need it, which is something that I changed and I think it is very important for my future college life.

My favorite part of this internship is the life journey speakers throughout the year. They consist of athletes, old interns, and many interesting people. I love hearing people with different backgrounds and different professional fields share their stories and advice for applying to colleges or even hearing about their lifestyles while they are in college. I can resonate with some of them when we have the same experience, hobbies, or even just a subject that we like in common. Overall, Teen HEAL has taught me so much and I have made so many good memories here. It has really improved my diet and made me become a more extroverted person. I am thankful to all the people who have helped me in this internship. ❁



Spiced Salt Shrimp

Serena Wu

Prep Time: 15 mins

Cook Time: 15 mins

Servings: 4

INGREDIENTS

1 lb shrimp

1 tsp spiced salt

1 Tbsp cooking wine

INSTRUCTIONS

1. Clean and devein shrimp.
2. Marinate the shrimp with spiced salt for 15 minutes.
3. Dry bake the shrimp.
4. Add some cooking wine to the shrimp.
5. Peel the shrimp and you can serve it with a salad or anything else.

Fried Tomato Fritter

Prep Time: 5 mins

Cook Time: 15 mins

Servings: 1-2

Serena Wu

INGREDIENTS

1 or 2 tomatoes

1 egg

Dried shrimp (optional)

Green onion

1 ¼ Tbsps of flour

INSTRUCTIONS

1. Wash and slice tomato into rings, then cut the center out of each ring. Set the rings aside.

2. Cut the remaining tomato from the center into smaller pieces and mix with the egg, dried shrimp, green onion, and flour.

3. Put a little bit of oil in the pan and fry the tomato rings in it, and pour the egg mixture into the tomato rings.

4. Flip sides when ready. ❁

Kassandra Yeung

St. Ignatius College Prep

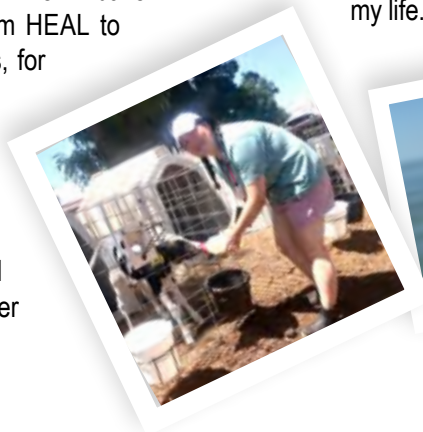
My name is Kassandra, and I am going to be a rising senior this year at St. Ignatius College Preparatory. I am a second-year HEAL intern and I am also on the leadership team! During my two years at Teen HEAL, I have learned important nutritional information that I apply to my daily life and habits. In my free time, I enjoy baking, crocheting, and gardening.

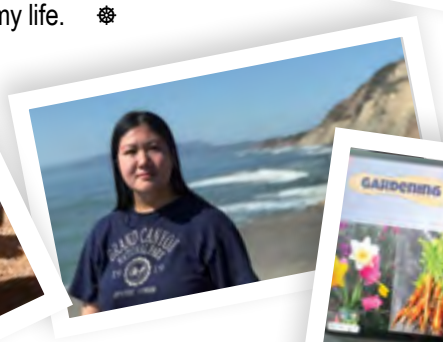
As an intern in Teen HEAL, I participate in the weekly leadership meetings as well as the Zoom trainings on Saturdays. A skill that I found extremely beneficial was the go, slow, and woah food groups where different foods are placed in one of those groups based on how often we should eat them. Go foods are foods that we should eat more, while woah foods should be reduced. I also enjoyed learning about reading food labels again as it was important to have a refresher. I am able to apply this skill while buying breakfast and snack items at the grocery store. This way, I can choose the healthiest options that have less sugar, sodium, and saturated fats.

My favorite parts of Teen HEAL were the food demos as well as the cooking assignments that we did this year. I was mesmerized by Amanda's bento box as well as her other healthy baked goods because they looked so tasty! When I bake nowadays, I utilize the skills I've learned from HEAL to make my desserts healthier, yet still delicious, for my family's health. I also loved making the turnip cake during Chinese New Year. One of my favorite dishes during that holiday is turnip cake, and I was glad to be able to learn how to make it more nutritious. In my HEAL school club at St. Ignatius called SI HEAL, we have taught and made many healthier dishes and desserts such as cereal bars, brownies, and spring rolls.

Another part of Teen HEAL that has influenced me were the life journey speakers. I enjoyed listening to professionals from different career fields and my peers about their experiences and advice. My favorite life journey speaker this year was Michelle because I felt like she was able to connect with us and her journey was so interesting! I especially enjoyed hearing about her study abroad experiences in Thailand, and it made me look forward to possibly doing a study abroad program in college. It was also difficult being the first intern to become a life journey speaker. However, I ended up enjoying sharing my life experiences, struggles and dreams with my fellow interns. Being a life journey speaker was definitely a highlight of my time at Teen HEAL.

I have learned many life and nutrition lessons at Teen HEAL, which will undoubtedly help me navigate through life. In addition, I have made many friends from different schools this year through HEAL. Overall, I am thankful for how Teen HEAL has impacted my life. ☸





Baked Apple Crisp

Kassandra Yeung

Prep Time: 5 mins

Cook Time: 10 mins

Servings: 2

INGREDIENTS

1 red apple

½ cup rolled oats

1 Tbsp vegetable oil

1 Tbsp honey

¼ tsp cinnamon

INSTRUCTIONS

1. Cut the apple in half and take out the seeds and stem.

2. Combine the oats, oil, honey, and cinnamon in a small bowl.

3. Put the apple halves into a ramekin or directly on a piece of foil.

4. Place the oats mixture on top of the apple halves.

5. Put it in the air fryer at 375°F for 9 minutes or until golden brown.

Zucchini and Potato Fritters

Kassandra Yeung

Prep Time: 5 mins

Cook Time: 9 mins

Servings: 2

INGREDIENTS

2 cups potato
2 cups zucchini
2 eggs
¼ cup flour
¾ tsp + pinch of salt
Pinch of pepper
Oil to pan fry

INSTRUCTIONS

1. Grate the zucchini into medium shreds and put it into a small bowl.

2. Add ¾ tsp of salt into the zucchini and mix well.

3. Put the zucchini mixture into a strainer and set it aside.

4. Grate the potato into medium shreds.

5. Put the potato shreds into a bowl and add the eggs, flour, and a pinch of salt and pepper.

6. Add the strained zucchini (after you dump the excess water) to the potato mixture.

7. Put oil on a heated pan.

8. Use a small ice cream scoop or spoon to put the mixture into the pan.

9. Flip when golden brown or desired color.

10. Serve with greek yogurt or by itself. ❁

2021-2022 TEEN HEAL YEAR IN REVIEW

8 Nutrition Skills

6 Leadership Skills

4 Zoom Club Meetings

9 Life Journey Speakers

10 Intern Led Community Classes

2 College Workshops

54 High School Club Meetings

670 Encounters

2021-2022 TEEN HEAL YEAR IN REVIEW

8 Nutrition Skills

- Building a Healthy Plate
- Reading Food Labels
- Building a Healthy Snack
- Eating Out Right
- Managing Your Weight + Go, Slow, Whoa
- Staying Active
- Exploring Beyond the Basics: Stress and Nutrition, Organic Food, Eating Vegetarian
- Cooking Healthy

4 Zoom Club Meetings

- **10/23/2021 Symposium**
  - TCM Perspective of Healthy Eating with Sunny Pak M.D.
  - Life Journey of Olympic Badminton Athlete with Timothy Lam B.S., OLY
- **Chinese New Year Cooking Symposium**
  - Healthy Cooking & Life Skills with Martin Yan
  - 2020-2025 NEW Dietary Guidelines for Americans with Catherine Wong R.D., M.P.H.
  - Patting Exercise with Joana DeRosa D.C, D.A.B.C.O
- **Heart Symposium**
  - From the TCM Perspective with Sunny Pak M.D.
  - From the Healthy Eating Perspective with Catherine Wong R.D., M.P.H.
  - From the Yijin Perspective with Joana DeRosa D.C, D.A.B.C.O
- **Cancer Prevention Symposium**
  - From the TCM & Western Medicine Perspectives with Sunny Pak M.D.
  - Wisdom of Healthy Eating with Catherine Wong R.D., M.P.H.
  - Tui Na & Yijin Practice with Joana DeRosa D.C, D.A.B.C.O

6 Leadership Skills

- Personality Types
- Public Speaking
- Communication
- Creating Safe Spaces
- Stress Management
- College 101

9 Life Journey Speakers

- Timothy Lam B.S., OLY
- Michelle Lo B.A., M.A.
- Kassandra Yeung
- Shieana Xie
- Erika Tam
- Meiyan Huang
- Nicole Read
- Tiffany Tse
- Juliana Chen

2 College Workshops

- 8/28/2021 College Applications
- 6/25/2022 Transition to College

YEAR IN REVIEW

Skill 1: **Building a Healthy Plate**

Skill 2: **Reading Food Labels**

Skill 3: **Building a Healthy Snack**

Skill 4: **Eating Out Right**

Skill 5: **Managing Your Weight + Go, Slow, Whoa**

Skill 6: **Staying Active**

Skill 7: **Exploring Beyond the Basics:**
Stress and Nutrition, Organic Food, Eating Vegetarian

Skill 8: **Cooking Healthy**

Skill 1 Building a Healthy Plate

- Healthy Eating Pattern **Includes**
  - Variety of vegetables (dark green, red and orange, legumes, starchy vegetables)
  - Fresh fruits
  - Grains, at least half of which are whole grains
  - Fat-free or low-fat dairy (milk, yogurt, cheese, fortified soy beverages)
  - Variety of protein (seafood, lean meats and poultry, egg, legumes, nuts, seeds, soy)

- Healthy Eating Pattern **Limits**
  - Saturated fats (less than 10% of calories per day)
  - Trans fat (as low as possible)
  - Added sugars (less than 10% of calories per day)
  - Sodium (less than 2,300 mg per day)

- Follow Choose My Plate Guidelines
  - Fill 1⁄2 of your plate with fruits and vegetables
  - Fill 1⁄4 of your plate with lean proteins
  - Fill 1⁄4 of your plate with grains
  - 3 cups of low fat dairy

- Food Groups and How Much?
  - 2 cups from fruit group
  - 2 1⁄2 cups from vegetable group
  - 3 cups from milk group
  - 5 1⁄2 ounces from protein group
  - 6 ounces from grains group

Activity!

- Split Into 3 Groups

Group 1:
Plan 2 healthy **breakfast** ideas according to MyPlate guidelines

Group 2:
Plan 2 healthy **lunch** ideas according to MyPlate guidelines

Group 3:
Plan 2 healthy **dinner** ideas according to MyPlate guidelines

Skill 2 Shopping Smart

- 1 tsp
  = 4 grams of sugar
- 1 tsp
  = 5 grams of fat
- Fats
  - Trans fat, saturated fats
    - Raise bad LDL cholesterol
  - Unsaturated fats
    - Lower bad cholesterol when used to replace saturated fat

Nutrition Facts

2 servings per container
Serving size 1 1/2 cup (208g)

Amount per serving
Calories 240

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Serving Size – Portion size that all the nutrient facts are based on.

Calories – Most food labels are based on a 2,000 calories diet per day. Check your calorie needs at www.choosemyplate.gov/getmyplan

Daily value (%DV) – Recommendations for key nutrients based on a 2,000 calories diet.

5% DV or less is considered low, 20% DV or more is considered high

Total fat – Try to limit total fat to less than 3 grams per serving. Healthy fats include mono- and polyun- saturated fats. Be especially careful of Saturated and ***Trans*** fats.

Sodium – Limit sodium intake to 2,300 mg per day, or about 1 tsp salt.

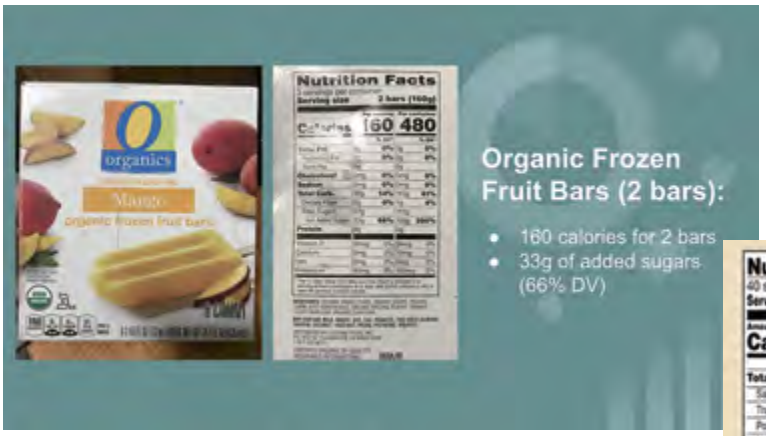
Too much sodium can lead to high blood pressure & heart problems.

Dietary Fiber – Healthy adults should aim for 25-38g per day. It is found in most fresh produce and whole grains.

Added sugars – Aim for less than 10% of your total daily calories from added sugars. If you eat 2,000 calories per day, your goal is to eat less than 200 calories (50 grams) of added sugar. American Heart Association recommends women consume no more than 100 calories (24 grams) of added sugar per day and men consume no more than 150 calories (36 grams) of added sugar per day.

Essential Vitamins and Minerals

Skill 2 Group Assignment



The group assignment for Skill 2 involved the interns analyzing the nutrition labels of food products found in their homes.

Ingredients: Seaweed, Corn oil, Grape seed oil, Sesame oil, Sea salt.

Skill 3 Building a Healthy Snack

- **3 R's of Snacking**

REDUCE - both the frequency and size of your snacks

REPLACE - unhealthy snack items for healthier options

REFUSE - to snack until your next meal

- **Keep healthy items in refrigerator and pantry**

Did You Know?

- Snacking accounts for more than 25% of all calories consumed in a day
- This means eating more than 500 calories worth of snacks if you were on a 2000 calorie diet!
- Beverages count for 50% of the calories consumed through snacking

Skill 3 Healthy Snack Ideas

■ Brown rice cake with nonfat Greek yogurt, cutie, blackberries

- *Celine Fong*

■ Fruit smoothie

- *Amanda Hu*

■ Tomato yogurt banana sandwich

- *Cathy Yixi Ou*

■ Shrimp tacos

- *Samantha Chiu*

Skill 3 Healthy Snack Ideas

■ Blueberry banana smoothie
- *Laura Chen*

■ Avocado toast with grapes
- *Kristin Chiu*

■ Low fat low sodium pita chips, spicy hummus, cutie
- *Makayleh Chen*

■ Banana, peanut butter, dark chocolate chips, greek yogurt on bread
- *Kassandra Yeung*

Skill 4 Eating Out Right

- Eating out is very common and convenient!
- However, it is also a major cause of obesity!
- It does not mean you cannot go eat out with friends and have a good time !
- Making smart food choices when eating out is key to avoid unnecessary weight gain and improving overall health!
- How many times did you eat out last week?
- What did you order?

7 steps for eating out right!

Step 1 Think before eating
IS IT WORTH the calories?

Step 2 Avoid **OVERSIZED** portions

Step 3 Follow the **80% RULE**
Leave at least 20% of your food on the plate when eating out

Bonus Tip: You can ask your server to pack up half of your meal even before it is served

Skill 4 Eating Out Right

Step 4

CHECK posted calories and fat amounts on menus

Choose lower calories and fat options

Step 5

SHARING IS CARING!

Split an entree or dessert with a friend

Step 6

CHOOSE dishes that include vegetable, fruits, whole grains

Step 7

SKIP extra **condiments** like mayonaise, cheese, dressing and bacon bits

- Breaking up with sodium!
- Excessive sodium intake can increase risk of high blood pressure, heart and kidney failure.
- It also affects our appearance! (puffiness, acnes)
- Recommend to consume less than 2300 mg of sodium a day (about 1 tsp of salt)

Skill 5 Managing Your Weight

- Factors that Contribute to Healthy Weight

Height, Genes, Exercise, Environment, Sleep

- Possible consequences of Underweight

(BMI < 18.5, or <5th percentile)

Bone fractures/ osteoporosis

Hair Loss

Weakened Immune System

- Possible consequences of Overweight

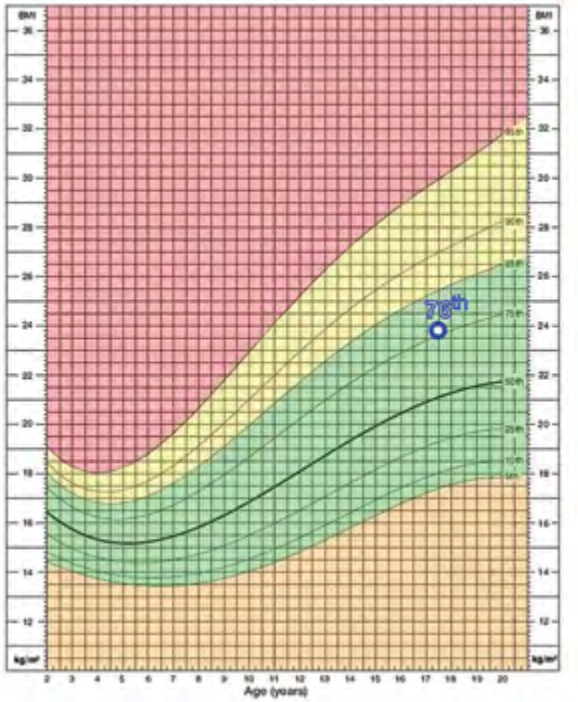
(BMI ≥ 25, or >85th percentile)

Diabetes

High Blood Pressure

Cancer

Body mass index-for-age percentiles: Girls, 2 to 20 years



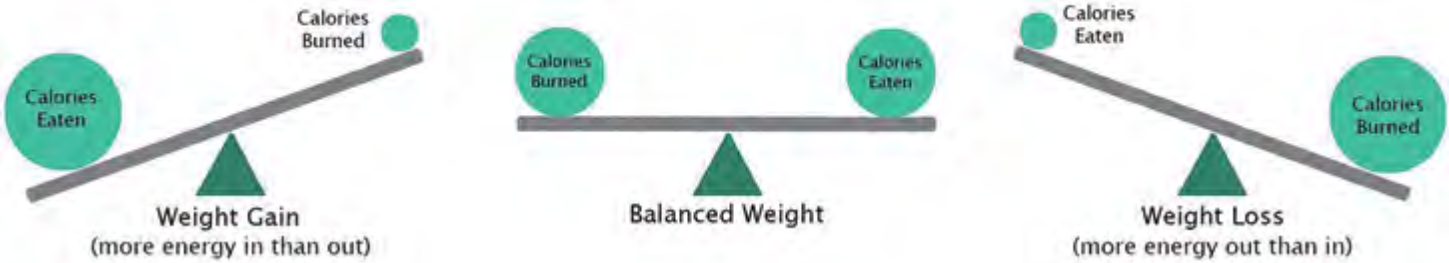
- Healthy Weight

• Comes in different shapes and sizes

• Aim to have a good balanced diet and adequate physical activity

• Practice portion control and on incorporating more nutrient dense foods

• Avoid excess dieting which could lead to eating disorders (e.g. binge eating…)



Skill 5 Group Assignment

Tiffany

	Time in Bed	Time Out of Bed	Time Asleep	Mood	Energy Levels
Weekdays	11:00 pm	7:00 am	8 hours	stressed	low
Weekend	11:00 pm	11:00 am	12 hours	relaxed	medium

1. **Average Amount of Sleep:**
   Weekday: 7 hours
   Weekend: 12 hours
2. **How to Improve:**
   - Sleep earlier
   - Put away electronics an hour before I go to bed

The group assignment for Skill 5 consists of tracking sleep, exercise, and hydration to get to know our habits.

Group Average

Hours of Sleep:

- Weekdays: 7 hours and 30 minutes
- Weekends: 9 hours

Steps: 15,180

Amount of Exercise: 3 hours

Types of Exercises:

- Walking
- Dragon-boat
- Dancing
- PE
- Working out
- Ashtanga Yoga
- stretching

Sleep - Weekday vs. Weekend

	Weekday	Weekend
Average hours of sleep	6.14	8.44

Ways to improve sleep quality:

- Less electronics before bed (or use blue light filter)
- Relax, read, meditate
- Don't drink caffeine late into the day
- Have a consistent sleep schedule
- Sleep enough hours per night

Exercise and Water Intake - Weekday vs. Weekend

	Weekday	Weekend
Average number of steps	9555	9052
Average minutes of exercise	60	50
Average cups of water	8.2	7

Skill 5 Go, Slow, Whoa

- GO Foods - Healthiest option/ can eat almost anytime
- Low in added sugar, sodium, and fats

  Ex: Fresh and frozen fruit, whole grains, lean meats

- SLOW Foods - can eat a couple times a week
- Have more added sugar, sodium, and fats than GO foods

  Ex: Dried fruits, white bread, plain waffles, baked potato fries.

- WHOA Foods - Least healthy/ can eat once in a while
- High in added sugar, sodium, and fats

  Ex: Donuts, deep fried foods, sugary cereals, cookies, cakes

Skill 6 Staying Active

- 20 to 2 rule - for every 20 minutes of sitting, stand up, stretch or walk around for at least 2 minutes
- Benefits of Daily Activity

Healthier skin, improved sleep quality, relieve stress, healthier bones, maintain healthy weight, reduce risk of heart disease

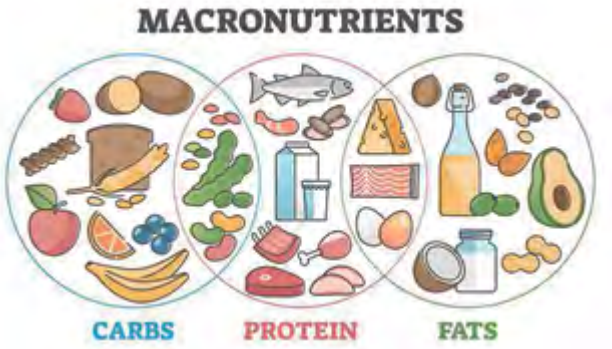
- Recommendations

Youth - at least 60 minutes a day of primarily moderate or vigorous physical activity

Adults - at least 30 minutes a day

- Types of Exercise
  - Aerobic Ex: Hiking, swimming, sports
    - Trains heart and muscles
  - Strength Training (at least 2x a week) Ex: Weight lifting or body weight exercises
    - Increases muscular strength and endurance
  - Flexibility Ex: Yoga, stretching
    - Increase blood flow - Reduce risk of injury
  - Weight bearing Ex: Running, dancing
    - Exercises on your feet - Help increase and maintain bone density and strength

- Macronutrients
  - Carbs
    - Main source of energy
    - Stored in muscle and liver as glycogen
    - Excess turns into fat
  - Protein
    - Building blocks for muscle
    - Muscle repair and wound healing
    - Protein intake spaced out
  - Fat
    - Energy source for low intensity and long duration physical activity
    - Helps make hormones
    - Helps absorb fat soluble vitamins: A, D, E, K



Skill 6 Staying Active

- Fueling Before and During Big Game or Sports Activity

  Cutting out process, high calories food which could lead to discomfort

  Eating a healthy well-balanced diet with all 5 food groups

  - 2 hours Before — Drink water and stay hydrated!

    Eat healthy carbs like whole grain cereals and fruits

    Avoiding saturated fat and too much protein

  - During the Sport — Hydrate with small frequent sips of water

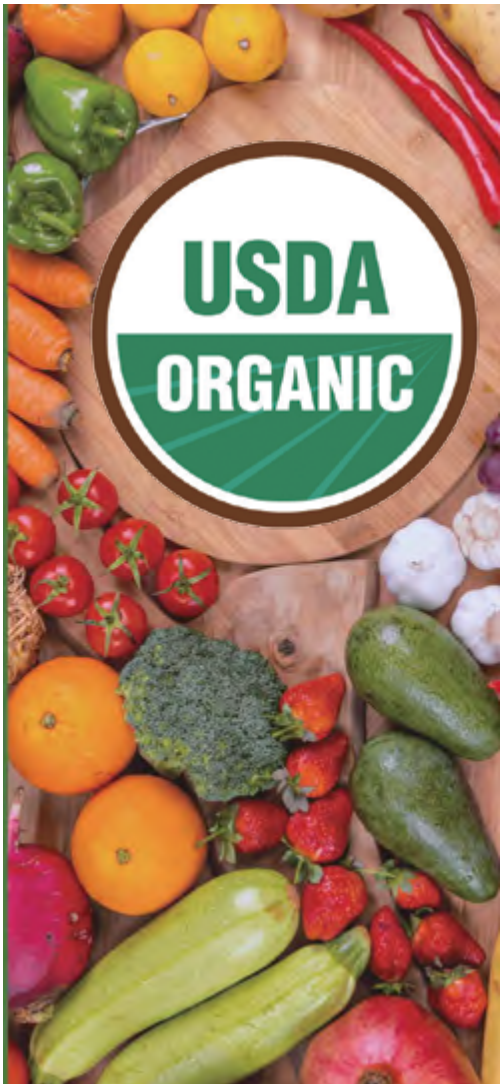
    For workouts 1+ hour or high intensity

    - 50-100 calories of carbs every half hour (i.e. raisins, banana)
    - 1:1 sports drink & water (replenish minerals)

- Fueling Before and During Big Game or Sports Activity (continued)

  - 20-60 mins After Workout
    - Be careful with overloading on carbs and protein which could lead to weight gain
    - Hydration: water, low fat chocolate milk, milk, 100% fruit juice

Skill 7 Vegetarianism & Organic Foods



- Vegetarianism
  - Definition: exclusion of meat from the diet
  - Nutritional Content
    - Less saturated fat and dietary cholesterol
    - Less protein
    - More fiber, vitamins and minerals, and antioxidants
  - Health Benefits
    - Lower risk of cardiovascular disease and cancer
    - Lower blood pressure and cholesterol
    - Lower risk of diabetes and becoming overweight or obese
  - Health Concerns
    - Possible nutrient deficiency (protein, calcium, vitamin B-12, iron, zinc)
- Organic Foods
  - Definition: foods grown without pesticides or artificial fertilizers
  - Pros -Less pesticide and chemical fertilizer
    -More fresh
  - Cons -More expensive
    -No significant health benefits or nutritional differences
  - Dirty Dozen -12 fruits and vegetables highest in pesticide residues
  - Clean 15 -15 fruits and vegetables lowest in pesticide residues

2022 Dirty Dozen

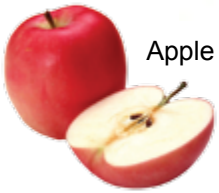

Spinach


Strawberry


Nectarine


Collard & Mustard Greens


Grape


Apple


Tomato


Kale

Celery


Pear


Cherry

Bell & Hot Peppers

2022 Clean Fifteen

Avocado

Sweet Corn


Pineapple


Mushroom


Papaya


Cauliflower

Asparagus


Honeydew Melon

Kiwi

Onion


Frozen Sweet Pea

Cabbage


Sweet Potato

Mango


Cantaloupe


Watermelon

Skill 7 Stress and Nutrition

- Short term
  - Shut down appetite
  - Help with focus and efficiency

- Hypothalamus release corticotropin-releasing hormone (CRH)
  - Suppress appetite

- Adrenal gland release epinephrine/ adrenaline
  - Trigger the body's fight or flight response
  - Physiological state that temporarily puts eating on hold

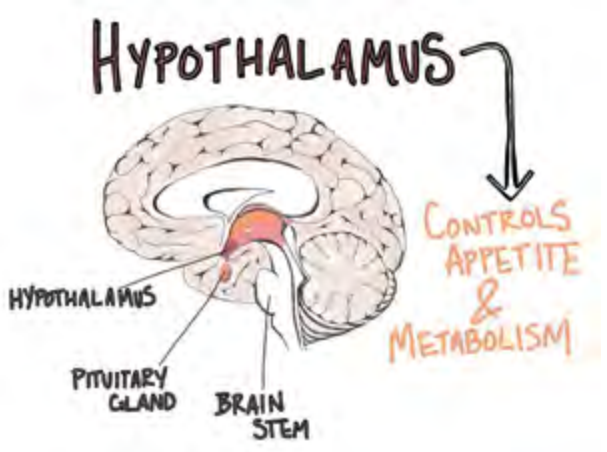
- Long term stress
  - Adrenal gland release cortisol
  - Increases inflammation and cravings for high fat high sugar food

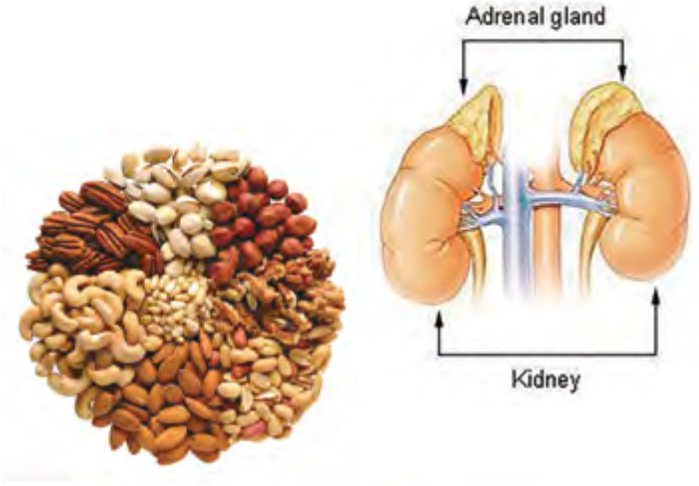
- If stress level continues to be elevated, cortisol may stay elevated as well

- Effects of chronic stress

↑ heart rate, ↑ blood pressure

- Health outcomes
  - Anxious, depressed, digestive issues, struggle to get a good night's sleep





Skill 7 Stress and Nutrition

- Stress triggers our drive for comfort food:

• including excess sugar-sweetened beverages, fatty foods and sweets such as baked goods
• lower our intake of whole foods, fruits, and vegetables
• leads to a higher risk of insulin resistance, excess visceral fat, and type 2 diabetes

- Nutrition can affect stress:

• dietary patterns emphasizing whole foods are associated with lower depression, anxiety and stress
• typical Western dietary pattern is associated with a higher risk of poor mental health

- How to manage stress:

• Relax
• Eat a well balanced diet
• Exercise
• Laugh
• Sleep

LEADERSHIP SKILLS

Personality Types

Examples from the HEAL Evaluation Team

- Defender ISFJ (Amanda H., Juliana)
- Strengths: Reliable, Patient, Hard-Working
- Weaknesses: Humble and Shy, Take Things Too Personally
- Logician INTP (Nicole)
- Strengths: Open-Minded, Curious, Objective
- Weaknesses: Perfectionistic, Disconnected

Public Speaking

~75% of the population have fear of public speaking

Acknowledge the fear and what causes it and then just let it go

Tips to Cope with Public Speaking Anxiety:

- Practice your presentation beforehand
- Know that many people are also experiencing similar feelings as you
- Try breathing exercises (i.e. box breathing)

LEADERSHIP SKILLS

Communication

Tone of voice, visual cues, and body language affects how we convey our message

There may be different interpretations of the same thing communicated

Be a good listener and repeat what someone says to give them a chance to correct you in case you misheard them

Be confident and energetic when you speak, make eye contact

Creating Safe Spaces

Goal is to allow the person to feel free to be themselves

- What is the situation?

- How are you showing up with your nonverbal cues?

- How are my implicit bias affecting this conversation?

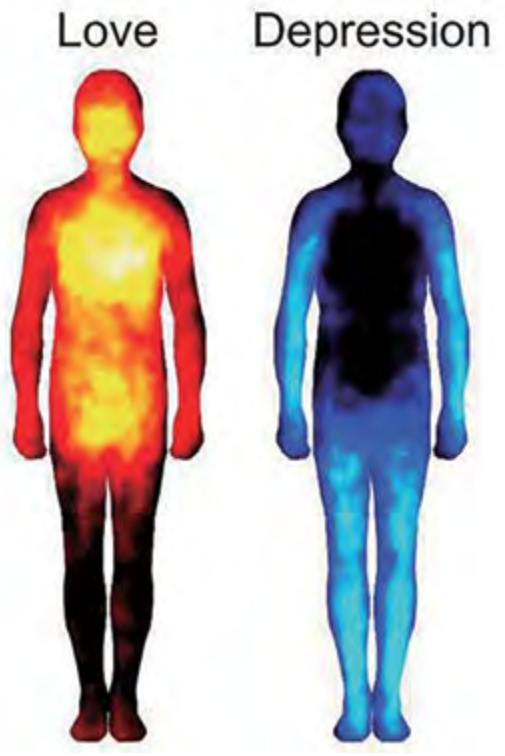
- Am I using “I” statements?

College 101

- Learn how to manage your time
  - Planners, calendar, etc.
  - Dedicating blocks of time in between classes to be productive
- Be open minded
  - With the people you meet and opportunities that come your way!
- Know your emotions!
- Pick at least 1 activity to be involved in
  - Make friends in a smaller group with a common interest to help with adjusting to college
- Ask for help, and get help (Be proactive!)
- Go to office hours and take advantage of your TAs!
- Let yourself fail, but learn to dust yourself off and move forward

LEADERSHIP SKILLS

Stress Management



Mental Health: can realize own abilities, cope with normal stresses, work productively, contribute to community

Isn't: weakness, shameful, victimizing self

Factors: trauma, genetics, stress, lack of sleep, social systems (discrimination), isolation (especially during pandemic), abuse, enviroment

Identify emotions: heat maps (Finnish scientists)

Stress: long/short term, repeatedly, long duration, not all bad

Agency: capacity of person to act independently and make own free choices (integrated behavioral model)

Lack of personal agency results in: hopelessness, nihilism, anxiety, etc

Talk and have a heart to heart conversation vs. a raised voice and argument

Tools to Cope with Stress:

Be observant about how your body responds to stress

Get regular exercise to help boost your mind

Try a relaxing activity, try different things

Set goals and priorities

Stay connected with friends and family

Sleep hygiene and developing healthy sleep habits to promote better sleep quality

It's ok to ask for help!

LIFE JOURNEY SPEAKERS

Timothy Lam

Olympic Badminton Athlete

Education: Cal Poly Pomona, B.A. in Business Administration, Accounting

Takeaways:

- Don't give up!
- Have fun!
- Don't be afraid to seek help!

Michelle Lo

Program Strategy Analyst, James Irvine Foundation

Education: Rice University, B.A., M.A.

Takeaways:

- Travel and learn about other cultures!
- Have a supportive network of family and friends!

LIFE JOURNEY SPEAKERS

Kassandra Yeung **St. Ignatius Prep, Junior**

Challenges:

- Confidence
- Asking for help
- Feeling lost for the future
- Grades not being good enough for parents/competing with friends

Takeaways:

- Leave activities that make you miserable
- Be friends with the people who care about you and invite you into their lives
- It doesn't hurt to try/ask for things

Shieana Xie **Cornell University, Food Science, Sophomore**

Takeaways:

- Don't be overly fixated with grades
- Continue pursuing side hobbies and interests even when you're in a new environment
- Keep in touch with old friends and expand your social circle in college
- Even when life seems to only be going downhill, accept that it's normal and a part of being human and treat yourself!

LIFE JOURNEY SPEAKERS

Erika Tam

Lick Wilmerding High School, Senior

Challenges:

- Saying no to commitments
- Do what you want to do to make your time memorable
- Quality friends over quantity
- Lessons
- Importance of family
- Getting out of your comfort zone and learning more about yourself
- Quitting certain things and keeping things you really enjoy to make balancing schedule easier
- People don't care as much as you think they do
- Many people are probably also feeling the same way as you (similar struggles)
- "I don't have to love my body to love my life." - no one else can replicate what you bring to the world with your personality

Takeaways:

- Leave activities that make you miserable
- Be friends with the people who care about you and invite you into their lives
- It doesn't hurt to try/ask for things

Meiyan Huang

UC Berkeley, Nutrition Science: Metabolism and Physiology, Senior

Takeaways:

- Never too late to join new activities or pursue your dreams as long as you put yourself out there
- Find activities outside of school to build the skills necessary in the workforce
- Don't let other people rush your timeline

LIFE JOURNEY SPEAKERS

Tiffany Tse **Lowell High School, Senior**

Takeaways:

- Don't regret not having tried something new while you still have a chance
- Explore lots of extracurriculars and then use process of elimination to figure out which ones your truly care about
- Tips to Running A Club:
- Use social media
- Tape flyers around your school to advertise your club and events
- Have reliable officers to help you manage the club

Juliana Chen **Cornell University, Civil Engineering, Freshman**

Takeaways:

- Put yourself out there when trying to make friends (even if you are the new member to an existing friend group)
- Reach out to people you want to keep in touch with and actually build relationships with (grab meals together!)
- Take advantage of office hours and join the office hours club :)
- Be patient with yourself and trust yourself in the process of adjusting to a new environment

Nicole Read **Reed College, Biology and Environmental Science, Freshman**

Takeaways:

- Apply to a variety of colleges (ie. safety, target, reach)
- Don't take rejections personally
- Tips for Choosing a Major
  - Take wide variety of classes if you're unsure
  - Your major doesn't dictate your career
  - Don't worry too much because there's still time
  - Pay attention to what you pay attention to
- Find meaningful internships to learn more and add to your resume

COLLEGE WORKSHOPS

8/28 College Applications Workshop

Meiyan Huang (UCB), April Ng (UPenn), Amanda Hu (UCD), Juliana Chen (Cornell)

Meiyan Huang

April Ng

Amanda Hu

Juliana Chen

Table of Contents

6/25 HEAL Transition to College

Meiyan Huang (UCB), Amanda Hu (UCD), Juliana Chen (Cornell)

Final Tips and Advice!

- Don't leave your applications until last minute
  - Start essays now & have others look at them for you
  - Start filling out personal information on applications and compiling a list of your activities/awards
  - Submit applications days before the deadline (their websites could crash)
- Don't be too humble about your accomplishments
- Research colleges you're interested in (especially their websites!)
- Attend in-person (around area) or virtual events held by colleges or even visit the campus to learn more and show your interest
- Reach out to current students or alumnus to learn more about schools/majors you're interested in
- Don't start slacking off in school (keep up your grades to the best of your abilities)
- Don't forget to prioritize your mental health :)

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Table of Contents

2021-2022 TEEN HEAL

SERVING THE COMMUNITY

- Teen HEAL Clubs in High Schools
- Zoom Club Meetings for the Community
- Workshops in Community

TEEN HEAL CLUBS IN 6 HIGH SCHOOLS:

GALILEO HEAL

Interns:

Megan Chen - Lead

Kaitlyn Chen

This year the Galileo HEAL club was created at Galileo High School. In our club we have about 13 members including president, vice president, secretary, and treasurer. We had clubs every other Thursday which is about 2 meetings per month at lunch, so totalling up to about 16 meetings. Within these meetings the skills: building a healthy plate, shopping smart, managing weight, making a healthy snack, sports nutrition and stress & nutrition were taught in this club. There were two food demos which were making parfaits and making rice paper rolls. Some challenges were starting this club because I have never started a club before so the process of starting a club was unknown to me. But eventually with some guidance from my friends I was able to successfully start my club. In addition, finding a sponsor teacher for my clubs was also very challenging because many of the teachers didn't have their own classrooms or were sponsoring a club already. Despite the challenges in the beginning the club was successful.

LICK WILMERDING HEAL

Lick Wilmerding HEAL was founded this past school year, in the second semester. Despite the late start, we were able to meet as a group 4 times. During winter break, Theresa and I met over Zoom to discuss our plans, goals, and hopes for the meetings. We also got help from fellow HEAL Club leads in our internships, such as Celine and Cathy.

Our first meeting covered Skills 1 and 2 and introduced members to our club and internship. Our Lunar New Year celebration was the biggest success, as we passed out packaged treats to celebrate the holiday. Everyone in our school could come and grab whichever treats they wanted. I also thoroughly enjoyed our All about MSG and "unhealthy" Chinese cuisine meeting, which we did in conjunction with our APIDA Students in Alliance Club (ASIA) at Lick. We lastly ended our year with a reflective gratitude meeting sharing takeaways of the year.

Our biggest challenge was actually coordinating our meetings and when to meet. Since our school has a designated club time and very strict rules on what our club could do while meeting there were lots of restrictions and barriers we had to deal with.

However, overall it was a learning experience for Theresa and me to lead a club, coordinate meetings, and think about what attracts an audience. ❁

LICK-WILMERDING HIGH SCHOOL 1895

Interns:

Erika Tam - Lead

Theresa Pham

LOWELL HEAL

Interns:

Tiffany Tse - Lead

Amanda Chang (Sept-Dec 2021)

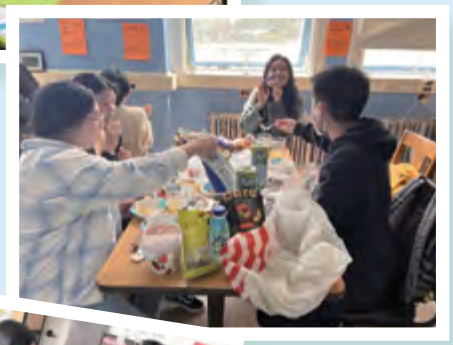
Laura Chen (Sept-Dec 2021)

Victorin Chen

Jenny Tse

Lowell HEAL has been through so many challenges in the past year. Everyone has been in the process of recovering from the pandemic when we were thrown back into the chaos of high school. However, I am so proud of how far Lowell HEAL has come since the beginning of the year and incredibly proud of the resilience that each and every member of Lowell HEAL has shown. We've established and grown our Lowell HEAL Instagram account, made a Linktree, and attracted Lowellites to attend our college workshop among so many other accomplishments. The members of Lowell HEAL have grown so much over the past year. After many bonding games and presentations, everyone has become so much more confident in themselves and the relationships in which they have built with each other. They went from quietly listening to presentations to fighting with each other to give presentations. Playing bonding games with Lowell HEAL has become so enjoyable, and I am so glad that I got to know each and every one of you. Lessons we have taught over the year include Why Do We Care About Healthy Eating?, Eating Disorders, Go, Slow, Whoa, Staying Active, Managing Your Weight, Building A Healthy Plate, and Shopping Smart. We've reached so many members of our community through our healthy eating habits, and especially because of our college workshop that so many Lowellites have signed up for. We've had over 100 encounters, and we are nowhere near done. Thank you to each and every one of you who has supported Lowell HEAL because it's thanks to the efforts of everyone that our club has reached so many people of all different ages. ❁

MISSION HEAL



Interns:

Cathy Yixi Ou - Lead; Serena Ng

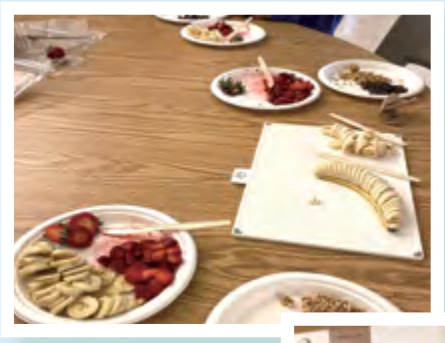
After Mission High School's HEAL club ran for one year on Zoom, we were finally able to hold in-person meetings this year. However, a struggle we quickly encountered was recruiting new members in-person since our HEAL club meetings Occured during lunch time, but people were often busy then. In order to overcome this challenge, we decided to promote the HEAL club during the school club fair. We dedicated hours everyday to design school flyers, then posted them to social media and in the hallways. After lots of communication and efforts on our end, we began to see new faces join our meetings.

In this school year, we held a total of 13 meetings, taught healthy plate skill, manage weight skill, shop smart skill and other skills. We also took care of the mental health of our members, and chose to play movies to help them relax during meetings around mid-term and final exams. In the teaching demonstration of healthy snacks skill, we asked members to share their favorite snacks and assigned homework to check the daily nutrition recommendation table for snacks.

Before each Monday's club meeting, HEAL club officers would get together to plan the agenda and main topics that will be taught. Each meeting followed this schedule: teaching and presenting a new nutritional skill, hosting a Kahoot quiz on the new knowledge, and sometimes even food demonstrations. For instance, to end the semester strong, we organized a fruit yogurt food demonstration. The club members enjoyed the experience and the sponsoring teacher also expressed her appreciation towards our work. I'm glad that our club members learned essential nutritional skills from our club this year.

Furthermore, through leading this group of wonderful club officers and club members, I was able to build up my own leadership skills. The experience of creating a club allowed me to practice my public speaking skills and my ability to develop deeper connections with others, connecting through our love for food and cooking. All in all, our goal is to spread nutritional knowledge, exercise techniques, and life advice that we learned from the HEAL club to our classmates and teachers. I hope that Mission High School's HEAL club will continue to gain more members throughout the years so we can keep spreading our message of healthy eating and active living. ❁

St. Ignatius HEAL



Interns:

Kassandra Yeung - Lead

Michael Allen

SI HEAL was founded this year and in the beginning, we had to learn how to start a new club at Saint Ignatius College Prep. Michael and I started planning in August over Zoom and we spent countless hours brainstorming and getting to know each other to start our club. We struggled immensely, whether that was getting a moderator or figuring out a space to hold our club meetings, however, in the end, we managed to make it work. SI HEAL allowed me to develop more leadership skills because I dealt with talking to teachers and staff as well as leading the meetings.

The first SI HEAL meeting went smoothly and it was a great start to the year. During our club fair, many people signed up to join our email list, however, roughly fifteen people showed up. This was a bit disappointing, but, it allowed us to figure out how we could lead meetings and delegate tasks. We made cereal bars to bond for our first meeting and it was difficult to find a recipe to do as many people had allergies. In the end, we figured out how to have smooth and engaging meetings.

In the end, SI HEAL only had three official club meetings due to the busyness of my schedule. However, in those meetings, I was able to learn how to communicate with big groups and keep people on track. We were also able to teach classmates about nutrition which is the main focus of SI HEAL. We taught about reading nutrition labels, building a healthy plate, and the go, slow , woah food groups. In total, about twenty people came to each of our meetings.

WASHINGTON HEAL

Interns:

Celine Fong - Lead

With the departure of Washington's previous HEAL school lead, I had to reestablish the HEAL Club at my school. As the only HEAL intern attending Washington High School this year, it was also difficult to recruit new members and gather interest for a club that few people seemed to know of. Even while promoting HEAL with Instagram posts and flyers on the school walls, only 1-2 members attended our meetings every month. As a result, we had only 23 encounters throughout the course of 8 meetings.

Despite being few in number, the meetings we held at Washington were fruitful as the small groups we had allowed for conversations to take place comfortably. During our club meetings, we learned about building a balanced plate and reading nutrition labels as well as explored the molecular science behind brain health and the Vegetarian Diet. Washington HEAL additionally held interactive cooking demonstrations, and members were able to make and take home their own food such as Oatmeal Cookies and Chia Pudding.

Amongst all the practical lessons I took away from leading Washington HEAL, I discovered that the heart, thought, and intention behind each meeting mattered more than how many people attended in any given week. The members who were truly passionate about healthy eating and active living attended every meeting that they could, and that in itself demonstrated to me that every effort I made to impact those around me was worth it. ❁

ZOOM CLUB MEETINGS

10/23/2021 TCM Perspective of Healthy Eating

Balance

Harmony - fundamental concept of Chinese culture

Yin Yang / Wu Xing (Five Phases) / Homeostasis

動態平衡

Organism as a whole, internal interactions

Interaction between organism and surrounding

TCM Perspectives To View Food & Healthy Eating

TCM - Traditional Chinese Medicine

➔ Based on concept of balanced qi/ vital energy that is believed to flow throughout the body

Yang
- Positive
- Sun
- Heat
- WAKE

Yin
- Negative
- Moon
- Cold
- SLEEP

Five Phases and Human Body

	Viscera	Bowels	Sense Organs	Seasons	Emotions
Wood 木	Liver 肝	Gall Bladder	Eyes	Spring	Anger 怒
Fire 火	Heart 心	Small Intestine	Tongue	Summer	Joy 喜
Earth 土	Spleen 脾	Stomach	Mouth	Long Summer	Concern 虑
Metal 金	Lung 肺	Large Intestine	Nose	Autumn	Grief 悲
Water 水	Kidney 腎	Urinary Bladder	Ear	Winter	Fear 恐

ZOOM CLUB MEETINGS

1/29/2022 Chinese New Year Symposium

2020-2025 New Dietary Guidelines for Americans

Follow a healthy dietary pattern at every life stage

- Customize and enjoy nutrient-dense food and beverage choices that reflect personal preferences, cultural traditions, and budgetary considerations
- Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits
- Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages

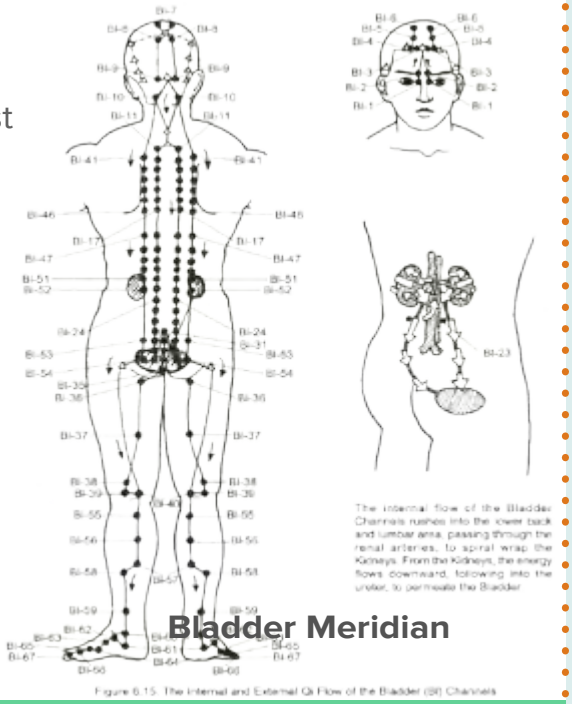
Patting Exercise

Meridian Tapping Exercise

- Similar to acupuncture but without needles and uses our hands instead!
- Lightly tapping meridians (super highways of flowing fluids in human body) to relieve stress and tension

Tapping Exercise

- Similar to acupuncture - use fingertips/ hand/ fist
- Lightly tapping meridians + certain points on face/ upper body
  - Helps to relieve stress and tension
- Also known as: Emotional Freedom Techniques (EMT)
  - Reduce anxiety by 76%
  - Increase circulation at that area
  - Stimulate function of the organ that the meridian leads to



HEALTHY LIFESTYLE SKILLS

2/19/2022 Heart Health Symposium

From the Traditional Chinese Medicine Perspective:

Allopathic medicine

- Heart is a muscle, contracts from top to bottom (lub-dub)

- Arteries pump oxygenated blood away from heart,
  Veins bring deoxygenated blood back to the heart
- High blood pressure makes heart work harder,
  leading to thicker walls that are stronger but stiffer and pump less

TCM medicine

Heart is a fire organ and the monarch of all organs, related to:

- Tip of the tongue & small intestine
- Summer, joy, bitter taste, heat
- Shen Ming (神明) or Cognition (brain, mind, spirit, sleep)

Cause of disease due to:

- Imbalance of yin & yang (very important, core of all the ideas)
- Yuan qi deficiency (ex. premature birth)
- Pathogenic factors: trauma (vessels not clear/working), emotions
- Combination of internal and external causes

Symptoms:

- Palpitations, chest pressure, irregular pulse
- Listlessness, insomnia, dream-disturbed sleep
- Flushed or pale face, reddened tongue tip, cold limbs, constipation, deeply colored urine

Treatments:

- Cupping, acupuncture, herbs, exercise therapy

HEALTHY LIFESTYLE SKILLS

Cancer Prevention

From the TCM & Western Medicine Perspectives:

Western

Causes:

- Mutation In DNA
- Inherited
- Chronic inflammation (smoking and excess drinking, radiation, carcinogens, etc)

Treatment:

- Surgery (tumor in one place)
- Radiotherapy (shrink tumor w/heat)
- Chemotherapy (metastasized cancer)
- Immunotherapy (targeted, less side effects)
- Palliative care, hospice (terminal)

TCM

Cause: Global deficiency and local excess of energy (central idea of TCM is energy balance

Treatment:

- Prevention by strengthening immune system (medication, Tai Chi, herbal soups)
- Balancing treatment side effects in coordination with western medicine (acupuncture for nausea and fatigue)
- Rebalance to activate self healing during remission (Tai Chi, herbal tonics)

HEALTHY LIFESTYLE SKILLS

Cancer prevention

Wisdom of Healthy Eating

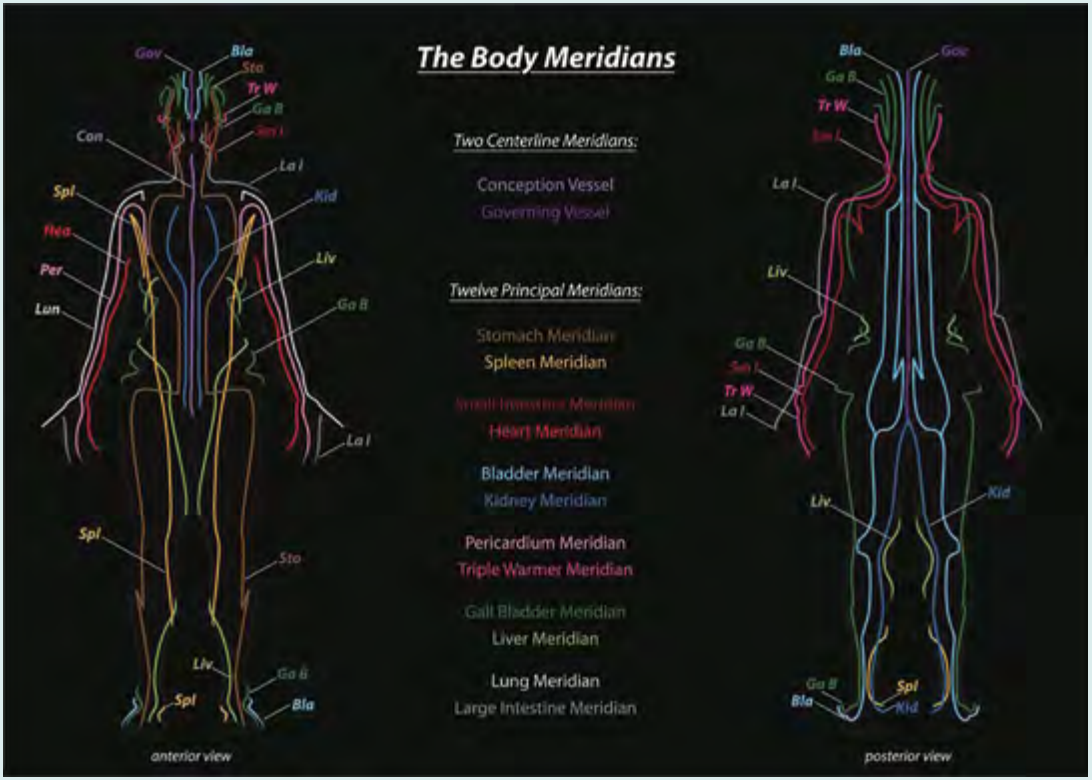
10 Cancer Prevention Recommendations:

- Be a Healthy Weight
- Be Physically Active
- Eat a Diet Rich in Whole Grains, Vegetables, Fruits, and Beans
- Limit Consumption of Processed Foods (High in Fat, Starches, or Sugars)
- Limit Consumption of Red and Processed Meat
- Limit Consumption of Sugar-Sweetened Drinks
- Limit Alcohol Consumption
- Do Not Use Supplements for Cancer Prevention
- For Mothers: Breastfeed If You Can
- After a Cancer Diagnosis: Follow Recommendations

5 Strategies of Healthy Eating:

- Find out caloric and nutrient needs from myplate.gov
- Shop wise (nutrition labels)
- Cook wise
- Eat wise
- Play wise

From the Yijin Perspective



Tui Na A type of massage targeting meridians to improve circulation, flexibility, and reduce pain.

The Internal Meridians Body Clock

Knowing the internal meridian body clock, we need to sleep by 11pm, so that our energy can be fully replenished to our major organs.

WORKSHOPS IN COMMUNITY AGENCIES

HEAL interns teaching children and seniors in:

Chinatown YMCA

- Juliana Chen
- Makayleh Chen

WORKSHOPS IN COMMUNITY AGENCIES

Asian Women Resource Center

- Amanda Hu
- Samantha Chiu

WORKSHOPS IN COMMUNITY AGENCIES

Mei Lun Yuen

Senior Apartments

Sky Link TV

KTSF 26

• Meiyan Huang

HEAL EVALUATION

EVALUATION TEAM

Juliana Chen

Amanda Hu

Nicole Read

April Ng

A new addition to HEAL 2021-2022 was the HEAL Evaluation Team, which comprised of our college interns: Nicole Read, Amanda Hu, Juliana Chen, April Ng, and Meiyan Huang. This team was created as an extension of the leadership team's responsibilities from 2020-2021 (Midpoint Evaluations, Year in Review) in addition to the new form of evaluation of HEAL Zoom clubs and trainings. After each meeting, the Evaluation Team posted the corresponding post-training or post-club evaluation form on google classroom, which were all collected after a week. These forms gave the Evaluation Team an estimate of the interest level and helpfulness of the topics of our trainings, from the standard nutrition skills to food demos to leadership skills and many more. Finally, the Evaluation Team compiled all the data and created concise summaries of the interns' responses, which was further discussed with Catherine to make improvements to the program.

To briefly summarize HEAL 2021-2022, we have included in the reflection yearbook select summaries of the midpoint evaluation, nutrition skills, leadership skills, food demos, life journey speakers, and Zoom clubs. One noticeable change that was made as a result of the feedback from the intern midpoint evaluation was including breaks in the middle of our three-hour trainings on Zoom. Not only were we able to make the meetings more engaging to the interns, but we also utilized the knowledge we've learned about the long-term dangers of being sedentary to promote small, quick fixes to balance out the long periods of time spent in front of a screen.

On January 8, we covered Skill 3: Building a Healthy Snack which scored an 8.4 out of 10 on an enjoyability and helpfulness scale. After this training, interns were familiar with the 3R's: Reduce, Replace, Refuse, and were also equipped with the tools needed to identify healthy snack options in the pantry. Additionally, the breakout room activity led by Amanda Hu gave the interns the chance to practice coming up with creative snack ideas and created a more relaxing and comfortable environment for sharing with the small group size. At the end of January, HEAL held the Chinese New Year Symposium, which featured Martin Yan's "Healthy Cooking Skills & Life Skills" demo, Catherine Wong's "Every Bite Counts" presentation, and Joana DeRosa's "Patting Exercise" routine. For this Zoom club, there was an exceptional turnout, with 100+ attendees from a range of ages. Martin Yan was a favorite, and many attendees also appreciated that HEAL was keeping multicultural Asian traditions through our integration of Zoom clubs with personal diet preferences.

In the following month on February 26, Denise Hung gave the interns a lesson on creating safe spaces, which scored an 8.8 out of 10 on an enjoyability and helpfulness scale. In this training, interns were able to reflect on factors that were important to themselves in creating a safe space, which was a place where one can feel both physically and emotionally comfortable. In particular, many interns found mentorship, balance, and support from friends and family to be essential. To follow, we started with the first life journey speaker for 2022, Kassandra Yeung, which was a great start to the following series of speakers to follow from the HEAL Leadership Team. As a junior at St. Ignatius College Preparatory, a competitive high school, she shared many similar struggles of high school students of our generation, especially from parental and societal pressures. To conclude this training, Amanda Hu also did a food demo on the apple cake from the Healthy Appetite book, which was popular among the interns and averaged a 9.1 on the enjoyability and helpfulness scale.

Throughout this first year of the evaluation team, we've experimented with different ways in delegating work and execution in order to accomplish our final goals, which leaves us with much room to grow and improve. As HEAL 2021-2022 comes to an end, the HEAL Evaluation Team hopes to take the time to self-evaluate and present an even more organized team during HEAL 2022-2023, in order to make healthy eating and active living enjoyable for everyone our message reaches. ❁

INTERNS SELF-EVALUATION

Q3: Which of the following nutrition skills do you find helpful and what have you applied to your daily life?

Skill 1: Building a Healthy Plate

- Knowing how to portion your food
- Adding certain foods to your meal when you realize that you're missing (grain, dairy, vegetables/fruits, protein)

Skill 5: Managing Your Weight Go, Slow, Whoa

- Knowing which foods fall into each category
  - Eat more go foods and treat yourself to whoa foods once in a while

04 If you are a club lead, which skills have you taught and do you feel that your members understand the skills and have applied them to their lives?

Skill 1 - Building a Healthy Plate

- Members understood skill easily
- Members brought fruit to school everyday, reminded me to eat more fruit
- Need greater accountability

SERVING THE TEEN HEAL PROGRAM

- Evaluation Team: Mentor to High School Club Lead
- Assisted with organizing food for HEAL Christmas Party

IMPACTING COMMUNITY

- Share knowledge about healthy eating with family and friends
- When cooking for myself and others, adjust recipes to reflect healthier choices

Q: How have you served in the TEEN HEAL program?

Taught kids at the YMCA winter camp with Juliana about sugar

Picked up the supplies from the Chinatown Public Health Center needed for the lessons at the YMCA

Actively listened and participated during the HEAL training

3. Which of the following nutrition skills do you find helpful and what have you applied to your daily life?

Skill 1: Building a Healthy Plate
-checking to see if i have all the food groups in my meals and the right proportions

Skill 2: Shopping Smart
-checking food labels before buying anything and seeing if there is a healthier alternative

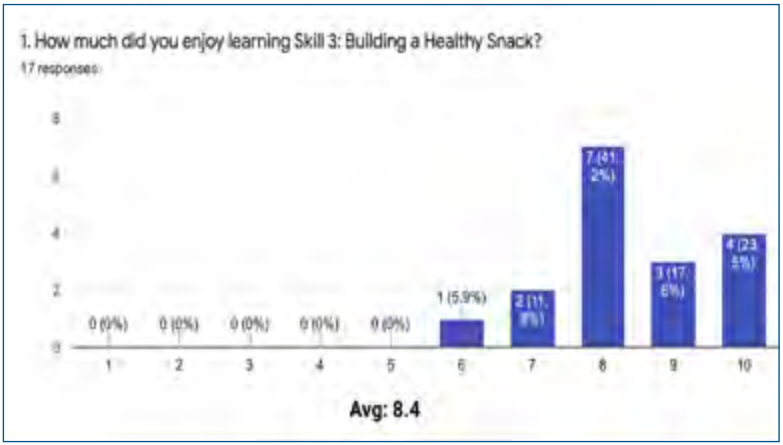
Skill 5: Managing Your Weight
-decreasing the amount of slow and whoa foods and substituting foods such as ice cream for low-fat yogurt

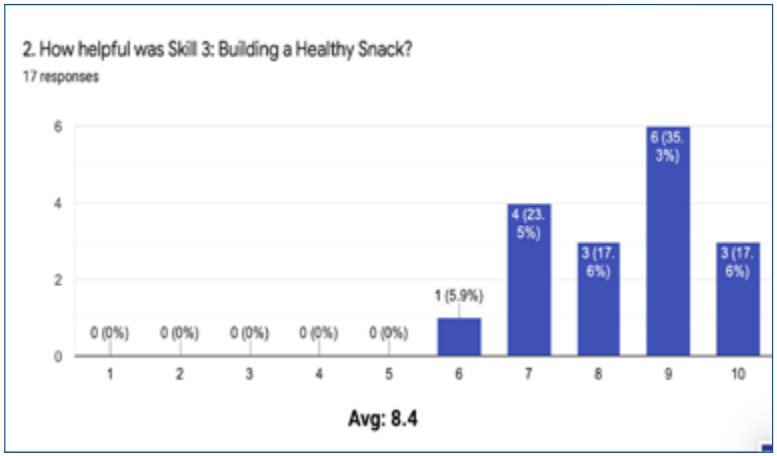
Q7: How were the bonding experiences with other interns?

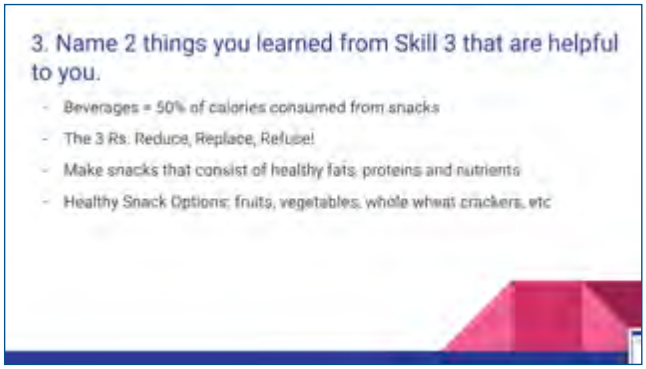
- Getting to know new members of the leadership and evaluation team through assignments and meetings
- Christmas Party
  - Folding dumplings and playing games together

Nutrition Skills:

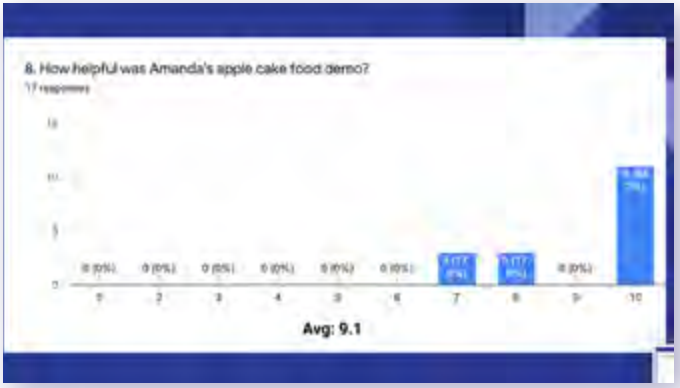
1/8 Training Evaluation Summary

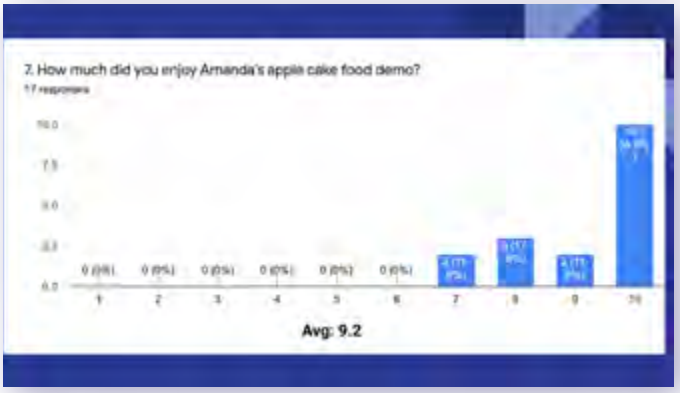




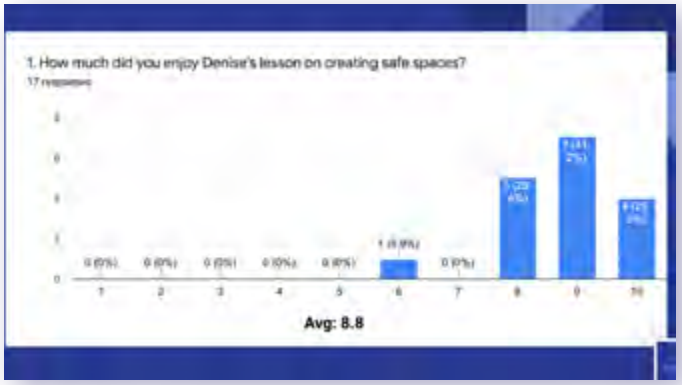


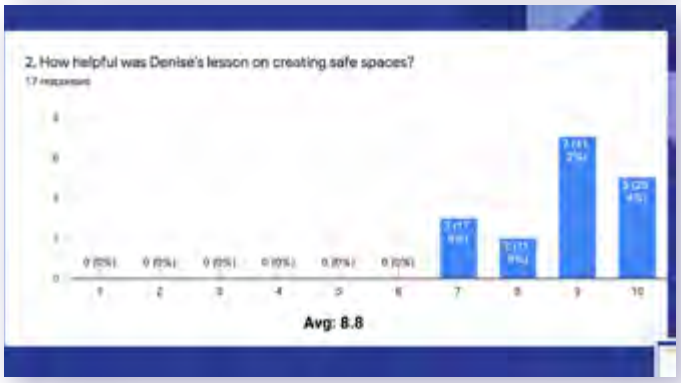
Food Demo
2/26 Training Evaluation Summary





Leadership
2/26 Training Evaluation Summary

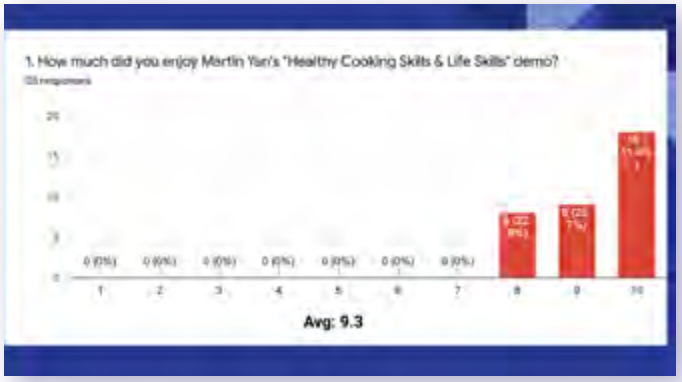




3. Name 2 things you learned from Denise's lesson on creating safe spaces.

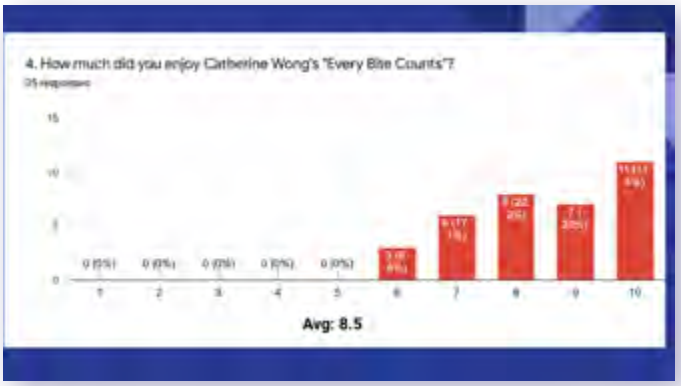
- Safe space = place where you feel physically and emotionally comfortable
- Establishing boundaries, especially when everyone's definition of safe space is different
- Learning and understanding what you need in order to thrive
- Many people seek mentorship, balance, and support from friends and family in their safe space
- Listening is important too!

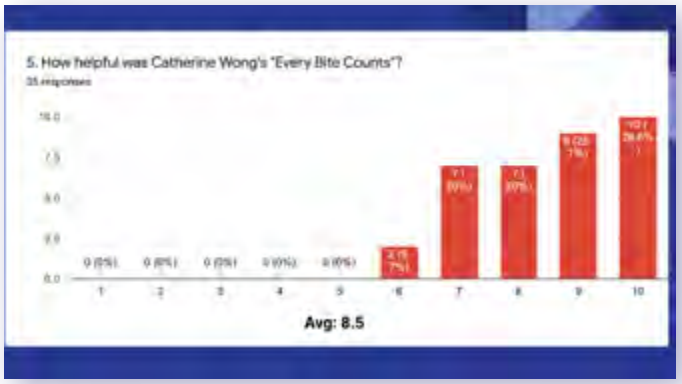
Zoom Club: 1/29 Zoom Club Speaker Evaluation Summary



3. Name 2 things you learned from Martin Yan's "Healthy Cooking Skills & Life Skills" demo.

- Different cutting techniques
- Make healthy eating easier by making cooking more fun
- Always have passion in what you do
- You need hardwork to become successful

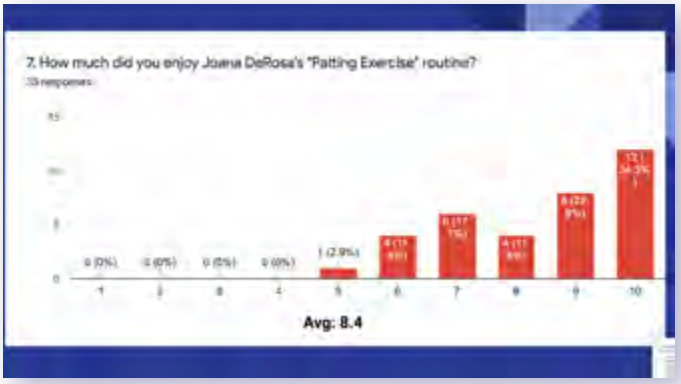


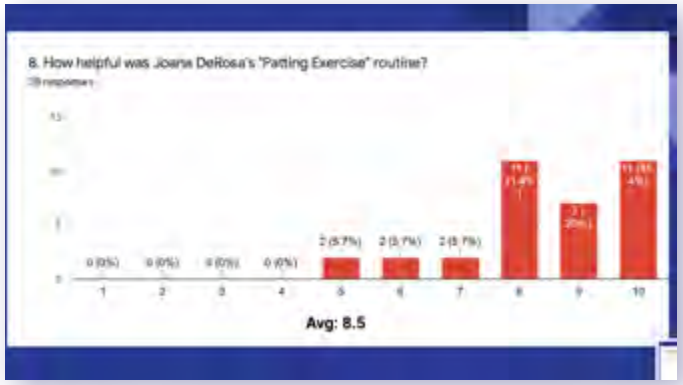


6. Name 2 things you learned from Catherine Wong's "Every Bite Counts."

- Foods rich in Vitamin D and Calcium
- Paying attention to food labels when shopping
- Incorporating more colorful ingredients when cooking
- Consume less sugar and more vegetables
- Different food recipes (i.e. freezing tofu to give it a different texture)

Zoom Club: 1/29 Zoom Club Speaker Evaluation Summary





9. Name 2 things you learned from Joana DeRosa's "Patting Exercise" routine.

- Patting exercise is similar to acupuncture
- Helps reduce anxiety
- Important meridians in our body
- Everything with respect to Yin and Yang and meridian clock
- Sleeping earlier

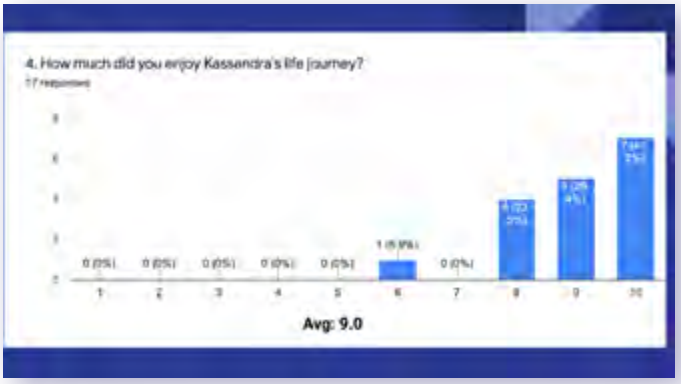
10. What was your favorite part of the CNY Symposium?

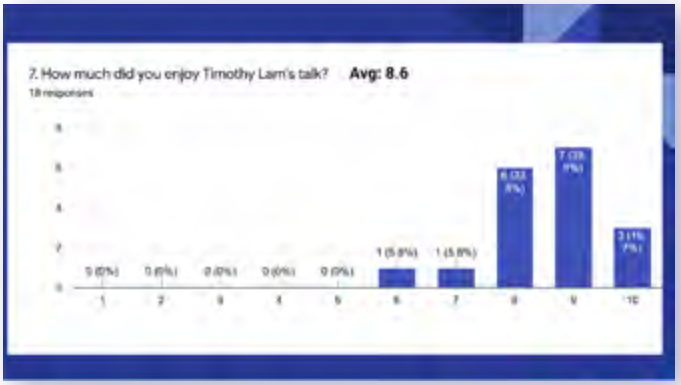
- Martin Yan's cooking demo
- Q&A with Martin Yan
- Keeping multicultural Asian traditions alive through cooking
- Good variety of topics
- High turn out! - 100+ attendees

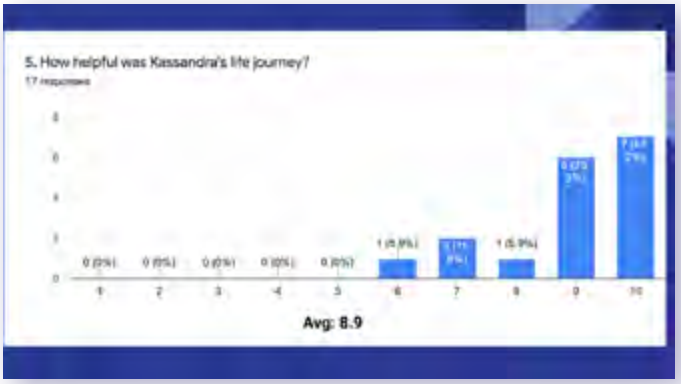
Comments/Suggestions

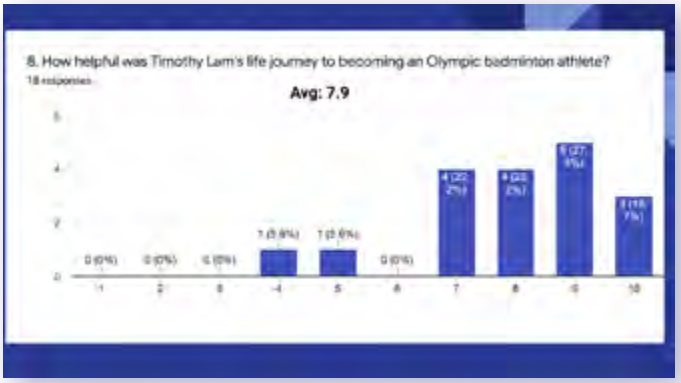
- Potentially getting notes/slides beforehand
- Longer breaks
- Sending attendees recording of demo
- Live streaming zoom meeting on YouTube
- Include more cultural part to CNY Symposium (i.e. CNY story, poem)
- Different exercise that isn't patting exercise
- More food demos!

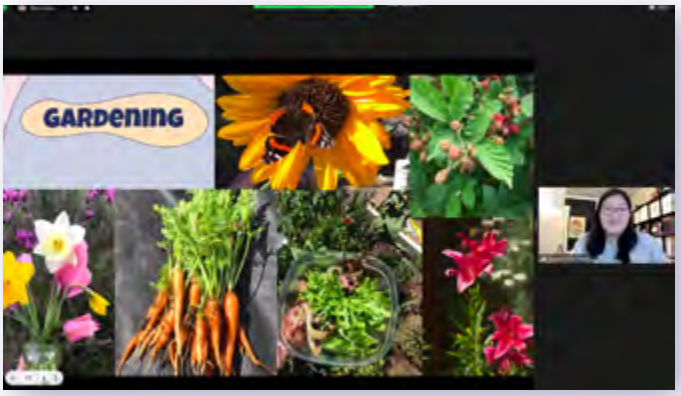
Life Journey Speakers: 2/26 Training Evaluation Summary

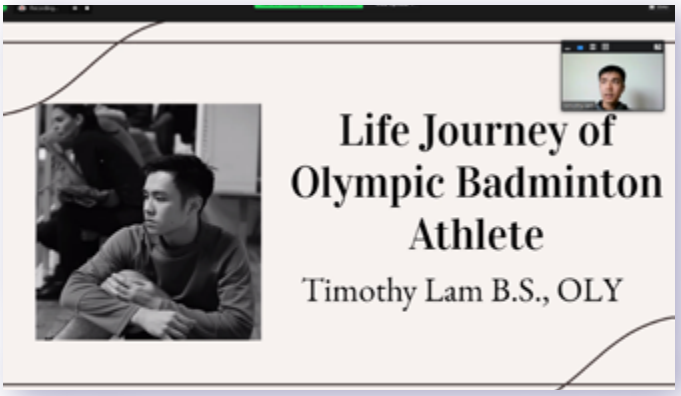












2021-2022 TEEN HEAL CATHERINE'S HEALTHY RECIPES

Oat Flour Popovers

Catherine Wong

Prep Time: 15 mins

Cook Time: 35 mins

Servings: 12 popovers

INGREDIENTS

2 cups 1% low-fat milk

4 eggs (or 2 egg yolks and 4 egg whites)

1 cup whole wheat flour

¾ cup oat flour (blend oatmeal to oat flour), ¼ cup almond or whole wheat flour

4 Tbsps ground flaxseed

Non-stick cooking spray

INSTRUCTIONS

1. Heat milk until just warm.

2. Preheat the oven to 450°F with 12 foil muffin cups or muffin pan inside.

3. Combine the warm milk and eggs in a large bowl. Add all other ingredients and mix well.

4. Remove foil muffin cups or muffin pan from the oven and coat with non-stick spray. Fill cups or pan 3/4 full with batter.

5. Bake on the middle rack of oven for 20 minutes. Decrease oven temperature to 350°F and bake for another 15 minutes.

6. Immediately remove popovers from cups. Serve hot.

Rice Crepe Roll

Prep Time: 15 mins / Cook Time: 20-30 mins / Servings: 1

Catherine Wong

INGREDIENTS

1 cup glutinous rice flour

½ cup tapioca flour

¼ cup wheat starch

2 ¼ cups water

Salt to taste

INSTRUCTIONS

1. Pour water into a blender.

2. Add rice flour, tapioca starch, and wheat starch into the blender. (Important: put water in before adding the flour and starches)

3. Blend until smooth.

4. Add oil and salt, and blend thoroughly.

5. On a pan, spray some oil. Then pour a small amount of the flour mixture onto the pan until the bottom of the pan is fully covered.

6. Steam for 2 minutes.

7. Repeat for the remaining flour mixture. Make sure to blend it briefly before pouring it into the pan as the flour will start to sink to the bottom of the mixture.

8. Serve the rice rolls with sesame seeds or other toppings of your choice. ❁

Prep Time: 10-15 mins

Servings: 4 wraps

INGREDIENTS

1 medium carrot

1 medium mango

1 medium cucumber

4 pieces rice paper

A few mint leaves

INSTRUCTIONS

1. Wash and peel carrot, mango and cucumber. Cut cucumber in half and take out the seeds.

2. Cut cucumber, carrot and mango into thin matchsticks, and set aside in a bowl.

3. Prepare a large bowl of warm water. Place one rice paper into water and take out immediately.

4. Place softened rice paper on a flat plate. Put prepared fruits and vegetables in the middle, top with mint leaves and wrap into a roll.

5. Repeat with rice paper and serve. ☸

Mango Cucumber Wrap

Ube Mantou

Catherine Wong

Prep Time: 15 mins
(plus 2 hours for dough to rise)

Cook Time: 20-30 mins

Servings: 30-36 buns

INGREDIENTS

6 medium ube, steamed and mashed (purple sweet potato or any Japanese sweet potatoes)

3 cups + 1 Tbsp water

1 ½ Tbsps baker's yeast

1 ½ tsps salt

3 ½ cups whole wheat flour

3 cups all purpose flour (or 2 cups oat flour and 1 cup flour)

4-8 Tbsps ground flaxseed

INSTRUCTIONS

1. Heat three cups of water in a bowl to just above room temperature. Add yeast and salt to water.

2. Add both flours and ground flaxseed, one cup at a time. Mix slowly, then knead to combine.

3. Cover bowl with plastic wrap, and allow dough to rise until it doubles in size (about 1 hr).

4. Blend half of the cooked ube into dough and blend well. Divide into 30-36 balls.

5. Flatten dough and spoon in 1-2 Tbsps mashed ube into the middle before forming back into a ball.

6. Put prepared buns onto pre-cut 2” x 2” squares of parchment paper. Let rise for about 30 min or till double in size.

7. Steam for 20 minutes or until done. Cool on a wire rack. Mantou can be frozen for future use. ❄

Healthy Turnip Cake

Catherine Wong

Prep Time: 30 mins

Cook Time: 60 mins

Yields: 2-4 pans

INGREDIENTS

2 large turnips

20 shiitake mushrooms

1 cup dried scallops

½ cup dried shrimp

2 cups rice flour

9-10 cups water, divided

1-2 tsps salt

Pinch of white pepper powder

A little sesame oil

INSTRUCTIONS

1. Wash, peel, and cut turnips into julienne sticks or shred with food processor.

2. Wash and soak mushrooms, dried scallops, and dried shrimp in water until softened. Drain and chop mushroom into small dice or use food processor. Shred the dried scallops and boil in water for 15 minutes. Stir fry all three ingredients with a small amount of oil until fragrant. Set aside for later.

3. In a large bowl, add rice flour, salt, white pepper, sesame oil, and 3 cups water. Mix until rice flour is well incorporated.

4. Boil turnips in 6-7 cups water, or enough to cover turnips, and add in half of the mushroom mixture. Simmer in low heat for 20 minutes.

5. Add rice flour mixture to turnip mixture and mix well.

6. Pour turnip mixture into oiled pan. Smooth the surface and top with the second half of the mushroom mixture. Steam pan for 45-60 minutes.

Tips: Turnip cake can be served once cooled. You can also place it in the refrigerator for 4 hours to set and cut into small pieces to be pan fried for a crispy texture. ❁

Mushroom Vegetarian Soup

Catherine Wong

Prep Time: 20 mins

Cook Time: 3 hrs

Servings: 20

(1 serving = 1 cup)

INGREDIENTS

20 pieces mushrooms, soaked

2 cups black eyed peas

2 stalks lotus root (optional), peeled and chopped

20 cups water

1 piece dried orange peel

1 cup raw peanuts

1 lb frozen, peeled chestnuts

15 red dates

6 sweet dates

1 tsp salt

INSTRUCTIONS

1. Pre-soak the mushroom and black eyed peas overnight in the refrigerator.
2. Wash lotus root, peel off the skin and chop into small pieces.
3. In a large pot over high heat, combine all ingredients, bring to a boil.
4. Reduce heat to medium and simmer for 3 hours.
5. Add salt to taste. ❁

Apple Muffin

Catherine Wong

Prep Time: 25 mins

Cook Time: 20-25 mins

Serving Size: 24 muffins

INGREDIENTS

1 ¼ cups sugar
¼ cup canola oil
2 eggs
2 cups whole wheat flour
1 tsp salt
1 tsp cinnamon
1 tsp baking soda
4 cups peeled and diced apple
½ cup unsweetened applesauce
Foil muffin cups or non-stick cooking spray

INSTRUCTIONS

1. Preheat oven to 350°F.

2. In a large bowl, mix sugar, canola oil and eggs together. Beat well.

3. In a separate bowl, combine flour, salt, cinnamon, and baking soda. Add dry ingredients to egg mixture and mix well.

4. Finally, add diced apple and applesauce to batter. Stir to combine.

5. Coat a muffin pan with non-stick spray or line with muffin cups. Fill cups 3/4 full and bake for about 20-25 minutes until brown and a toothpick inserted in center of muffin comes out clean. Serve warm. ☸

Catherine Wong

Ginger Milk

Prep Time: 15 mins

Cook Time: 2-3 mins

Servings: 2

INGREDIENTS

2 Tbsps ginger juice,
from about 60 gm ginger

2 cups 1% low-fat milk

2 tsps sugar

INSTRUCTIONS

Prepare the ginger juice

Peel and finely grate the ginger. Press grated ginger through a sieve placed on top of a small bowl until you get about 2 Tbsps of ginger juice.

Heat up the milk

Option A: If you have a kitchen thermometer

Heat the milk in a saucepan. Stir in sugar when milk is warm. Closely observe the temperature on the thermometer. When it reaches 70°C/158°F, remove the pan from the heat.

Option B: If you have a microwave

Heat chilled milk in a container on full for 2 minute. Take it out and stir in the sugar.

Make the curd

Stir the ginger juice with a spoon. Pour 1 Tbsp of juice to each bowl. Quickly pour 1 cup of hot milk into each bowls.

Leave to set. Do not move the bowl or stir the milk. The curd will be fully set in about 10 minutes. ❁

Sesame Roll

Catherine Wong

Prep Time: 15 mins

Cook Time: 3 mins per roll

Servings: 8

INGREDIENTS

2 ½ cups water

½ cup sugar

1 cup ground sesame powder

⅔ cup water chestnut flour

¼ cup tapioca starch

INSTRUCTIONS

1. Mix all of the ingredients together (using a blender).
2. Pour a thin layer of the mixture into a pan for steaming.
3. Steam for 3 minutes or until cooked.
4. Roll it up. ❁

SNOW SKIN MOCHI MOONCAKE

Catherine Wong

Prep Time: 1 hour

Cook Time: 30 minutes

Chill Time: 2 hours

Servings: 8

INGREDIENTS

Mung Bean Filling

1 packet (14oz) peeled split mung beans
½ cup sugar
3 Tbsps canola oil
½ mango, cubed (for assembly)

Snow Skin Layer

⅓ cup flour
⅞ cup rice flour
⅔ cup + 1 Tbsp glutinous rice flour
½ cup sugar
1 can (14 oz) low fat coconut milk
½ cup low fat milk
3 Tbsps canola oil

INSTRUCTIONS

Mung Bean Filling:

1. Soak mung beans in water for 1 hour.

2. Pour mung beans into a pot and boil for about 10 minutes until mung beans soften.

3. Drain cooked mung beans and blend in a blender till a smooth paste is formed.

4. Transfer mung bean paste into a non-stick wok or pan with sugar and oil.

5. Cook on high heat while mixing until mung bean paste thickens.

Snow Skin Layer:

1. Sieve flour, rice flour, glutinous rice flour and sugar into a mixing bowl.

2. Add coconut milk, milk and oil. Mix well.

3. Strain once, mix until well combined and no more flour is visible.

4. Brush oil on a deep plate and pour in the mixture.

5. Steam on high heat for about 20 minutes. Remove from heat.

6. Once cooled, knead dough until smooth.

7. Cover with plastic wrap and refrigerate for about 2 hours.

Assembly

1. Divide mung bean filling and snow skin dough into 8 equal portions each.

2. Wrap mung bean filling around a mango cube and form into a ball.

3. Flatten snow skin dough into a circle and place filling in the middle.

4. Wrap dough around filling and shape into a ball.

5. Place snow skin mooncake into a mooncake mold or mold into desired shape. ❁

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