







[illegible]

Portion Sizes: Meat

3 oz. cooked meat, fish, or poultry = ONE deck of cards



**Restaurants serve
four or five times
the recommended 3 oz.**



**The amount you
should be eating**



foodglee

Download a QR Reader for your
Smartphone and scan this code
to learn more about
making healthy food choices.
Or learn more at www.foodglee.com

What

Plates
8.5



If y
to a

The

food

Food Wall of Shame/Fame

What's the least healthy food
you ate today?

Trix
Frosted Flakes
Caption Crunch

What's the healthiest
food you ate today?

P.P & J
Cucumber
rice
meatballs
Haison Brain

ese doodle?

ame ingredients make

Plastics
and
Fiber

Yellow 5

The dye has been banned in Norway, Austria, and Germany, but not all of Europe since it would affect many food businesses economically. Yellow 5 may be contaminated with carcinogens

air freshener

FOOD
What's the least healthy food
you ate today?

P.P 3 J
Cucumber ✓
Rice
meatballs

oodle?

ents make...

low 5

anned in Norway, but not all of Europe
and many food items
by Yellow 5 may be
with carcinogens

ener

Food Wall of Shame

What's the least healthy food
you ate today

What's the healthiest
food you ate today?

Trix
Frosted Flakes

P.P. 3-1

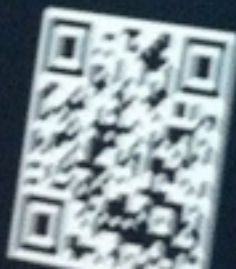
Cucumbers



3 oz. cooked meat



Restaurants serve
four or five times
the recommended



What's in a cheese doodle?

...you know some of the same ingredients make...

- Shoe polish
- Plastics and Fiber
- Yellow 5
- Air freshener
- RED 40
- Shampoo and Toothpaste
- Cosmetic Creams
- Ingredients: Casein

Download a QR Reader for your smartphone and scan the QR code to learn more about making healthy food choices. Or visit: www.foodglean.com

Food Wall of Shame/Fame

What's the least healthy food you ate today?

What's the healthiest food you ate today?

Download a QR Reader for your smartphone and scan the QR code to learn more about making healthy food choices. Or visit: www.foodglean.com

Portion Sizes: Meat

3 oz. cooked meat, fish, or poultry = ONE deck of cards

Restaurants serve four or five times the recommended 3 oz.

The amount you should be eating

Download a QR Reader for your smartphone and scan the QR code to learn more about making healthy food choices. Or visit: www.foodglean.com

What's happening to our dinner plates?

Plates in 1960s: 8.5 inches.

Plates today: 12 inches.

If you switch from a 12 inch standard plate to a 10 inch plate you will consume 22% less according to Cornell Research.

The dinner plate of the 1960's is 30 % smaller.

Download a QR Reader for your smartphone and scan the QR code to learn more about making healthy food choices. Or visit: www.foodglean.com













Mission & Vision

Our Core Values

Our Team

Our Partners

FAQ

IMPACT System



A More Sustainable Education

The Metropolitan Expeditionary Learning School, "A School for a Sustainable City", opened in September of 2010 in a beautiful new campus on Metropolitan Avenue in District 28. We serve students in 6th and 7th grade in our first year. The Metropolitan Expeditionary Learning School offers all students a rigorous college preparatory program, with particular emphasis on science, technology, and sustainability.

The school follows the Expeditionary Learning model (www.elschools.org), in which students engage in learning expeditions and have multiple opportunities for hands-on learning, both inside and outside of the classroom. Students participate in fieldwork with civic leaders, industry figures, and environmental scientists to examine agriculture, architecture, city infrastructure, design, environmental policy, law, and planning.

The school partners with New York City Outward Bound (www.nycoutwardbound.org), the Cloud Institute for Sustainability, GrowNYC, and Sam Schwartz Engineering. As we grow, students will have the opportunity to take Advanced Placement classes and participate in travel abroad and cultural exchange programs, National Honor Society and National Junior Honor Society, the Science and



Viewing: **City** Other

Secondary dimension: **Select...**

advanced View: ☐ 1 - 3 of 3

City		Visits		Pages/Visit	Avg. Time on Site	% New Visits	Bounce Rate
1.	New York	60		5.02	00:08:49	48.33%	45.00%
2.	Flushing	13		1.77	00:00:32	76.92%	92.31%
3.	Yonkers	1		1.00	00:00:00	0.00%	100.00%

Show rows: 10 ☐ Go to: 1 1 - 3 of 3

To Fight Childhood Obesity, Michelle Obama Attempts Jumping-Jack Record
First lady Michelle Obama does jumping jacks with 400 school children
on the South Lawn of the White House, on October 11, 2011 in Washington



the WHITE HOUSE PRESIDENT BARACK OBAMA
★★★★★
THE WHITE HOUSE WASHINGTON
★★★★★
Get Email Updates | Contact Us

BLOG
PHOTOS & VIDEO
BRIEFING ROOM
ISSUES
the ADMINISTRATION
the WHITE HOUSE
our GOVERNMENT

IF CONGRESS DOESN'T ACT, MIDDLE-CLASS TAXES WILL GO UP.

FIND OUT HOW MUCH YOU'LL PAY

Home • Thank You!

Search WhiteHouse.gov Search

Thank You!

Thank you for contacting the White House.

President Obama is committed to creating the most open and accessible Administration in history. That begins with taking comments and questions from you, the American people, through our website.

Our office receives thousands of messages from Americans each day. We do our best to reply to as many as we can, but please be aware that you may find more information and answers to your questions online. To follow news and learn more about President Obama's plans for winning the future, you can sign up for [updates from the White House](#), read [the White House Blog](#), or listen to [White House podcasts](#).

For an easy-to-navigate source of information on Federal government services, please visit: www.USA.gov.

Thank you again for your message.

The Office of Presidential Correspondence

STAY CONNECTED



You can also call or write to the President:

The White House
1600 Pennsylvania Avenue NW
Washington, DC 20500
Please include your e-mail address

Phone Numbers

Comments: 202-456-1111
Switchboard: 202-456-1414
FAX: 202-456-2461

TTY/TDD

Comments: 202-456-6213
Visitors Office: 202-456-2121

GIFTS & ITEMS SENT TO THE WHITE HOUSE

The President and the First Lady strongly encourage all Americans to consider sending contributions to their favorite charities in lieu of gifts to the First Family.



Wall

Info

Friend Activity (1)

Photos

YOUTH DESIGN

Events

Links

Videos

About

Youth Design is a unique summer jobs/mentorship program that introduces urban public high school students to careers in the design profession by providing high quality, paying design summer jobs to students.

223

like this

1

talking about this

0

were here

Likes

See All



Ashoka's
Changemakers



Urbano • the
urban studio



Design Museum

Youth Design

Non-Profit Organization · Boston, Massachusetts

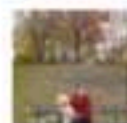


Wall

Youth Design · Everyone (Most Recent)

Share: Post Link Video

Write something...



Marisa Glick

Hello youth designers! I launched a new website this week about teens and making healthy food choices. <http://foodglee.com/> Check it out and write on the blog! I would love to hear your responses to my project for grad school and what you think.



Foodglee

foodglee.com

Foodglee.com 6th graders share their perspective on nutrition. Doreen and Alexas are students at Bronx Early College Academy (BECA) x324.

Like · Comment · Share · about a minute ago ·



Alisa Aronson

SUMMER 2011 YOUTH DESIGNERS PLEASE JOIN US FOR

What: Pizza Party—Youth Design/Say Something Collaboration
When: WED NOVEMBER 16 • pizza starting at 3 pm; presentation at 3:30
Where: MassArt, Tower Building, Room 603 (6th floor)

...

See More

Like · Comment · November 10 at 8:05pm ·



Jason Stevens Can't Wait!! this is going to be fun

November 11 at 4:48pm · Like

Write a comment...

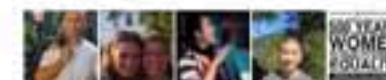


Youth Design

PLEASE RSVP TODAY by emailing ivan@youthdesign.org

Create a Page

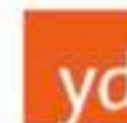
You and Youth Design



5 friends like this.

KARMALOOP.com, Design Museum
Boston

Recommend This Place



Help your friends discover great places to visit by recommending Youth Design.

Write a recommendation...

Birthdays

See All



Lauryn Goldstein

It's her birthday.

Say Happy Birthday



Jenn Driscoll

It's her birthday.

Say Happy Birthday

Sponsored Story

See All



Shai Herman likes Liquid Web Inc.



Liquid Web Inc

Like

Sponsored

Create an Ad

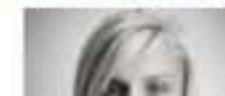
BMW Performance Insurance



Exclusive Benefits and Savings on Auto Insurance for BMW Owners from Liberty Mutual. Get a Quote.

Colleen Wasil likes Liberty Mutual.

Grants for Designers?

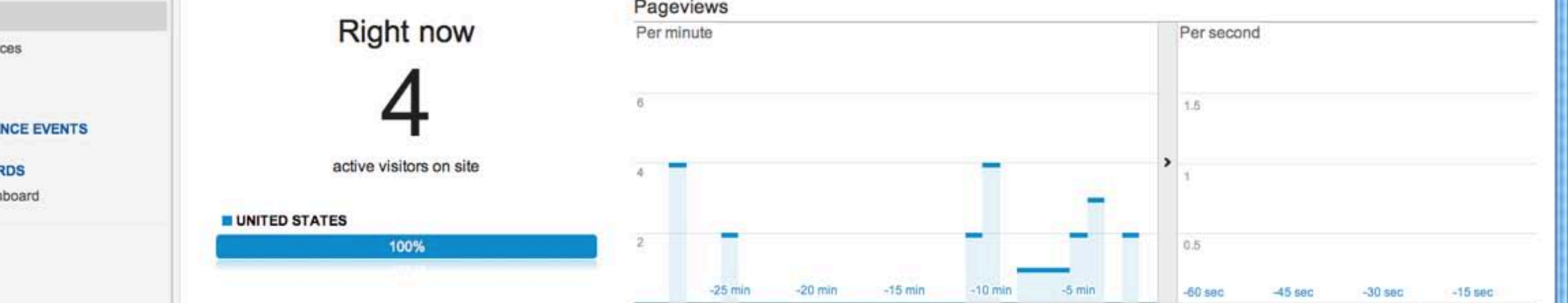


Interested in Graphic Design? People like you are going back to

E (BETA)

Locations

4 active cities



ALL TRAFFIC » COUNTRY: United States

Metric Total: 4

	City		Active Visitors	
1.	Boston	1	<div></div>	25.00%
2.	Cambridge	1	<div></div>	25.00%
3.	New York	1	<div></div>	25.00%
4.	Wellesley	1	<div></div>	25.00%



Locations

2 active cities

Right now

2

active visitors on site

CANADA UNITED STATES



Pageviews

Per minute

6

4

2

-25 min

-20 min

-15 min

-10 min

-5 min

Per second

1.5

1

0.5

-60 sec

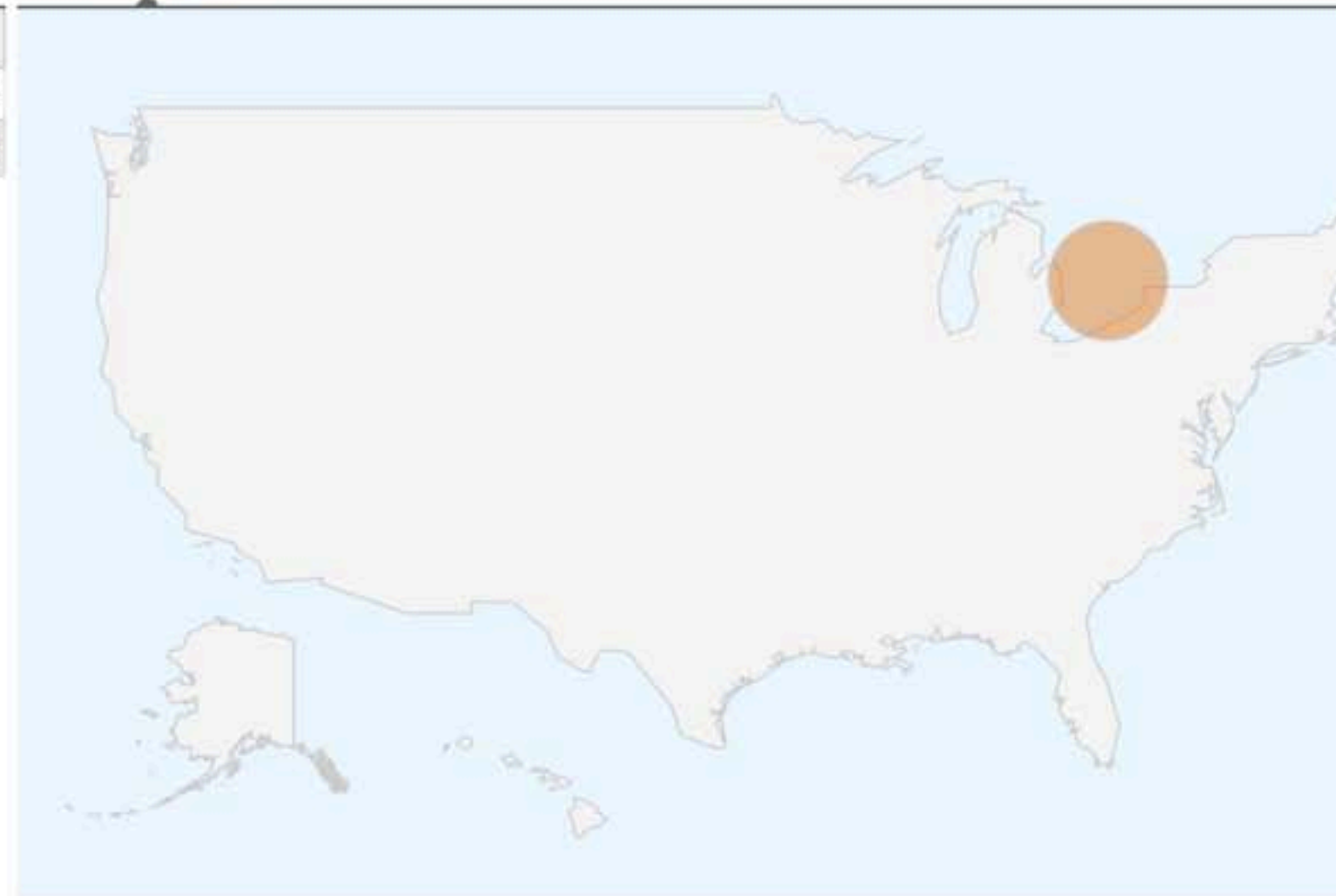
-45 sec

-30 sec

ALL TRAFFIC » COUNTRY: Canada

Viewing: Map Earth

Metric Total: 1			
City		Active Visitors	
1.	Waterloo	1	100.00%



Locations

2 active cities

Right now

2

active visitors on site

CANADA UNITED STATES



Pageviews

Per minute

6

4

2

-25 min

-20 min

-15 min

-10 min

-5 min

Per second

1.5

1

0.5

-60 sec

-45 sec

-30 sec

ALL TRAFFIC

Viewing: Map Earth

Metric Total: 2			
Country		Active Visitors	
1.	Canada	1	50.00%
2.	United States	1	50.00%





Locations

3 active cities

Right now

3

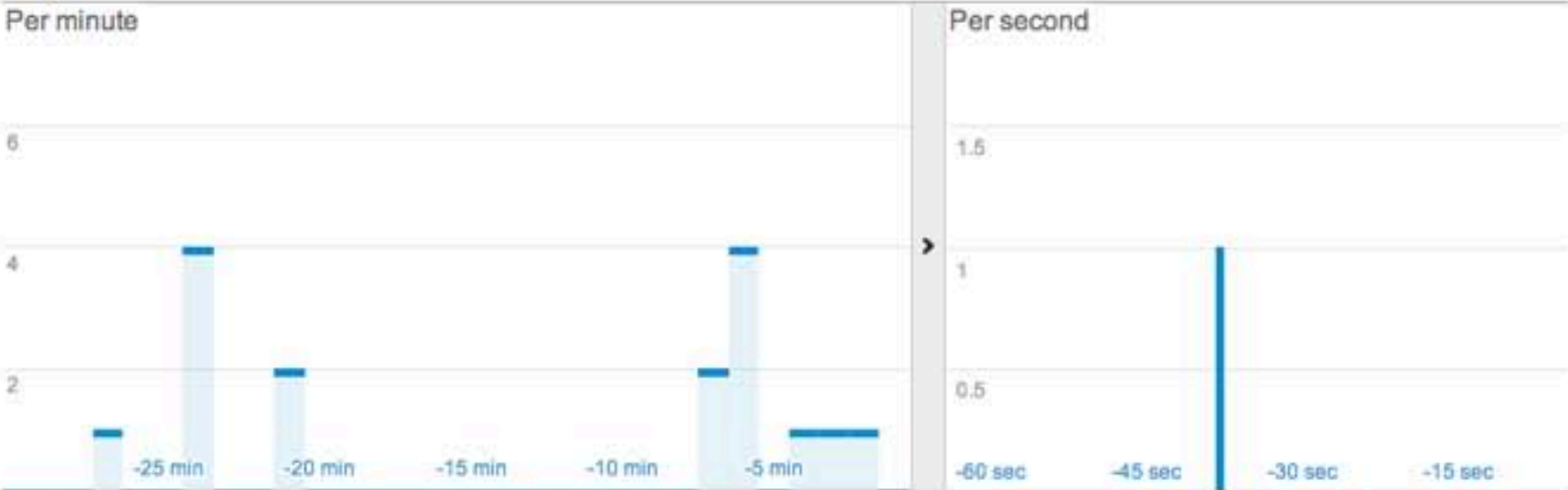
active visitors on site

UNITED STATES

100%

Pageviews

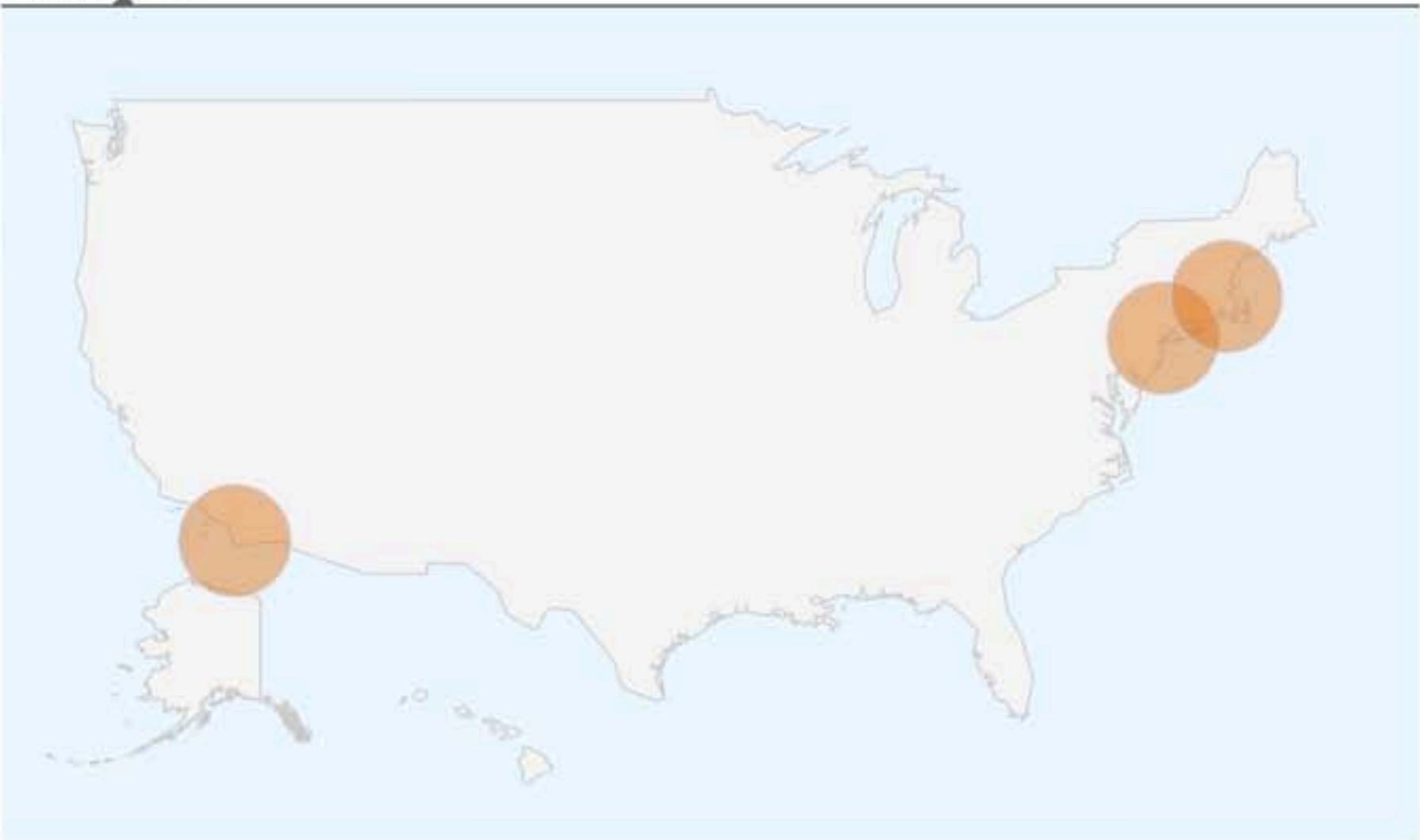
Per minute



ALL TRAFFIC » COUNTRY: United States

Viewing: Map Earth

Metric Total: 3		<input type="text"/>		<input type="button" value="Q"/>
	City	Active Visitors		
1.	Milton	1	<div></div>	33.33%
2.	New York	1	<div></div>	33.33%
3.	San Diego	1	<div></div>	33.33%



Top Active Pages:

Active Page		Active Visitors	
1.	/posters.html	1	100.00%

Top Locations:



Top Active Pages:

Active Page		Active Visitors	
1.	/	1	1

Top Locations:





Presentation by Marisa Glick
MFA Design and Technology
Parsons the New School for Design