2020-2021 TEEN HEAL INTERNS REFLECTIONS

San Francisco Department of Public Health

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2020-2021 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 ran from July 2020 to June 2021.

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.

Congratulations to the following 15 interns:

Gregory Jinglin Chen / 陳敬林
Juliana Chen / 陳凱欣
Samantha Chiu / 趙麗雅
Eoin Garcia / 賈奧雲
Meiyan Huang / 黃美雁
Kelly Ziqi Huang / 黃梓淇
Kenny Wenxuan Lai / 賴文軒
Iris Li / 李樂思
Cathy Yixi Ou / 歐亦烯
Nicole Read / 尹碧莉
Erika Tam / 譚慧婷
Tiffany Tse / 謝珮文
Gin Jingyi Wu / 吳靜怡
Kassandra Yeung / 楊樂希
Michael Ziyu Zhou / 周子禹

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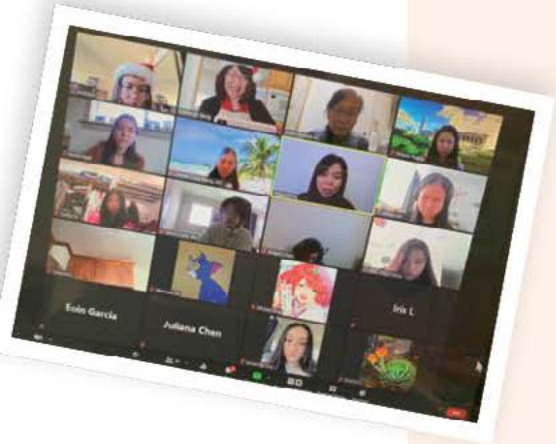


FOREWORD

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

Dear HEAL interns,

Congratulations on graduating from our 2020-2021 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 15 nutrition skills, 6 leadership skills, and had served the community via conducting 17 Zoom club meetings. And through the 5 HEAL clubs in Lowell, Washington, Balboa, Mission, and Lincoln High School, you had conducted a total of 45 Zoom trainings and 358 encounters! That is an amazing number of students that together you had outreached to 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 have made to live a healthier lifestyle and how you have impacted your friends and family. You've learned to shop in a healthy manner, reading nutrition labels, and substituting in 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 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 Self Help for the Elderly.

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 Kahoot questions for the internship program and evaluation this year, filling the void as my staff had been deployed to other positions. I am indebted to Shelley Yeung M.D. who has always stood by me in all program planning this year. As well as, Sunny Pak M.D., my supervisor, and Hali Hammer M.D., my Director of Ambulatory Care, who have both 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 as my second year interns, 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, M.P.H., R.D.
Nutrition Manager
Chinatown Public Health Center
San Francisco Department of Public Health

INSPIRING WORDS

by **Hali Hammer** M.D.

Congratulations 2021 Teen HEAL interns,

I'm honored to be here to celebrate your graduation from the Teen HEAL program. You are certainly a testament to the power and resilience of youth in our community: it's amazing and inspiring to see what you were all able to accomplish and the services you've provided to your peers and others during an incredibly challenging time. 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.

The Teen HEAL program introduces young people to key information about nutrition and healthy eating, giving them the tools to shop, eat, and cook wisely. It's so great to see the Teen HEAL program continue on during the COVID pandemic, with online trainings and group activities. Throughout this year, you have worked hard to complete the HEAL curriculum and have given back to your community by teaching many groups, from children to other teens to elders about the benefits of making healthy lifestyle choices.

I also want to thank Chinatown Public Health Center and especially Catherine Wong, whose exemplary leadership and vision is the "secret sauce" which helps make Teen HEAL such a successful program.

Please stay healthy and strong as we begin to move past these unbelievable times of the pandemic, and accompanying struggles and hardships. When each of you reflect on this time, I hope you'll look back with pride at what you've accomplished and how you've contributed to the health and wellbeing of others in your community. You will have great stories to tell your children and grandchildren about these pandemic times of 2020 and 2021; I hope that one of those stories will be about this program and you choosing to dedicate time this year to improve your own health and that of your family and your community.

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 to the 15 graduating interns and the 7 who will continue with us as second-year and third-year interns!

Reading through your testimonials, I am so proud to see how far you have come in applying the new skills and knowledge to your personal life - from developing better sleeping habits to creating healthier versions of your favorite recipes. I am impressed with the recipes that you have created this year! Being able to modify recipes yourselves with a purpose is a great achievement! Tiffany's healthy brownie recipe using avocado and whole wheat flour to substitute for the traditional high fat ingredients has inspired me to make healthier desserts at home. Throughout this past year, you have brought better health to your friends by establishing Teen HEAL clubs in 5 high schools, conducting Zoom club meetings, and reaching out to children and seniors in the community by teaching classes in the Chinatown YMCA, Asian Women Resource Center, and Self Help for the Elderly. That is simply phenomenal!

Despite our need to shelter-in-place during the COVID-19 pandemic, Catherine has done an excellent job in developing this program to be both educational and interactive for teens and youth. Not only has she made great efforts to continue the internship through Zoom meetings and promote the program through KTSF, but she has also branched out to start a monthly Zoom HEAL Club, so that teens and young adults from anywhere in the world can learn more about creating a healthy lifestyle. As a silver lining, this pandemic has pushed us to be more innovative in harnessing existing technology to conveniently deliver precious content to more people. 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.
Acting Medical Director
Chinatown Public Health Center

INSPIRING WORDS

by **Shelley Fung-Yeung** M.D.

Dear TEEN HEAL interns,

Thank you all for your active participation in our second cohort: 2020-2021 TEEN HEAL internship program. I have never met any of you in person, yet, all of you have a special place in my heart. We started and completed our 12 months of training virtually amid the COVID-19 pandemic which none of us has ever experienced before. Together, we fought through the burn of discomfort, frustration, and fear living through this unprecedented year of 2020. Together, we struggled through Zoom fatigue week after week. But we are better together; we embraced the challenges and created a Zoom club to serve the public so that our community can learn about staying both mentally and physically healthy during this difficult time. We even stood united together to fight for racism against AAPI and learned self-defense.

I told you that many of you would forget most of the things I taught you, but just try your best to remember "BMI goal < 23" in Asian Americans and make it your own goal to stay healthy in all stages of life. Health is wealth.

2020-2021 is unforgettable to all of us. Even though we cannot cook together as a team, we learned to adapt and overcome obstacles. We were so lucky to have Mr. Martin Yan join us periodically to demonstrate healthy cooking skills. We were fortunate to have Master Kang volunteer to teach us self-defense. We were very blessed that many exceptional guest speakers shared with us their amazing life journeys. We were honored to have 4 outstanding nutritionists teach us all the nutritional skill lessons. Their unconditional support of our program reminds us of the power of love and encouragement. Their inspirational stories lift us through tough moments in our lives. No matter what your next stage of life is, stay persistent.

All of your hard work and dedication to become Teen HEAL leaders is an unparalleled achievement. Not only have you equipped yourself with the knowledge and skills in healthy eating and active living to keep your immune system strong, the new skills you have acquired over last year make you all outstanding future leaders. Even though COVID-19 changed all of our lives in 2020 abruptly and drastically altered how we learn, play, communicate, and celebrate, COVID-19 cannot stop us from sharing and learning from each other. Stay creative and keep learning.

For many of you who are high school seniors, the COVID-19 global pandemic has robbed you of a defining moment in your lives and rites of passage many of you may have been looking forward to for years: proms, final sports seasons, graduating seniors' memories. You may feel frustrated, angry, anxious, and sad regarding all these unexpected losses. But remember to stay positive in the time of uncertainties. Schools are finally reopening after a year of remote learning. Please get vaccinated and enjoy your graduation day!

May God bless you and your family. Stay healthy, be safe, and be well. I am looking forward to meeting each of you in person one day.

With lots of love,

Shelley Fung-Yeung

Shelley Fung-Yeung, M.D.

UCSF Associate Clinical Professor

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 Wai-Lam Chan** M.D. & **Esther Situ** R.D.N., M.B.A., C.D.E.

Congratulations to the Teen HEAL interns of 2020-2021! As a member of the CCHCA Grants committee, I am honored to be able to help fund this great program. Executing this program during a once in a lifetime pandemic is not easy and I commend your efforts in making this project as successful as last year's! COVID-19 has upended everyone's lives. It has cost the US many lives (over 600,000 so far), even more disabilities (33.5 million cases with 23% of patients experiencing long- COVID), and countless mental anguish. What this pandemic has taught us is how valuable human connection, social interaction are to our health and well-being. It has also taught us how to be resilient in the face of so much death and despair.

This year will be memorable specifically for the Teen HEAL graduates for several reasons. Staying connected with your peers with schools physically closed due to San Francisco's COVID-19 restrictions must have posed a unique challenge. Eating healthy while sheltering-in-place is extremely difficult. Equally hard would be to promote and maintain an active lifestyle. In addition, learning various leadership skills then utilizing these skills to reach out to your peers through online platforms and engaging them to learn, are formidable tasks. I have tremendous respect and admiration for all of you and hope these skills will help you with completing your high school education and beyond.

I wish I had these programs available when I was in high school. Back then, exercising was walking to the kitchen to see what kind of snack was available to eat, or how long I could talk on the phone with my friends before my parents made a fuss. Healthy eating was making sure we ate our rice and everything my mother put in my rice bowl. We were not allowed to leave the table until we finished our food; how things have changed! I hope this program serves as a template for future programs in all San Francisco high schools, as this will help address our current public health care challenges of obesity, hypertension, and diabetes. According to the CDC, 14.2% of Asian men over 20 are obese while 16% of Asian women are obese. 49.4% of Asian men over 20 have hypertension versus 43.6% of Asian women. 9.2% of Asians have diabetes but 1 in 2 Asians may have diabetes and not know it. As you know, food is extremely important in Chinese culture but much of our diet revolves around rice, noodles or other refined carbohydrates. According to an old CDC study, 38.6% of Asians met recommended levels of lifestyle physical activity versus 45.8% of the US population. This shows how we still have a lot of work to do, and this program is only a small step to initiating teens in practising healthy eating habits and participating in regular exercise for future programs to come. A healthy body leads to a happy and healthy mind!

I look forward to looking through your Teen HEAL Interns Reflection Yearbook and graduation. Again, congratulations on graduating from this wonderful program. On behalf of the doctors and staff at CCHCA, I wish you all great success and happy and healthy lives.

Vivian Chan

Vivian Wai-Lam Chan, M.D.
Family Physician, Member of CCHCA

Esther Situ

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

HEAL LEADERSHIP TEAM 2020-2021

In the 2020-2021 cohort, the Teen HEAL Internship Program included the addition of the HEAL Leadership team, which comprised of Nicole Read and Juliana Chen (second-year Teen HEAL interns), Erika Tam (2020-2021 class secretary), Meiyan Huang (studying nutrition in UC Berkeley), and, later, Tiffany Tse (Lowell HEAL secretary).

Throughout the year, the leadership team has been responsible for attending weekly meetings with Catherine, the nutrition manager, to plan out upcoming activities for interns. This included, but wasn't limited to, creating powerpoints and teaching interns various nutrition skills, developing interactive worksheets or activities to supplement learning, and organizing fun bonding activities to create the tight-knit community of the 2020-2021 Teen HEAL Internship group. Additionally, the leadership team met with school leads each month to discuss the progress of starting a new club and recruitment of members, while acting as mentors to provide assistance with communication between leads and school sponsors.

Alongside measuring the progress of interns through a midpoint evaluation, midterm, and final exam, the leadership team has also taken on the role of finding solutions to combat the problems that came with having a completely virtual internship program. In face of not having the opportunity to meet in-person at the health center for healthy cooking sessions, which was a highlight of the in-person Teen HEAL program last year, we made better use of the readily available technology around us by creating digital forms to evaluate the interest levels of interns surrounding various topics and activities. As such, we incorporated a few virtual food demos and more life journey speakers from a wider range of professions throughout the trainings. And to increase the incentive for more interactions between interns, we used an educational platform to keep track of points interns could earn from arriving on time to meetings, turning in projects, responding to text messages, etc. For next year's cohort, we plan to experiment with a free web service to improve the efficiency of collecting and grading assignments, alongside 4 additional members to the 2021-2022 HEAL Leadership team.

During the new intern recruitment period, the leadership team worked alongside Catherine to read through applications, interview, and accept prospective 2021-2022 HEAL interns. Consequently, we are pleased to welcome 19 new interns from various high schools and colleges on board to further their current understanding of health and nutrition while sharing their passions for improving the physical and nutritional well-being of those around them. This 2020-2021 Teen HEAL Interns Reflection Yearbook is the largest project the whole team has taken on this year in editing and refining each intern's champion story and recipes, and we hope that everyone who reads this is able to gain a better perspective of the abundant leadership opportunities in this internship program and the positive message we hope to spread to the community.


Juliana Chen


Meiyan Huang


Nicole Read


Erika Tam


Tiffany Tse

2020-2021 TEEN HEAL

INTERNS' CHAMPION STORIES & RECIPES

Gregory Jinglin Chen

Lowell High School

My name is Gregory Chen and I'm a senior at Lowell High School. My interests include drama, reading, and games. I joined Teen HEAL so I could learn how to lead a healthier life. I also wanted to be able to share that knowledge with my friends and family. Throughout the internship, I've made many new friends, took on challenges in helping maintain a club at my school, and experimented with many delicious, healthy recipes.

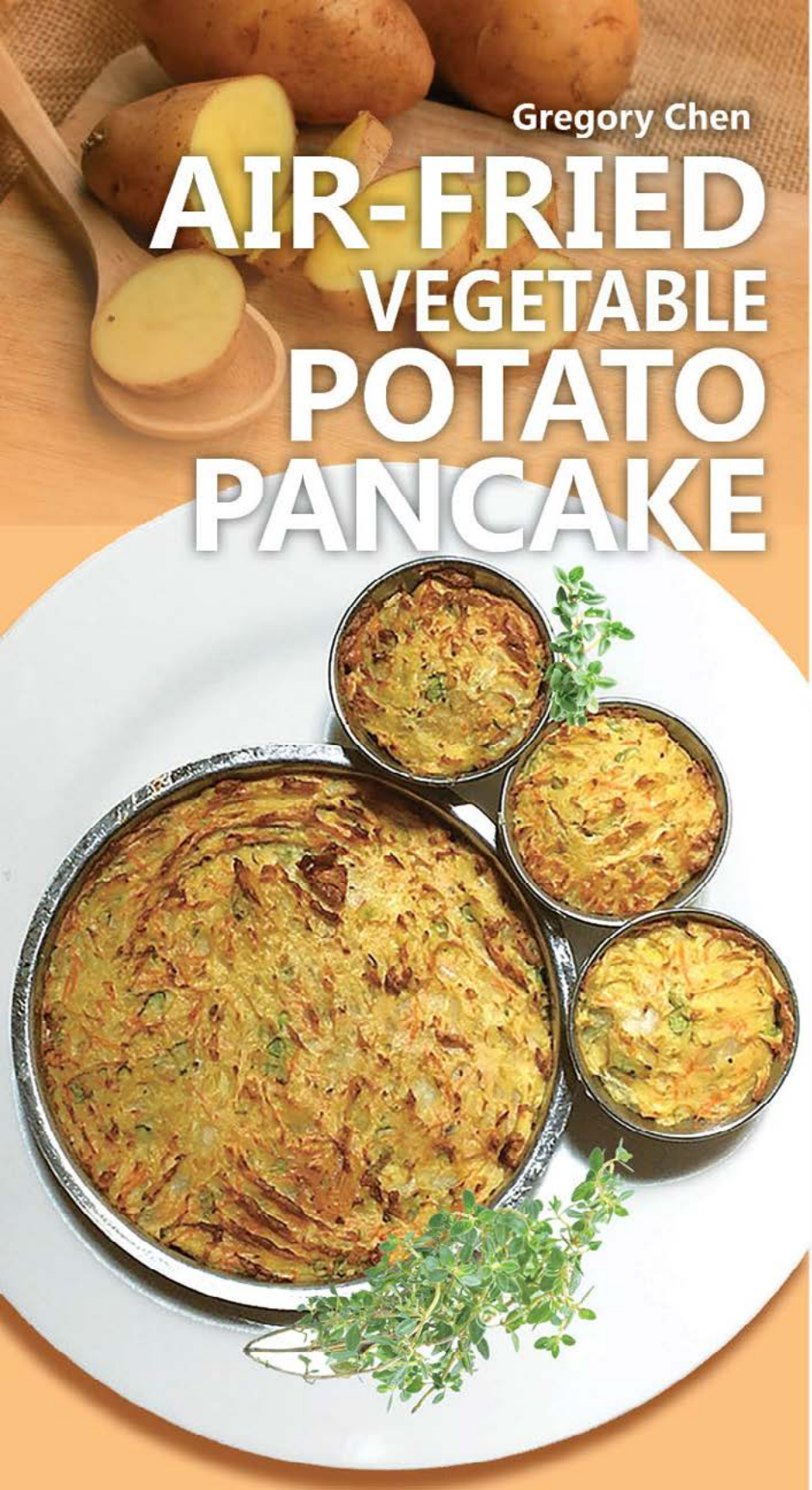
My favorite part of the Teen HEAL internship was the people. Mrs. Catherine and Vivian guided us through many recipes and knowledge about health. The guest speakers also shared many insightful stories about their own experiences. I especially enjoyed bonding with my fellow interns through preparing ingredients and tasting products from recipes.

During the last few months, I've utilized the skills I learned to cook healthier dishes more often. The dishes I usually choose to make are inspired by the diverse food culture of San Francisco; dishes that portray innovation, well-being, and multiculturalism. I combine this with the influence of my father's cooking, traditional Chinese dishes from the Guangdong province. I've made noodles, tacos, salads, and more.

Without the Teen HEAL internship, I would not have gained as much insight or knowledge on food and nutrition. I've obtained my goal of being able to share the knowledge I've accumulated with my friends and family. I learned about the importance of a balanced diet, exercise, and BMI, as well as reading food labels and recognizing healthier options. I believe that health, both mental and physical, starts with someone that cares about the people around them. The Teen HEAL internship was educational, fun, and rewarding. I have learned a lot about myself and my own health journey. I am grateful to have been part of this program, and I hope Teen HEAL continues to invite, inform, and improve the lives of many more young adults in the future.

Gregory Chen

AIR-FRIED VEGETABLE POTATO PANCAKE



Prep Time: 10 mins

Cook Time: 15 mins

Servings: 2

INGREDIENTS

2 potatoes
½ onion
2 Chinese long beans
½ small carrot
3 Tbsp cornstarch
¼ cup glutinous rice flour
1 medium egg
1 tsp lemon thyme leaves
1 tsp ground pepper
½ tsp salt
½ tsp sugar
1½ cups water
Cooking spray

INSTRUCTIONS

1. Preheat pan with cooking spray and put 1½ cups of water on stove to boil.

2. Wash and peel potatoes; cut into thin slices.

3. Boil potatoes for 10 minutes, or until fully cooked. Remove from heat and mash.

4. Dice onion and green beans into small pieces; finely slice carrot.

5. Pan fry onion until caramelized. Add green beans and carrot and cook for 1 minute.

6. Combine vegetables and remaining ingredients in a large bowl. Mix evenly.

7. Coat a metal dish with cooking spray and spread mixture evenly onto it.

8. Place in air fryer and cook for 10-15 minutes or until golden brown. Enjoy!

Tips: Potatoes can also be steamed; final vegetable mixture can also be pan-fried.

Juliana Chen

Lowell High School

My name is Juliana Chen and I'm a senior at Lowell High School and a second-year Teen HEAL intern. I have ran competitively for Lowell's cross country and track team since freshman year. A typical day in my student life started with waking up at 6:30 am, busing to school with daily running practices afterward, and coming home in the evening to finish my assignments before sleeping—repeating this cycle over again. In addition, all my meals were well planned out with overnight oats for breakfast, a fruit for snack, and a balanced plate with whole grains, vegetables, and protein for lunch and dinner. But, similar to many others, this usual and familiar routine was lost after the pandemic started in March 2020.

From being at home for most of the day and having a cancelled track season, I went from being very active to sedentary—all while indulging in the processed snacks I typically never had the chance to eat. As a result, I started seeing the toll my new eating habits had on my energy levels, skin, and digestive system. Knowing this wasn't the lifestyle I was looking for, I became determined to practice mindfulness around my snacking habits using skill 3: Making a Healthy Snack; the three R's are: reduce, replace, and refuse. I have since tried to become more in tune with my body by acknowledging my fullness cues, which has consequently motivated me to try out other forms of exercise besides running to break a sweat. I've also started going on weekly hikes with my family every Sunday, as well as influencing my mom to start working out more consistently.

Besides reviewing the nutrition skills as a second-year intern, I have also further developed my social skills and helped the leadership team to plan, implement, and evaluate activities for the new interns and the community that joins our monthly HEAL clubs. I've been able to solidify my knowledge through teaching lessons, and assisting with the making of various PowerPoint presentations while utilizing my fluency and literacy to speak and write in English and Chinese. Also, I have created Kahoot questions to pair with each presentation to make our meetings more interactive and engaging for the audience. Though many of us have never met each other in person, I believe that we have still successfully built a tight-knit community from everyone's efforts in taking part in the many bonding opportunities at our meetings.

It has been a joy being a Teen HEAL intern for the past two years and I hope to use what I've learned to continue challenging myself to promote a healthier lifestyle and serve my community in different ways. As we've learned from our many life journey and Zoom club speakers, we should be exploring our passions and interests while also networking and surrounding ourselves with people who will help us grow in all aspects. Moving onwards, I believe we'll all be able to reach more youth and inspire more people to work towards the common goal of being a better version of ourselves despite how our paths may be splitting now.

VEGETARIAN CURRY

Juliana Chen

Prep Time: 35 mins
Cook Time: 45 mins
Servings: 6-8

INGREDIENTS

1 onion
2 cloves garlic
3 large carrots
1 large potato
1 stalk celery
½ Tbsp canola oil
2 Tbsp curry powder
4 cups water
1.5 cups green lentils
1 can (14 oz) low-fat coconut milk
Salt and pepper to taste

INSTRUCTIONS

1. Dice the onion and finely chop the garlic. Put aside in a large saucepan.

2. Cut the carrots, potato, and celery into bite sized cubes.

3. Heat up the oil, onion, and garlic for a few minutes on medium-high.

4. Add the curry powder, salt, and pepper, and toast for a few minutes.

5. Add the remaining ingredients (carrots, potato, lentils, coconut milk, water) except for the celery. Cover and bring to a boil.

6. Simmer at low heat, for about 20-25 minutes, or until the lentils are soft.

7. Add in the celery and cook for another 5 minutes.

8. Serve hot with rice.

Tips: By using reduced fat coconut milk instead of regular coconut milk, you can save 5g of saturated fat per ¼ cup!

SPAGHETTI SQUASH SOUP

Juliana Chen

Prep Time:	30 mins
Cook Time:	80 mins
Servings:	6-8

INGREDIENTS

1 spaghetti squash
3 Tbsp canola oil
9 cups water
1 onion
4 cloves garlic
1 small cauliflower
½ a cabbage
1 can chickpeas (optional)

SEASONING

Salt
Pepper
Rosemary
Thyme
Basil
Paprika
Cumin

INSTRUCTIONS

1. Preheat the oven to 375°F.

2. Cut spaghetti squash in half vertically and scoop out seeds. Season with salt and pepper and drizzle 1 Tbsp of oil on each half.

3. Line two baking trays with aluminum foil, and place spaghetti squash flesh side down.

4. Add ½ cup of water into each tray and bake for 60 minutes.

5. While it is baking, dice onion and garlic, cut cauliflower and cabbage into small pieces.

6. In a medium pot, heat 1 Tbsp of oil, add and saute garlic, onion, rosemary and other desired seasonings until fragrant. Add cauliflower and 8 cups of water into the pot. Cover and cook for 10 minutes. Then, add chickpeas, and stir in cabbage. Cover and wait until it boils.

7. Take out the spaghetti squash and scrape the flesh out into a bowl with a fork.

8. In a new bowl, add desired amount of spaghetti squash flesh with the soup.

9. Enjoy!

Samantha Chiu

San Francisco State University

My name is Samantha Chiu. I'm a freshman at San Francisco State University, majoring in dietetics and nutritional science. I'm interested in this major because I want to become a registered dietitian in the future. During my free time, I like to cook and test out different recipes.

As a Teen HEAL intern, I learned about different skills to maintain a healthier lifestyle. In the skill—Building a Healthy Plate—I learned about the proportions of food I should be consuming from each category. Besides having a healthy diet, I also had to burn excess calories by exercising at least an hour each day to maintain a healthy weight.

I have a passion for cooking and trying a variety of different and new foods. When I go to the grocery store to shop for food, I read the nutrition labels carefully to see if they contain high concentrations of fat, salt, or sugar, which I then try to replace with healthier alternatives in my recipes. By doing so, I can consume food that is not only healthy and full of nutrients but also tastes delicious.

With the skills I learned from participating in this internship, I got the chance to serve my community and develop my leadership skills by hosting a Zoom meeting once a month to educate my friends and family members about nutrition. Participants got to learn through fun games like Kahoot, where they had the chance to be more engaged in learning about nutrition. This way more and more people will try to adopt a healthier, lifestyle to create a happier and healthier community.

Samantha Chiu

DARK CHOCOLATE BANANA BREAD

Prep Time: 10-15 mins

Cook Time: 1 hr

Servings: 12

INGREDIENTS

3 medium ripe bananas
3 Tbsp white sugar
1 Tbsp brown sugar
2 cups almond flour
½ cup unsweetened cocoa powder
1 Tbsp ground cinnamon
2 tsp instant coffee
½ tsp baking soda
½ tsp salt
1.5 oz 85% dark chocolate bar (chopped)
2 eggs

Egg Substitute (Vegetarian)
¼ cup unsweetened coconut milk
¼ cup unsweetened vanilla almond milk
1 Tbsp baking powder

INSTRUCTIONS

1. Preheat the oven to 350°F and line the loaf pan with parchment paper.

2. In a small bowl, mix unsweetened coconut milk, unsweetened vanilla almond milk and baking powder or skip this step if using eggs.

3. In a separate bowl, mash bananas until it has a liquid consistency.

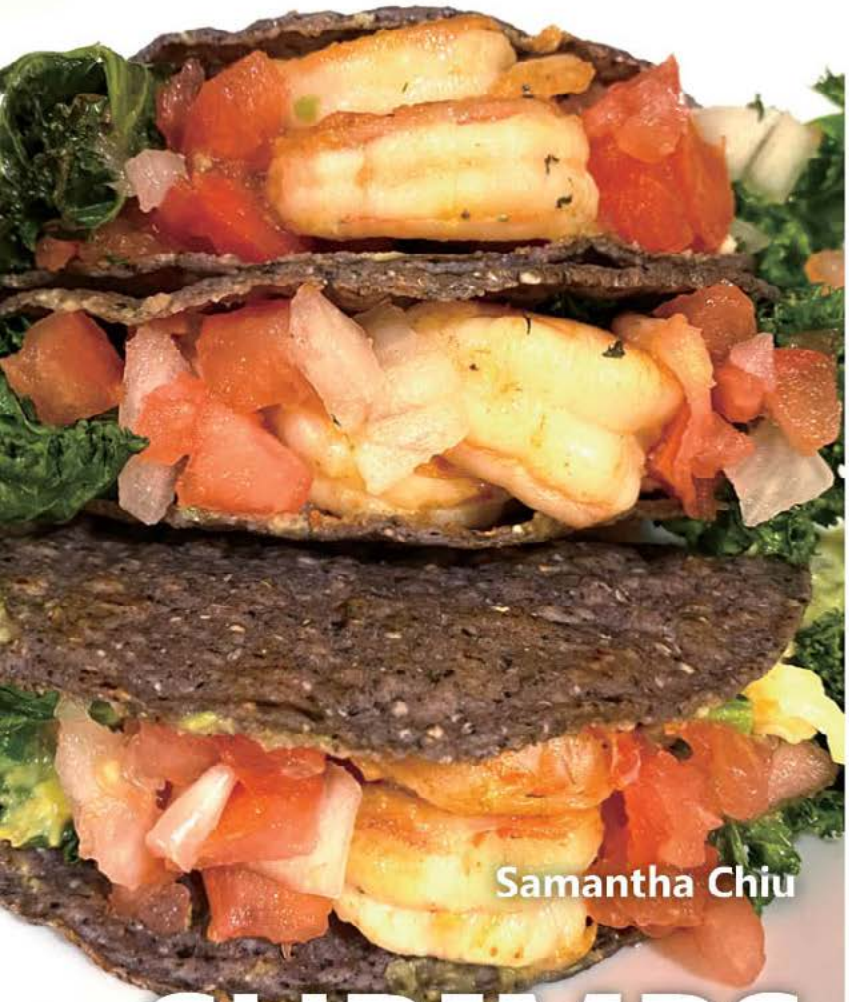
4. In a large bowl, mix the almond flour, white sugar, brown sugar, unsweetened cocoa powder, ground cinnamon, instant coffee, baking soda, and salt.

5. Add eggs/ egg substitute mixture and banana mixture with dry ingredients until evenly mixed.

6. Fold in the chopped dark chocolate into the mixture.

7. Pour the mixture into the loaf pan and bake for 1 hour.

8. Remove from the oven and let it cool down at room temperature before slicing.



Samantha Chiu

SHRIMPS TACOS

Prep Time: 11-20 mins

Cook Time: 10-40 mins

Refrigerate time: 1-2 hours

Servings: 5

INGREDIENTS

Shrimp Ingredients
10 shrimps
(peeled, cleaned and deveined)
¼ tsp paprika
¼ tsp onion powder
¼ tsp garlic powder
¼ tsp salt
¼ tsp pepper
2 Tbsp chopped onion

Taco Ingredients
5 unsalted blue corn taco shells
1.5 cups kale / lettuce

Guacamole
1 avocado
½ jalapeno
½ tomato
½ Tbsp lemon juice
1 Tbsp olive oil
5 Tbsp chopped onions
1 Tbsp cilantro
1 bunch of green onions
½ tsp salt
A pinch of pepper
3 Tbsp corn

Salsa
½ tomato (chopped)
½ Tbsp lemon juice
1 Tbsp onion (chopped)
A pinch of salt

INSTRUCTIONS

Instructions to Cook Shrimp

1. Toss in all the spices and salt into the shrimp and mix well.

2. Heat up the pan and put a dash of oil in it.

3. Stir fry the onions for 2-3 minutes until caramelized.

4. Sprinkle with a dash of salt and pepper. Put the onions aside.

5. Put the shrimp on the heated pan and cook each side for 2-3 minutes on medium heat.

6. Mix the shrimp with the cooked onions.

Instructions for Guacamole

1. Put avocado, jalapeno, tomato, lemon juice, olive oil, onions, cilantro, green onions, salt, and pepper in a blender. Blend until smooth. (Mix in between blending the mixture to have a smooth consistency)

2. Mix in the corn.

3. Chill for 1-2 hours before serving.

Instructions for Salsa

Mix together the chopped tomatoes, onions, salt, and lemon juice. Let it sit for 30 mins and then serve.

Instructions for Taco Shell

1. Air fry the taco shells at 350°F for 4 minutes.

2. Let the taco shells cool down before assembling toppings.

3. Put guacamole onto the shell, sprinkle some cheese on top, and tuck the shrimp into the middle

4. Air fry the kale at 350°F for 3 mins, and tuck in the kale or lettuce on the sides of the taco

5. Top the taco with salsa.

Eoin Garcia

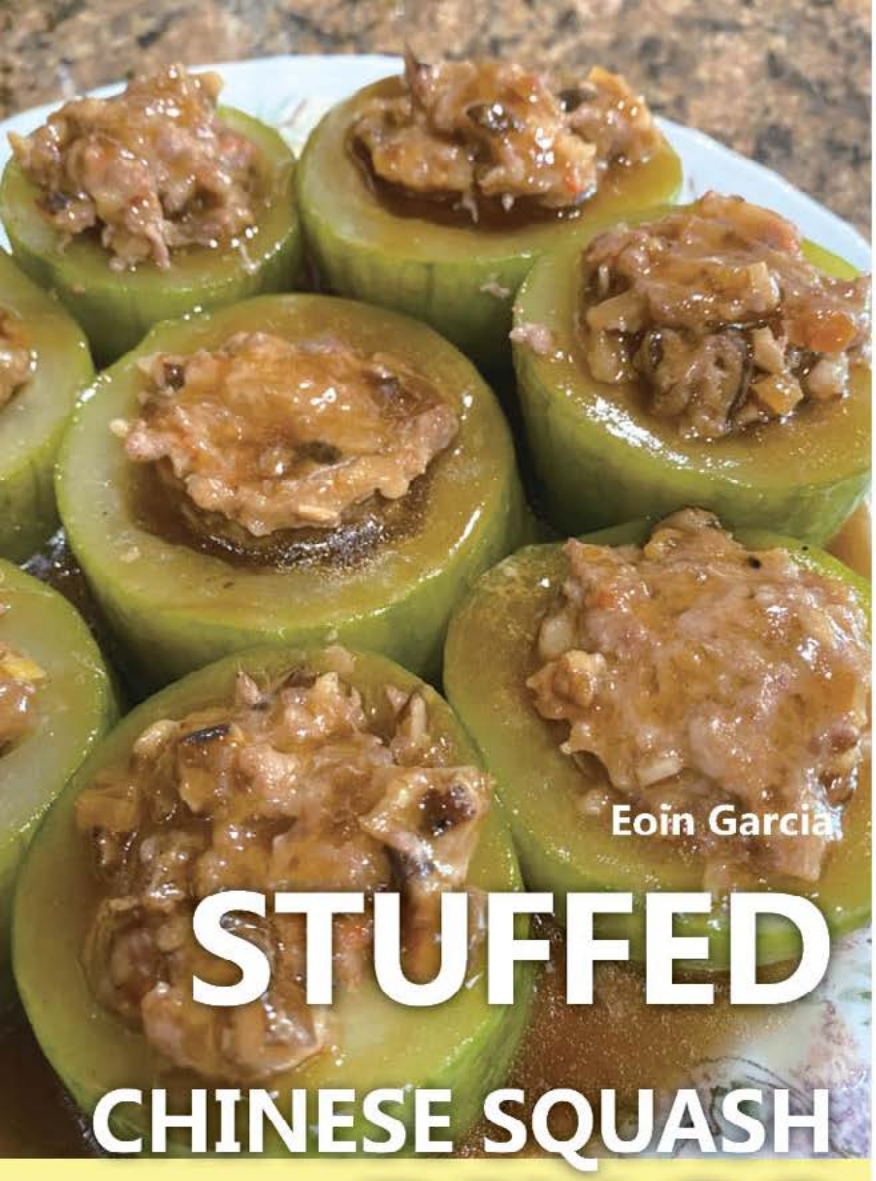
Lowell High School

My name is Eoin Garcia and I'm a senior at Lowell High School. I serve as the president of the Lowell Interact Club, and as a conditioning leader for the Lowell Dragonboat Team. I enjoy recreational basketball and football which are among the various outdoor activities I participate in. I've always been an advocate for living a healthy lifestyle, and with the knowledge HEAL has provided me, I hope to continue my work.

Throughout the Teen HEAL program, I've learned various applicable skills regarding health and nutrition. From designing meals and reading nutrition labels to practicing revolutionary stretching techniques—the HEAL program has taught me many skills to achieve a healthier lifestyle. Using these new skills, I've decided to change my lifestyle and aid my local community.

Since the start of the COVID-19 pandemic, my family struggled to adapt to the times. Both of my parents were constantly called to work, as they were essential workers. Consequently, I helped buy, cook, and prepare food for the family. During these instances, I've applied my HEAL skills at the supermarket where I read nutrition labels before buying, and I set up meals with balanced proportions at home. However, my father particularly struggled with developing healthy eating habits. Every day after work, he'd treat himself to a sugary soft drink. Tapping into my knowledge from HEAL, I realized that participating in gradual diets is easier done together. With this in mind, I proposed a plan in which my father and I held each other accountable whenever we drank soda. At first, we limited ourselves to one can a week max. As time progressed, I expanded the one week to two, then a month, and so on. After nearly two and a half months, my father no longer had the urge to drink soda every day. These experiences have taught me to be more self-reliant, broadened my culinary expertise, and reminded me of the importance of caring for others.

On top of this, I've learned leadership skills regarding self-awareness, public speaking, communication, and identity. These skills proved to be extremely helpful, especially since everything was held online. In my school club, I've applied communication when speaking to officers, public speaking at club meetings, and identity during leadership exercises. These skills have taught me to be a better leader and become a better person.



Eoin Garcia

STUFFED CHINESE SQUASH RINGS

Prep Time: 20 mins

Cook Time: 25-30 mins

Servings: 3-4

INGREDIENTS

5 pieces dried mushrooms
5 dried scallops (optional)
2 Chinese squashes
¾ lb ground pork
½ lb shrimp

Marinade

1½ Tbsp soy sauce
1 Tbsp cooking wine
½ Tbsp sesame oil
½ tsp white pepper powder
½ tsp sugar
½ Tbsp cornstarch

Sauce

1 Tbsp soy sauce
1 Tbsp cornstarch
2 Tbsp oyster sauce
1 tsp sesame oil
1 tsp sugar
1½ cup water

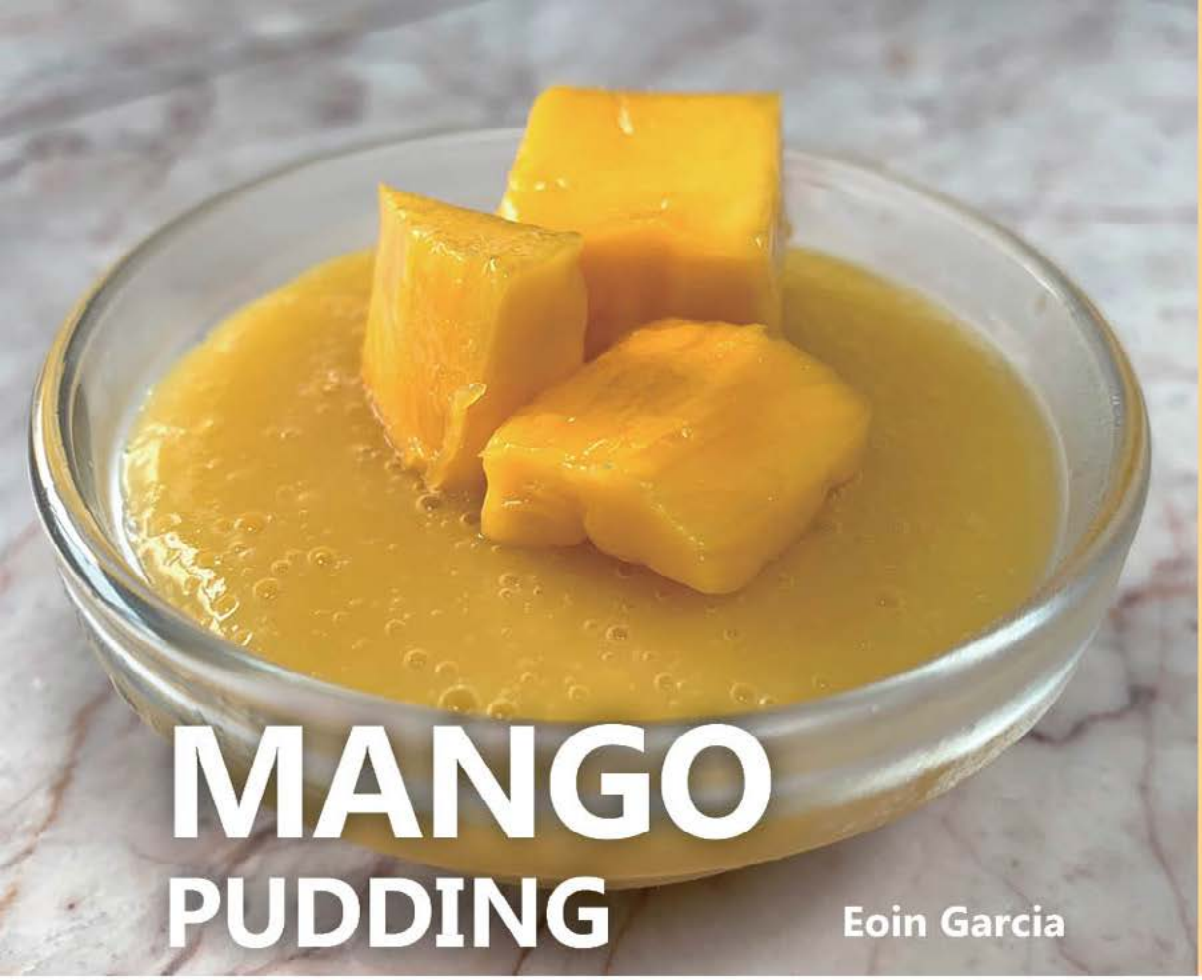
INSTRUCTIONS

Preparation:

1. Soak dried mushrooms and scallops overnight.
2. Boil water for steaming.
3. Skin Chinese squash and cut into 1-inch thick pieces.
4. Use spoon to hollow Chinese squash into a ring shape, put aside.
5. Wash the mushrooms thoroughly, then squeeze water out. Dice afterwards.
6. Peel skin off of shrimp. Dice afterwards.
7. Drain water from scallop and break it into strings.
8. Combine pork and shrimp with marinade. Mix well.
9. Place Chinese squash rings on a plate and fill to the brim with stuffing. Make sure to press firmly.
10. Sprinkle scallop on top of the stuffing.
11. Mix sauce ingredients.

Cooking:

1. Steam Chinese squash rings for 25-30 min or until Chinese squash and stuffing is cooked.
2. Place sauce into a pan and bring to boil. Mix slowly until sauce thickens.
3. After the Chinese squash is finished cooking, pour sauce on the squash. Enjoy!



MANGO PUDDING

Eoin Garcia

Prep Time: 20 mins

Cook Time: 25-30 mins

Servings: 3-4

INGREDIENTS

Agar Agar, ⅛ section of 1.5oz package

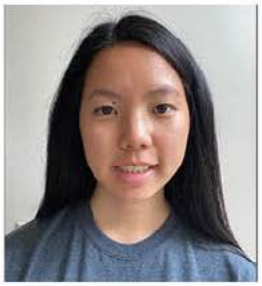
4 ripe mangoes

3 cups water

½ tsp sugar

INSTRUCTIONS

1. Soak Agar Agar in warm water for 15 minutes.
2. Dice 4 mangoes into small cubes.
3. Pour 3 cups of water into a pot and let it boil.
4. Add Agar Agar into boiling water once Agar Agar is soft. Let Agar Agar melt in boiling water.
5. Add sugar into boiling water.
6. Once sugar and Agar Agar dissolved, carefully pour mixture into the blender.
7. Add ¾ of mango cubes into the blender.
8. Blend until the mixture is smooth and pour into 4 separate cups.
9. Portion the rest of mango cubes into cups. Refrigerate for 3 hours before serving.



Meiyan Huang

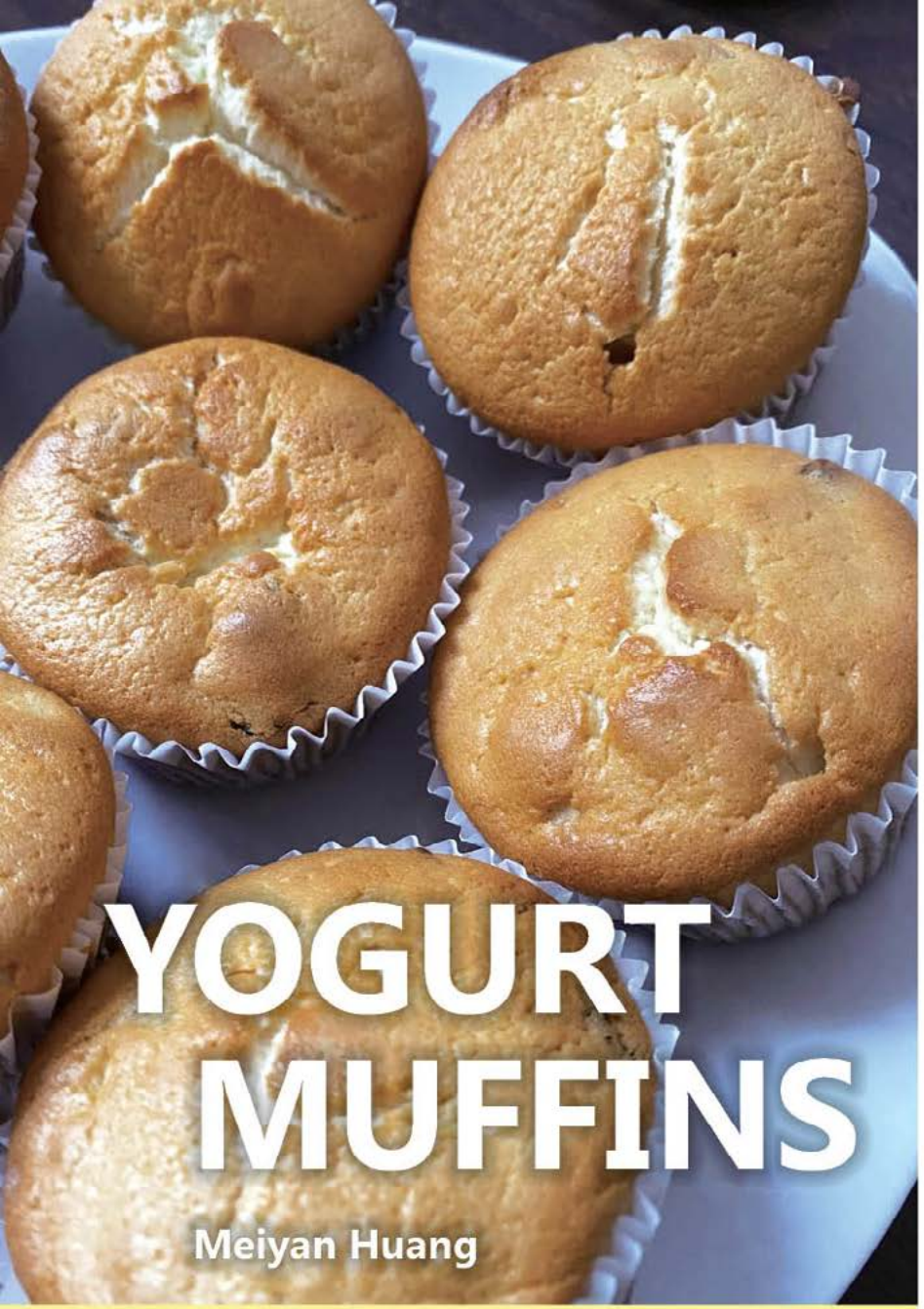
UC Berkeley

My name is Meiyan Huang. I am currently a junior studying nutritional science - physiology and metabolism at UC Berkeley. In my free time, I like to hang out with my friends and family, playing games, and baking. Throughout this internship, I was able to put what I've learned into action, make new friends, and prepare myself for the future through listening to guest speakers.

Like most college students, I did not pay much attention to my diet despite being a nutritional science major. I tried to incorporate vegetables, fruits, and dairy into my diet as often as I could. However, because I didn't have much time to go grocery shopping, I would sometimes consume frozen meals and other highly processed foods. In addition to that, I also did not exercise very often. By joining this internship, it has reminded me of the importance of a healthy lifestyle, which is a combination of physical activity and healthy eating habits. I started to pay more attention to the foods on my plate, and my weekly exercise levels. Besides improving my lifestyle, I was also able to educate my friends and family on everyday nutrition knowledge, such as food label reading, MyPlate, and much more. I was also very honored to give a presentation on healthy eating during COVID-19 to seniors from the organization, Self-Help for the Elderly.

During this internship program, not only did I strengthen and apply my nutrition knowledge, but I also made new friends. Since the COVID-19 pandemic started, I lost connection with my friends as we moved back to our hometowns. The Teen HEAL meetings were one of the few human interactions I've had during this pandemic, and throughout this internship, I've made new friends and bonded with them quite well, and was even able to grow personally. As I will be graduating next year, I was very concerned and confused about life after college. I was glad to hear from all the life journey speakers providing insight into their careers and passions. There is more than one way to succeed, and whichever way you take, you should put in your best effort.

Being part of this program was a very rewarding and eye-opening experience for me. Not only was I able to be more aware of my health, but also care about those around me. I gained valuable connections with life journey speakers as well as their career insights. I will continue to participate in this program next year and spread more nutrition knowledge to the public.



YOGURT MUFFINS

Meiyan Huang

Prep Time: 5 mins
Cook Time: 20 mins
Servings: 6-8

INGREDIENTS

2 medium-size eggs

2 Tbsp canola oil

1 cup nonfat Greek yogurt

½ cup all-purpose flour

½ cup whole wheat flour

2 Tbsp table sugar

Optional: raisins, dried blueberries, or nuts

INSTRUCTIONS

1. Preheat the oven to 320°F.

2. Separate egg whites from egg yolks and group egg whites and yolks in separate bowls.

3. Add canola oil, yogurt and flour to egg yolks and mix evenly with a whisk.

4. In a large mixing bowl, add ⅓ of the sugar into egg whites each time and use an electric hand mixer to beat until you see firm peaks when you lift the mixer out of the bowl.

5. Add ⅓ of egg whites mixture into yogurt mixture each time, and mix gently before adding another ⅓ of egg whites. Repeat two more times until all egg whites are mixed with the yogurt mixture.

6. Optional step: add raisins, dried blueberries, or other nuts of your choice into the mixture and mix evenly.

7. Place cupcake paper cups into muffin tins.

8. With a medium-size spoon, scoop a spoonful of the final mixture and add it into the paper cup. The mixture should only fill up to 80% of the paper cup. Repeat until all the paper cups are filled.

9. Bake for 20 minutes.

10. Remove from the oven and enjoy.

BANANA ENERGY BARS

Meiyan Huang

Prep Time: 5 mins

Cook Time: 15-20 mins

Servings: 5-6

INGREDIENTS

2 overripe bananas

1 cup rolled oats

Raisin/ walnuts/ nuts
(anything that you want to add)

INSTRUCTIONS

1. Preheat the oven to 350°F.

2. In a bowl, mash two large overripe bananas completely.

3. Add rolled oats slowly and mix until thick consistency, depending on your overripe bananas, you might need more or less rolled oats.

4. Add and mix raisin and walnuts or any nuts of your choice into the mixture.

5. Pour the mixture into a pan, and shape it into a square about 1 inch thick.

6. Bake for 15 minutes.

7. Remove from the oven and allow it to cool before slicing.

Kelly Ziqi Huang

Balboa High School

My name is Ziqi Huang, a senior in high school, and everyone at school calls me Kelly. I'm a loving and caring person, born and raised in my home country, China. Ever since I was little, I had this fascination with America, and a yearning to seek opportunities and to chase the American dream. That is why I immigrated to the United States when I was 11 years old with my family. I'm currently at Balboa High School, involved in CIS (Community Improvement Service) as an officer, YCE (Youth for Community Engagement) as a member, and Balboa HEAL as a school leader. After I graduate, I will be attending UC Merced with a major in business and management. I'm thrilled as this is an exciting moment for me. Furthermore, I love spending my time traveling around the world, playing games, and trying drinks at different boba shops. Having such experiences has enhanced my verbal ability and aided me in honing my skills of bringing different cultures and backgrounds to the people around me.

Before the pandemic, I joined the Teen HEAL program. It made my senior year of high school quite splendid and fulfilling. Being a Teen HEAL club leader at my school, I had the opportunity to teach our members about nutrition. This learning process taught us how to read nutrition labels and learn what the proper temperatures were to cook specific food in. Though, most importantly, we were building friendships along the way. Before joining this program, public speaking was a nightmare for me. However, after much practice, there was improvement, and my public speaking became more natural. Now, it has become an essential skill I use in my life.

Throughout the program, the things that benefited me the most were my cooking skills. In the process of making each recipe, I was adopting low-fats and common sugar alternatives. I also developed a technique to plan my meals ahead of time while adopting the MyPlate system. This year, I tried making things I've never tried before, including turnip cake, snow skin mooncake, and ginger milk curd. Adopting to new and various cooking skills is beneficial to our healthy eating and enables better habits for teenagers.

Finally, I want to thank Catherine, the person in charge of this program, and Meiyan, for helping me when I didn't understand certain skills. Last but not least, I will pass on these healthy eating habits and continue using the MyPlate system to manage and organize what my meals will look like—all while inspiring those around me to do the same.

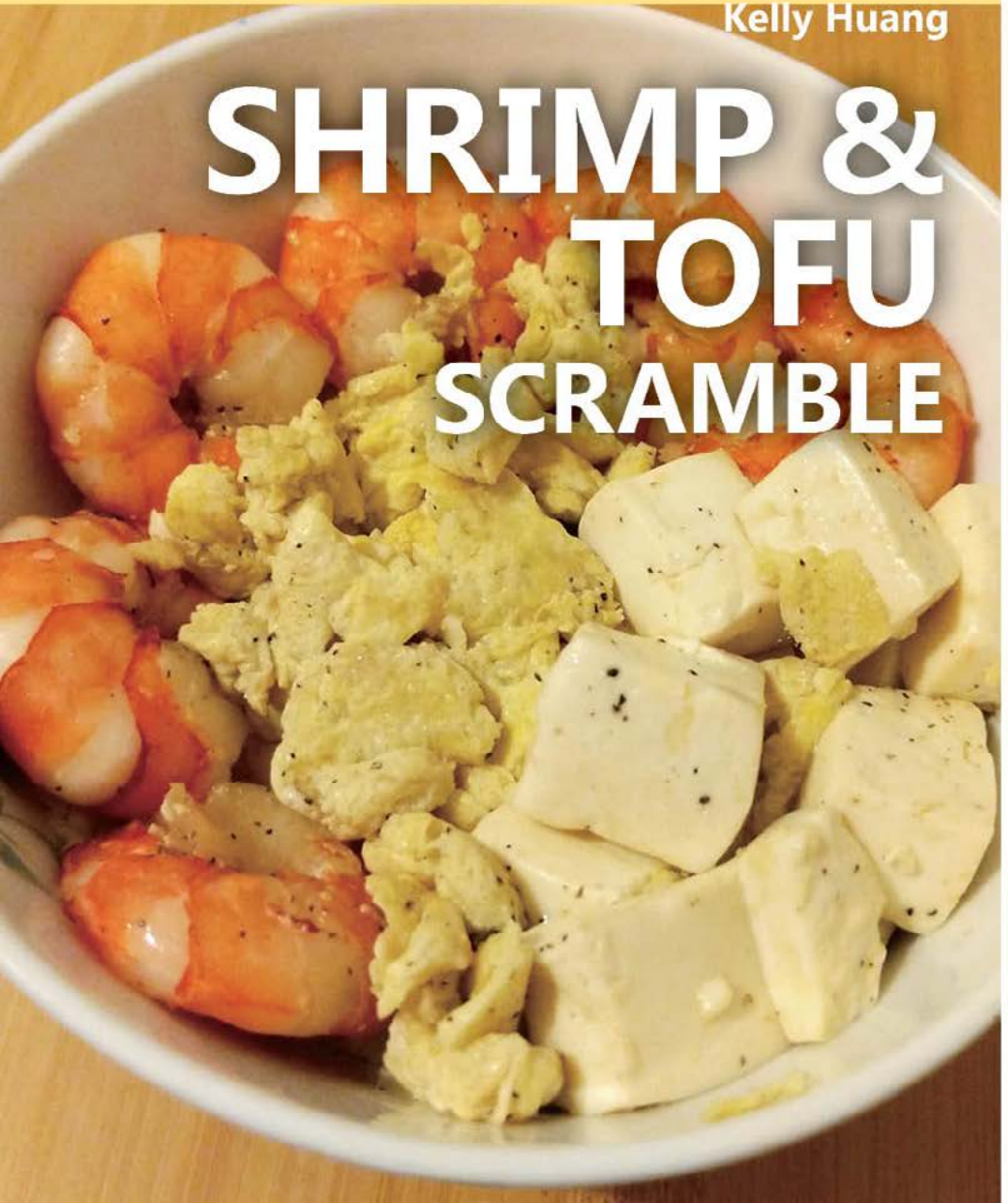
Prep Time: 10 mins

Cook Time: 15 mins

Servings: 2-3

Kelly Huang

SHRIMP & TOFU SCRAMBLE



INGREDIENTS

1 package silken tofu

8-10 medium-size shrimps

Oil spray

2 eggs

SEASONING

¼ cup of water

½ tsp salt

⅛ Tbsp oyster sauce

1 tsp pepper

INSTRUCTIONS

1. Use paper towels to pat dry shrimps and tofu; bring a pot of water to boil.

2. Cut the tofu into ½ inch cubes.

3. Place shrimps into boiling water and boil for 2-3 minutes.

4. Mix all seasoning ingredients in a bowl and set aside.

5. Spray oil onto a non-stick pan and scramble 2 eggs.

6. Add seasoning sauce, tofu, and shrimp and cook for 10-15 minutes over medium heat.

7. Enjoy!

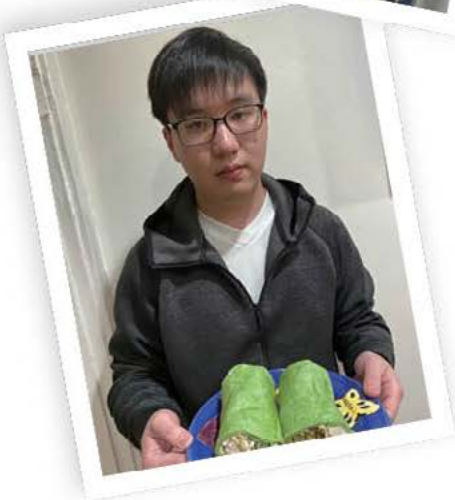
Kenny Wenxuan Lai

Lincoln High School

Hi! My name is WenXuan Lai, but you can just call me Kenny. I'm a senior at Lincoln High School and I'm the leader of NCC and YCE, which stands for the Newcomer Club and Youth for Community Engagement of CYC. This past year, I've worked alongside my fellow Lincoln HEAL lead, Michael, to build a club that teaches nutrition skills and other health-related information to our high school club members. On a typical day, I spend most of my time on schoolwork, video games, and occasionally I might make some dessert.

During the HEAL internship, I enjoyed how much I've learned about many health skills, as well as leadership skills—they are essential to my daily life. When I shop, eat, think about what I should cook, or pick snacks to eat, I generally make these decisions rushed. However, now I can always apply nutrition skills to my daily life because the things we learned are easily applicable. I don't need to make major changes to my current lifestyle, but I have been incorporating small changes after each training and passing along this knowledge or new skill to my family as well.

During leadership, I've learned that your personality type and the way you communicate with certain people can vary. I've noticed this whenever I need to speak at a meeting, reach out to my club members, or just in day-to-day life. These experiences helped me to become a better club leader who is capable of serving the community and sharing knowledge effectively. I know that having these skills will definitely help me in the future too—as I'll be using them in projects and meetings. Aside from that, I've also seen how my knowledge has influenced the people around me, such as my family that has tried to cook and eat healthier while taking into consideration the daily recommendations of certain nutrients. Some of the club members have also told me that they will try to connect the knowledge they've gained to their habits too. Whenever my family or friends have some trouble choosing what to cook or eat for dinner, I can always give them the nutrition advice I've learned regarding building a healthy plate!



Kenny Lai

BAKED APPLE CHIPS

Prep Time: 20 mins

Bake Time: 80-100 mins

Servings: 5

INGREDIENTS

3 large apples, cored

1 tsp cinnamon

1 Tbsp sugar

INSTRUCTIONS

1. Preheat the oven to 200°F and line 2 baking sheets with parchment paper.

2. Slice apples into thin slices with a mandoline or sharp knife.

3. Lay apple slices on parchment paper with even spacing.

4. In a mixing bowl, mix cinnamon with sugar, and sprinkle the mixture onto one side of apple slices.

5. Bake for 40-50 minutes, and remove from the oven.

6. Flip and sprinkle cinnamon and sugar mixture on the other side.

7. Bake for another 40-50 minutes.

8. Remove from the oven and let it cool completely.

Kenny Lai

CHICKEN VEGETABLE ROLL-UPS

Prep Time: 20 mins

Cook Time: 20 mins

Servings: 2

INGREDIENTS

1 Tbsp sour cream

2 Tbsp finely chopped chives

2 cup shredded cooked chicken

1 chopped bell peppers, seeds and cores removed

1 shredded carrot

4 large flour tortilla

INSTRUCTIONS

1. In a bowl, combine sour cream with chives; add chicken, bell pepper, carrot and mix with dressing.

2. Place one piece of large tortilla on a flat surface, and spread a thin layer of the chicken mixture onto it.

3. Roll the tortilla up tightly to form a burrito shape, then cut off the edges and slice into 1" rolls. Repeat with remaining ingredients.

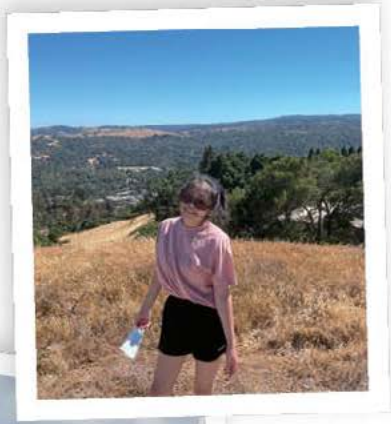
4. Serve cold or at room temperature.

Iris Li

Lowell High School

My name is Iris Li and I'm currently a senior at Lowell High School. I'm a Teen HEAL intern; and also a club leader for my school's Business and Economics Club, and the Girl Up Club.

Being a Teen HEAL intern and a leader of various clubs has allowed me to positively impact those around me by helping them eat healthier and be more active. I learned many nutrition skills from Teen HEAL, some of the most important being: building a healthy plate, staying active, healthy eating during COVID-19, and food safety. I applied these nutrition skills by making my meals more balanced, buying healthier foods, eating healthier snacks, being more active, and more. A specific time when I bought healthier foods was when I went grocery shopping with my family. Since I am lactose intolerant, I cannot drink cow's milk. I usually get original oat or almond milk, but knowing that consuming a lot of sugar is unhealthy, I purchased the unsweetened version of my non-dairy milk instead of the original sweetened one. I also learned many important leadership skills, such as public speaking, communication, and more. The leadership skills I learned from Teen HEAL allowed me to become a more confident speaker, communicate better with people I'm working with, and be a better leader in group settings. I used to be very afraid of public speaking, but because I practiced public speaking a lot in Teen HEAL, I didn't feel as stressed when presenting a project in class. I'm glad I learned these skills, and hope to pass them on to other members of my community in hopes of improving their lifestyles as well as my own.



Iris Li

WHOLE WHEAT TORTILLAS

Prep Time: 10 mins

Bake Time: 20 mins

Servings: 2

INGREDIENTS

3 cups whole wheat flour

1 tsp salt

1 tsp baking powder

⅓ cup olive oil

1 cup warm water

INSTRUCTIONS

1. Combine the dry ingredients (flour, salt, baking powder) in a mixing bowl.

2. Pour water and oil into dry ingredients.

3. Mix the ingredients with your hands then knead when the dough forms.

4. Transfer the dough onto a floured surface then divide into smaller dough balls (size depending on preference).

5. Roll out dough balls with a rolling pin (also depending on the desired size).

6. Heat up a pan on medium heat.

7. Place one tortilla at a time into the pan.

8. Flip every 15 seconds to prevent burning.

9. Once golden brown, remove tortilla and enjoy with toppings of choice or on its own.

Prep Time: 20 mins
Bake Time: 35 mins
Servings: 6

BANANA MUFFINS WITH DRIED CRANBERRIES

Iris Li

INGREDIENTS

2 cups whole-grain flour

1 tsp baking soda

½ cup sugar

¼ tsp salt

1½ cups mashed bananas (about 3.5 medium bananas)

½ cup olive oil

1 tsp vanilla extract

2 eggs

½ cups unsweetened dried cranberries

INSTRUCTIONS

1. Preheat oven to 330°F.
2. Whisk all dried ingredients in a large mixing bowl.
3. In another bowl, mash 3.5 medium-sized bananas, add and mix oil, vanilla extract, and eggs.
4. Combine wet and dried ingredients then add in the dried cranberries.
5. Put one cupcake liner in each muffin tin and scoop batter into muffin tin, about ¾ filled.
6. Put in the oven and bake for 35 minutes.
7. Enjoy!

Cathy Yixi Ou

Mission High School

My name is Cathy Ou, and I'm currently a sophomore at Mission High School. I'm originally from Guangdong, China, but I moved to San Francisco when I was 14 years old. My Chinese name is Yixi Ou. "亦" (yi) in Chinese means also. My parents gave me a special name and I love it. I like making crafts, reading, and cooking, and my favorite food is red bean cake! Crafting helps me feel relaxed because I enjoy the process of creating something. Deciding to move to America was a very brave thing for me because it meant needing to move away from all my friends and relatives, and to start a new life in another country that I didn't know much about. However, I've learned a lot these past few years and I've made a lot of new friends.

Through conversing with my friends, I heard about the Teen HEAL program. I joined because I was interested in learning more about food and health, in addition to making more friends. As a result, I was able to meet a lot of people from different high schools and also learned many nutrition skills. I'm glad I could meet people like me who were also interested in health among the 7.8 billion people in the world. In the program, I had the opportunity to set up a school club and build my leadership skills. Teen HEAL is more like a big family. It isn't a place only to learn healthy habits, but it's also where people are free to share their ideas and feelings.

Following a healthy recipe, I made my very first turnip cake. It tasted so good and the most important thing was that it was healthy too. This will inevitably be an unforgettable experience in my life.

The most helpful skill I've learned in the Teen HEAL program is how to read food labels. Sometimes the food packaging writes "low sugar" or "healthy," but in reality, they may not be, which misleads people who don't take a closer look at the nutrition facts. By reading the food label, I can find actual low-fat healthy foods. After I learned many nutrition skills, I started changing my eating habits too. Before I was in the Teen HEAL program, I thought oil was unhealthy, and I often tried to avoid it. But now I know that some oils are good for the body and are actually rich in essential fatty acids and vitamin E. I learned that we should instead be aiming to consume the right amount of oil per day, rather than avoiding it. I have not only gained a new understanding of many food-related topics, but also some weight loss concepts too.

The Teen HEAL program has taught me how to adapt to a new environment. At each training, I would learn different and correct skills about leading a healthy life. Even though we only met virtually, I still feel that we have all created a close relationship with each other. We all have the same goal, and that is wanting to share those healthy skills to help more people. Many young people think that they don't need to learn about health, which isn't right. Healthy eating habits can help us learn better and have a stronger body to meet the challenges of life. ❁

Prep Time: 5 mins
Cook Time: 10-12 mins
Servings: 1

TOMATO AND EGG WONTONS

Cathy Yixi Ou

INGREDIENTS

2 tomatoes

2 eggs

¼ tsp salt

1 spoonful of soy sauce

12 wonton skin

INSTRUCTIONS

1. Wash tomatoes under running water and dice into 1 inch cubes.

2. In a bowl, add and whisk 2 eggs with salt.

3. Brush some oil onto a pan and pour in the eggs, scramble eggs.

4. Add diced tomatoes in the pan along with salt and soy sauce, cooking until the tomatoes become tender.

5. Bring a pot of water to boil.

6. Lay out a piece of wonton skin on a flat surface, moisten the edges with a few drops of water.

7. Place one spoonful of tomato egg in the middle of the wonton skin, do not overfill.

8. Fold half of the wrapper over the other half and press tightly to seal using your fingers.

9. Repeat steps 6-8 for the remaining wonton skin.

10. Place all the wontons onto a plate and steam for eight minutes.

CHICKEN VEGETABLE PATTIES

Cathy Yixi Ou

Prep Time: 25 mins

Cook Time: 10-15 mins

Servings: 10

INGREDIENTS

2 cups raw chicken breast
2 eggs
¼ cup chives, coarsely chopped
¼ cup broccoli, diced
¼ cup onion, coarsely chopped
½ cup carrot, diced
¼ cup corn kernels

Seasoning:
1 tsp salt
1 tsp white pepper
1 tsp oyster sauce
2 Tbsp cornstarch
1 tsp oil

INSTRUCTIONS

1. Dice raw chicken breasts into cubes and blend in a food processor until smooth.

2. Add salt, white pepper and two eggs into chicken breast and mix well.

3. Bring a pot of water to boil.

4. Cut chives, broccoli, onion and carrot into ¼" cubes.

5. Cook broccoli, carrot and corn kernels in boiling water for 3 minutes.

6. After 3 minutes, use a colander to drain excess water.

7. In a large mixing bowl, add and mix chicken breast mixture, veggies, oyster sauce and corn starch.

8. Spray oil onto a non-stick pan, scoop a spoonful of mixture into the pan and flatten it into a circular shape.

9. Pan fry over medium heat for 2-3 minutes on each side.

10. Serve hot and enjoy!

Nicole Read

Lowell High School

My name is Nicole Read and I'm a senior at Lowell High School. For nearly my entire life, I wasn't concerned with eating a healthy diet and couldn't find a form of exercise that I enjoyed. I like most foods, including a wide variety of fruits and vegetables, but I have the strongest penchant for cakes, cookies, and anything chocolate. Throughout my life, I've joined basketball, gymnastics, swim, and cross country teams but always ended up quitting within the year. However, through many explorations of different foods and exercises—largely inspired by the knowledge I've gained in the Teen HEAL internship—I have made many lifestyle changes to promote my health, wellbeing, and happiness.

Since I have been a vegetarian for approximately 3 years, I've especially benefited from the Teen HEAL program as it has taught me how to build a healthy plate, how to shop smart and read food labels, and how to make a healthy snack. Through these lessons, I have learned to plan my meals to ensure that I am meeting the proper portion guidelines, carefully read nutrition labels for various factors before purchasing, and substitute unhealthy snacks for more nutritious alternatives. Since joining the Teen HEAL program, my diet has primarily consisted of fresh fruits and vegetables, whole grains, and vegetarian protein sources. Additionally, the program has imparted to me the importance of exercise; I currently do daily yoga practices and walks to ensure that I'm living an active lifestyle.

Since this is my second year as a Teen HEAL intern, I was allowed to take on more of a leadership role, particularly in terms of building schedules and agendas with other members of the leadership team, and communicating with interns regarding the Lowell HEAL club and other assignments. Furthermore, by listening and putting to practice the knowledge I have gained in 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 and leading presentations about various nutrition topics. 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 impart to them the importance of a well-balanced diet and an active lifestyle.

BANANA OATMEAL COOKIES

Nicole Read

Prep Time: 20 mins

Cook Time: 10 mins

Servings: 10

INGREDIENTS

2 ripe bananas

⅓ cup almond butter

½ tsp pure vanilla extract

1½ cups quick oats

2 Tbsp unsweetened shredded coconut

2 Tbsp dried cranberries, coarsely chopped

2 Tbsp chopped dairy-free dark chocolate

INSTRUCTIONS

1. Preheat the oven to 350°F.

2. Mash bananas in a large bowl.

3. Add almond butter and vanilla extract, stirring until combined.

4. Add the remaining ingredients and mix evenly.

5. Roll dough into balls and form each ball into a cookie shape. Place cookies on a parchment lined baking tray.

6. Bake on the middle rack of the oven for 10-12 minutes or until the tops turn golden.

7. Remove from the oven and allow to cool.

Nicole Read

VEGETARIAN RICE CAKE SOUP

Prep Time: 5 mins

Cook Time: 20 mins

Servings: 1

INGREDIENTS

⅓ lb rice cake (年糕)

Oil, for frying

2 stalk broccoli

6 pieces five spiced dried tofu

16 fl. ounces vegetable stock

Seasoning

Salt

Pepper

Low-sodium soy sauce

INSTRUCTIONS

1. Rinse the year cake with water and let it drain.

2. Brush some cooking oil on the pan, and stir fry broccoli with salt and pepper.

3. Remove the broccoli from the pan, and stir fry five spiced dried tofu with soy sauce.

4. Cook five spiced dried tofu until golden brown; remove from pan.

5. In a cooking pot, add vegetable stock and bring it to boil. Add the year cake to the pot and cook until they float.

6. Remove from heat, pour vegetable stock and year cake into a bowl and serve with broccoli and bean curd.

Erika Tam

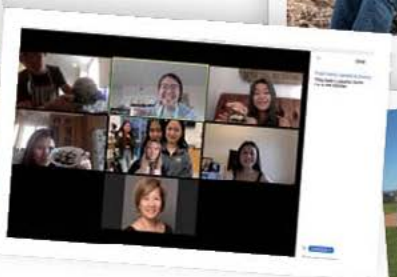
Lick Wilmerding High School

My name is Erika and I'm a junior at Lick Wilmerding High School. I'm on the basketball, tennis, and softball teams, and I'm also in performing arts on campus. Ever since I was little, I've had an innate love for food and cooking. From making coffee for family members to making my lunch, I would try new recipes and bake whenever I got the chance. I started to get intrigued by nutrition around the 5th grade, which is quite a young age to be so immersed in every detail of food. The majority of where I got nutrition information was from influencers on Instagram and YouTube who promoted certain eating habits or statements that weren't necessarily backed by science. These influencers provided misinformation; for example, oranges burn fat and protein ice cream is a wonderful meal replacement. This led me to start viewing food and the love for food as a weakness. Because I thought about my food so much, I was self-obsessed and didn't have self-control. I turned my passion for food into a desire to learn about it, its contents, ingredients, vitamins, minerals, and more.

I was beginning to teach myself about nutrition even more and came into HEAL with a pretty broad knowledge of basic nutrition. Eager to learn more and learn how to teach it to a wider audience, joining the HEAL internship this year was one of the highlights of my year. Despite not having the same components of in-person bonding, cooking, and nutrition lessons, I was pushed and challenged unlike I ever expected. When Catherine asked me to step up to be the HEAL class secretary, at first I was hesitant by how much work I had to do but as the year progressed, I got into a rhythm. More interns joined the leadership team, and I wouldn't have had it any other way. HEAL has pushed me beyond my comfort zone with time management, and team management. For example, sending out succinct emails with clear agendas and information was something I practiced a lot. Furthermore, this year I've been able to advance my skills of leading a team and facilitating events over Zoom. Although I am still learning a lot, stepping up this year was quite a learning experience. Taking detailed and efficient attendance, as well as organized minutes for later reference are just a few skills I know I will be using in the future.

Nutritionally, one of the biggest ideas that HEAL implemented in me was the importance of a balanced plate and having foods from all food groups in ample portions. I used to think I was eating plenty of veggies but when I accessed what I was eating, I saw that I needed to find more ways to add more veggies and that I was severely lacking protein. Furthermore, I'm learning to understand more about our body's meridians and I'm especially intrigued by the concept of our natural circadian rhythm after Dr. Joana DeRosa's presentation.

As someone who wants to study food science or environmental biology, this internship was a great experience for me. For anyone looking to learn more about nutrition, daily life practices that can benefit your well-being and health, as well as ways you can serve your community—I highly recommend joining Teen HEAL!



INGREDIENTS

¼ cup honey

⅓ cup tahini

1 tsp vanilla

½ cup almond flour

¼ cup oat flour

½ tsp baking powder

¼ cup ground black sesame seeds

INSTRUCTIONS

1. Preheat the oven to 325°F.

2. In a mixing bowl, mix honey, tahini, and vanilla. Add almond flour, oat flour, baking powder into the mixing bowl, and mix into a dough.

3. Separate the dough into two equal halves.

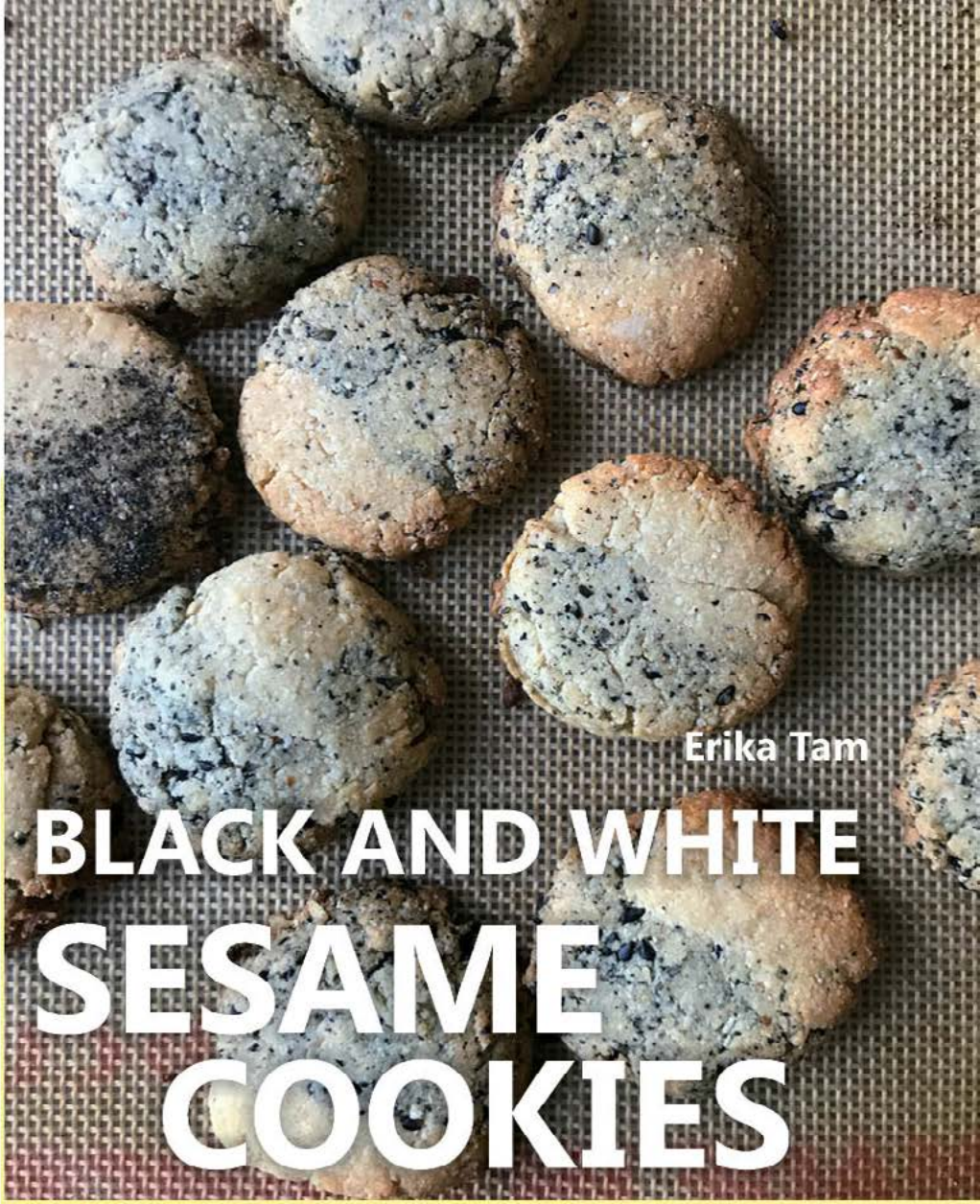
4. Add ground black sesame seeds to one of the halves.

5. Shape them each into semi-circles and then combine them on top of each other, creating a log.

6. Cut the cookies about ¼ inch thick and place on the cookie sheet.

7. Bake for 8 minutes until golden brown and crisp.

8. Enjoy!



Erika Tam

BLACK AND WHITE SESAME COOKIES

Prep Time:	10 mins
Cook Time:	10 mins
Servings:	2-3

Erika Tam

TOFU FRIES W/ NORI KOMI FURIKAKE

Prep Time: 30 mins

Cook Time: 25 mins

Servings: 4-6

INGREDIENTS

Canola oil spray

2 packages firm tofu

2 large eggs, egg whites separated

¾ cup panko breadcrumbs

¼ cup grated parmesan cheese

¼ cup Nori Komi Furikake

INSTRUCTIONS

1. Preheat oven to 400°F. Line a sheet pan with parchment paper and spray lightly with canola oil spray.

2. Dry tofu with paper towel and cut tofu into ½ inch x ½ inch x 3 inch rectangles.

3. Place egg whites in a small bowl.

4. In a medium bowl, combine breadcrumbs, Parmesan, and furikake and toss together.

5. One by one, drench tofu strips in egg whites, making sure every side is covered.

6. Roll egg white-covered strips in the breadcrumb/furikake mix until all sides are thoroughly covered.

7. Place on a greased baking sheet. Repeat until all tofu strips are properly coated and placed on a baking sheet, a few inches apart.

8. Bake for about 25 minutes or until golden brown.

9. Remove from oven, let cool, enjoy!

Tiffany Tse

Lowell High School

"千里之行，始於足下。A journey of a thousand miles begins with a single step." This quote perfectly describes my motivation in life, the reasons for all the decisions I make, and the way that I live my life. The start of the future you want to live begins with the decisions you make today. By keeping that in mind, I'm already starting to walk towards the goals that I have set for myself. By taking the tiniest first steps, I'm already that much closer to realizing my dream. This also applies to a healthier lifestyle. Your goal of losing weight, gaining weight, and being mentally or physically healthier starts with the decisions that you make today. An important lesson that I have learned is to not say to wait until tomorrow to start seeking that change because there will always be another tomorrow, and another tomorrow after that. In the end, the number of tomorrows has turned into the same amount as yesterday's, and still, nothing has been accomplished. If a month later you looked back and asked, "am I proud of what I have accomplished a month ago, or do I regret what I had not done a month ago?" Would you like your answer? Well, I did not like my own answer.

That was the turning point in my lifestyle choices. I became mindful of the food I was eating and the amount of food I was eating. Whenever I reached out for a snack, I would question if I really needed that snack or if it was just a habit. That thought led me to put that snack down, but if I really was hungry, then I would reach for the fruit in the fruit basket instead of the crackers. I drastically changed my sedentary lifestyle and exercised every day, even if it was only for 30 minutes. Before I started exercising, I dreaded the thought of exercising because I hated the 30-minute workouts online where the routines monotonously consisted of sit-ups, push-ups, and planks. However, exercise doesn't have to be that way. I discovered dancing was just as good of a form of exercise as running. Walking by the beach and looking at the waves is enjoyable and what's even better is that you're exercising while sightseeing. Exercise doesn't have to be hard. You just have to find your way of exercising.

I have learned a lot from Teen HEAL and with that, I have a lot to be thankful for. Thank you to all the Teen HEAL interns that made this year special and made meetings just that much more interesting. Every single one of you has brought something to the table even if you're not aware of it. Thank you for your hard work and dedication because this program could not have functioned without all of you. Thank you Dr. Shelley for all your medical advice and encouragement that you passed on to all the interns. The medical knowledge you have taught us has proved to be very valuable and I will keep them in mind. Thank you to Catherine for all your enthusiasm and the wisdom and knowledge you have brought to this program. The lessons you have taught us will always be remembered, as well as the joy that you have brought to every single meeting. Have the determination to live out life the way you want to and not how someone else wants you to. Live your life without regrets and do so while chasing your dreams. Let's walk together towards the bright future that is awaiting us. 讓我們一起走向屬於我們的未 來。

AVOCADO BROWNIES

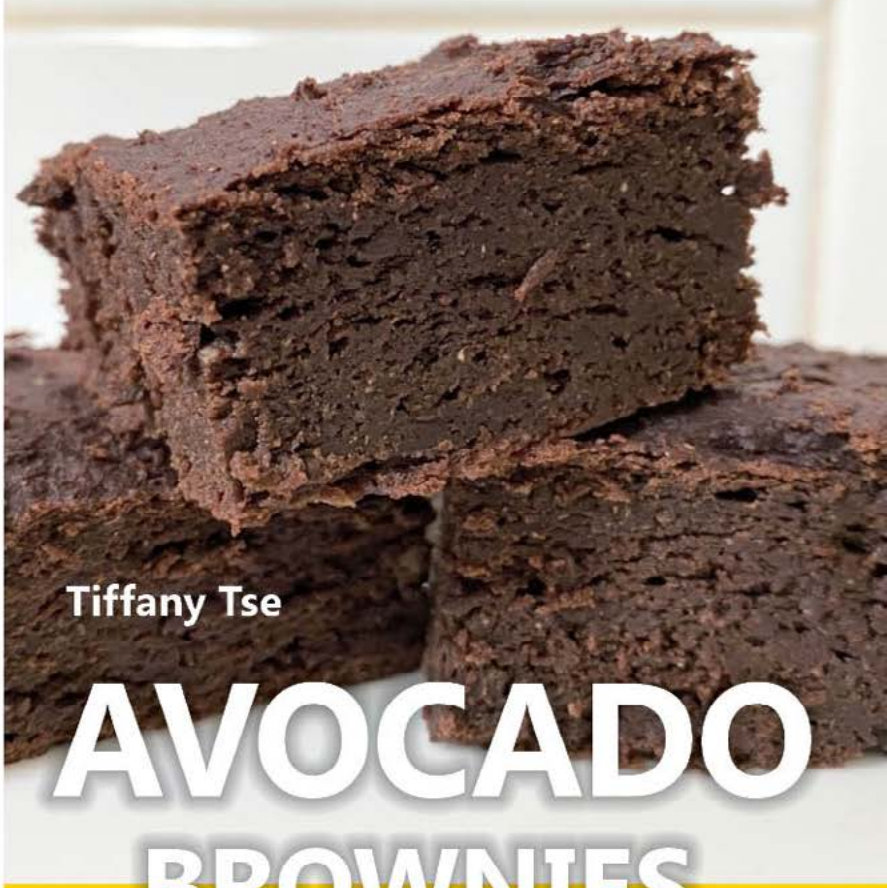
Tiffany Tse

Prep Time: 10-20 mins

Cook Time: 25-35 mins

Servings: 6-8

A fudgy chocolate dessert to satisfy your sweet tooth but with healthy ingredients that don't change the familiar decadent taste. The unexpected addition of avocados will give the brownies their fudgy texture and because avocados are full of healthy fats, you know you won't be consuming any unhealthy trans fats. In addition, the substitution of white granulated sugar with honey and maple syrup will decrease the amount of processed sugars you consume. With this recipe, the combination of healthy ingredients and delectable taste will satisfy your sweet tooth.



INGREDIENTS

2 ripe avocados

1 tsp vanilla extract

¼ cup honey

¼ cup maple syrup

1 cup whole wheat flour

6 Tbsp cocoa powder

½ tsp baking soda

Canola oil, for oiling the pan

INSTRUCTIONS

1. Preheat the oven to 350°F (175°C).

2. Cut up the avocados into cubes or slices.

3. Place avocado cubes, vanilla extract, honey, and maple syrup into a blender and blend it until smooth.

4. In a large mixing bowl, mix the whole wheat flour, cocoa powder, and baking soda.

5. Pour the avocado mixture into the mixing bowl and mix thoroughly.

6. Oil an 8x8 pan with a light layer of canola oil.

7. Pour the mixture from the mixing bowl into the pan.

8. Bake for 25-35 minutes.

9. Allow the brownies to cool before slicing and serving.

Optional: top off the brownies with cool and refreshing coconut whipped cream.

Tip: Take the brownies out when you insert a toothpick in the center of the pan and it comes out clean.

INGREDIENTS

☼ A simple and perfect desert for the summer that will keep the heat away. The yogurt bark can also be customized to fit your own tastes!

1 cup unsweetened nonfat Greek yogurt

2 Tbsp honey

Optional: sliced fruits of your choice and/or chia seeds

INSTRUCTIONS

1. Combine honey with the yogurt until completely mixed in.

2. Pour and spread the mixture evenly into a 8 inch x 8 inch freezer safe container.

3. Optional: add your fruit of choice and/or chia seeds on top of the yogurt.

4. Freeze for 2-3 hours or until the yogurt is solid.

5. Cut up and serve! ❁

Tiffany Tse

FROZEN YOGURT BARK

Prep Time: 5 mins

Freeze Time: 2-3 hrs

Servings: 4 - 6

Gin Jingyi Wu

George Washington High School

My name is Gin Wu and I'm a junior at George Washington High School. This was my second year participating in the HEAL program. During my first year, I created many unforgettable memories with my fellow interns from the times we tried out new recipes, ate, and laughed together at the health center. I made new friends and learned a lot of skills about healthy eating and healthy living, which is why I chose to continue to participate in this program.

I was happy to see many familiar faces this year, as well as many new interns. The 2021 Teen HEAL program gave me a very different feeling compared to last year. Instead of getting together to talk and cook in person, we had online Zoom meetings. Nonetheless, we had a lot of innovative and exciting online events. For the Lunar New Year, we held a virtual symposium related to the Chinese New Year. It was very inspiring when, celebrity chef, Martin Yan talked about his champion story and taught us how to use our creativity in making healthy recipes. I'm grateful for the chance to learn about traditional Chinese medicine meridians and the tapping exercises from Dr. DeRosa; I was honored to have the principal of my high school come to that symposium. We also added school lead meetings this year which helped build up the connection between each school's club leader as we shared the progress of each school club and our individual leadership experiences with one another. Furthermore, we invited Pong, the founder and adviser of Community Improvement Service (CIS), to our school lead meeting, and he even taught us various communication skills.

Another difference is that I joined the Teen HEAL program last year with my friend Bella, but she graduated high school this year. This meant that I was the only one leading our school club! That was a challenge for me but also a great opportunity to learn how to manage and coordinate a school club. Even though most of the club members were my friends, I couldn't just speak to them as a friend. I had to be serious and professional when I was a club leader. I also learned that it is important to use different ways to communicate and delegate tasks to different people based on their personalities. This was a valuable leadership skill I learned from Denise at the Chinatown YMCA.

As chef Yan said, we can always learn new things from our life experiences. I'm glad to have participated in the Teen HEAL program as a second-year intern. I have not only learned healthy living skills but also gained leadership experiences and received support from other interns and our wonderful nutrition manager, Catherine. The way Catherine supports and cares for all of us and our endeavors makes me feel appreciated and recognized as an individual. I hope Teen HEAL will continue to invite, encourage, and help many more young adults in the future, and I look forward to seeing more new faces.

SNOW SKIN MOCHI MOONCAKE

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.

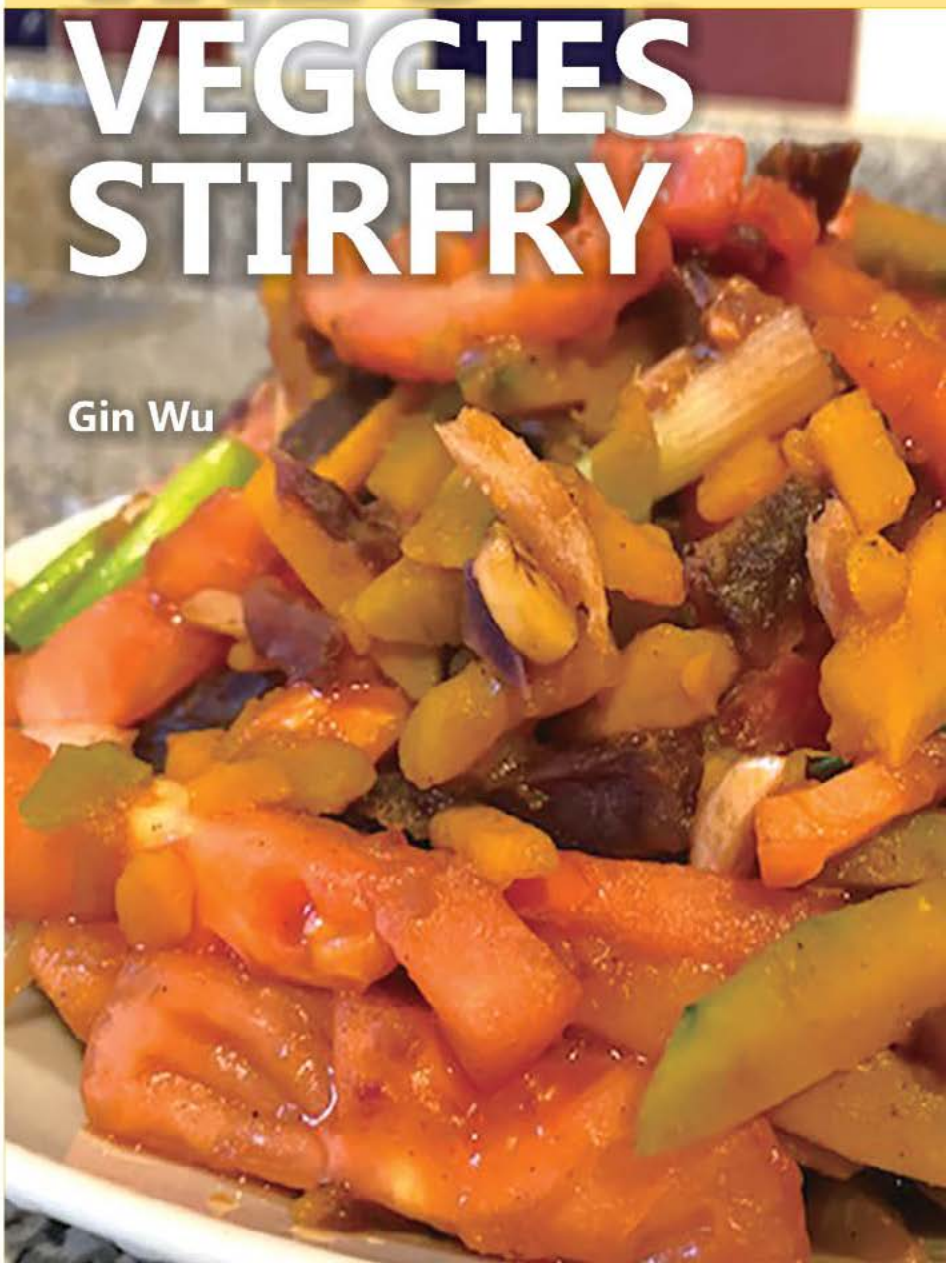
Prep Time: 10-15 mins

Cook Time: 15-20 mins

Servings: 4

THE 3 VEGGIES STIRFRY

Gin Wu



INGREDIENTS

2 tomatoes

2 ube (3 inch long)

¼ small kabocha squash

2 thin slices of ginger

1 clove of diced garlic

2 tsp brown sugar

Pinch of salt

INSTRUCTIONS

1. Wash the tomatoes, ube, and kabocha squash.

2. Cut each tomato into four equal halves, set aside.

3. Peel, slice ube and kabocha squash into ¼ inch thick pieces.

4. Pour a small amount of oil into a pot, add garlic and ginger when oil becomes hot.

5. Add ube and kabocha, stir-fry until golden brown; add 2 cups of water and simmer until soft.

6. Add tomatoes, stir-fry for 5 minutes.

7. Add brown sugar and cook for another 5 minutes with cover lid on.

8. Remove lid, add a pinch of salt and serve!

Kassandra Yeung

St. Ignatius College Prep

Hi there! My name is Kassandra, and I'm fifteen years old. I'm a sophomore at St. Ignatius College Prep and a lifelong native of San Francisco. My hobbies include baking, gardening, and penpalling. This year, I've grown basil, carrots, and tomatoes in my backyard!

As a Teen HEAL intern, I have taken the role of managing the Teen HEAL social media platforms. This year, we broadcasted our events on Instagram and KTSF. I posted past intern recipes, event flyers, and YouTube videos on our Instagram account. My favorite part is making "post covers" on a designing app to create a cohesive and colorful feed. The life journey speaker presentations at our meetings have all been inspirational and I feel more prepared to take on challenges I may encounter in the future. Martin Yan's cooking demos during our monthly Zoom clubs are also quite enjoyable as he prepares food extremely fast and is very creative when it comes to presentation. I cannot wait to see another one in the future!

During this Teen HEAL internship, I have learned many valuable skills that I can apply to my daily life. They have taught us to read food labels and find out which nutrients are in which foods—this has proved to be very useful in day-to-day life. I've always had a sweet tooth and preferred sweet treats over anything. My passion for baking never helped my growing sweet tooth either! This year, Catherine and the other nutritionists have taught me valuable skills for healthier substitutes and snacks. I've learned that we could use bananas and applesauce for sugar substitutes, and flax seeds as an alternative for eggs. As such, I've started to transition from using ingredients full of unhealthy fats to using more natural ingredients.

Despite this difficult time, not being able to meet in person, we were still fortunate in having the opportunity to learn how to make a couple of healthy dishes. My favorites include focaccia bread and ginger milk pudding! The ginger milk pudding has been requested many times by my family after I learned the recipe! Over the holidays, families get together to prepare delicious meals and make wonderful memories. We typically like to overindulge while getting together and make poorer decisions when it comes to food. I would eat a few more desserts over Christmas as it is a festive time and people say that "holiday calories don't count." I wish they didn't count! This year, we applied more mindful practices from the topic of Holiday Eating while preparing our dinners. Instead of garlic bread and red meat, we cooked a lot more vegetable dishes and ate turkey as well as chicken, which has allowed me to continue following the healthy plate rule even during the holidays.

I am so grateful to intern under this program this year! With all the skills and the guest speakers, I believe that my lifestyle and mindset have changed enormously. I will now be making better food choices and staying more active during this pandemic and afterward.

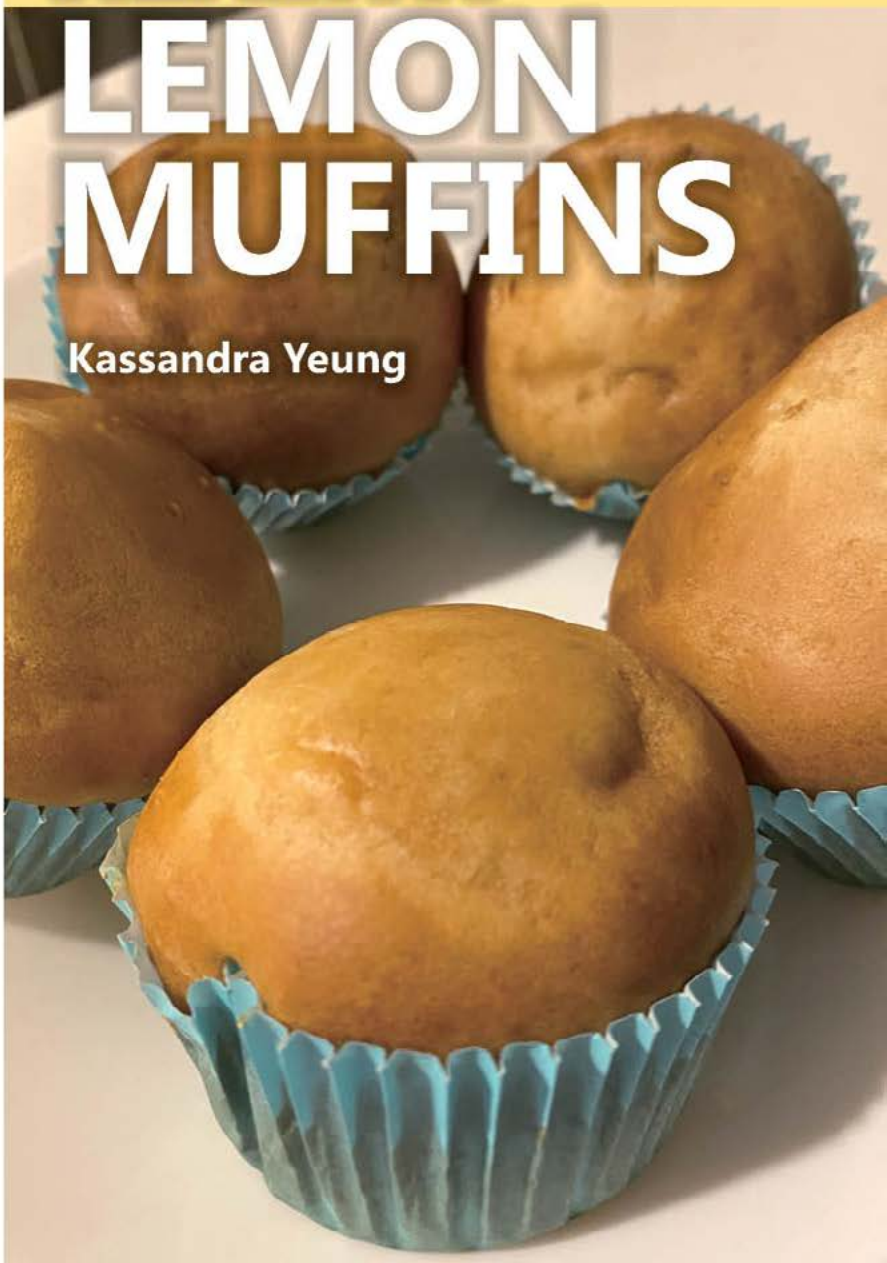
Prep Time: 10 mins

Cook Time: 16 mins

Servings: 6

HEALTHY LEMON MUFFINS

Kassandra Yeung



INGREDIENTS

¼ cup vegetable oil

¼ cup honey

1 egg

⅓ cup buttermilk

2 ½ tsp lemon juice

1 tsp vanilla extract

1 cup whole wheat flour

½ tsp baking soda

½ tsp baking powder

¼ tsp salt

1 tsp lemon zest

INSTRUCTIONS

1. Preheat oven to 350°F.

2. Mix together vegetable oil, honey, egg, buttermilk, lemon juice, and vanilla extract in a mixing bowl.

3. Sift flour, baking soda, baking powder and salt into the bowl. Add lemon zest and mix until just combined.

4. Scoop the batter into muffin tins ¾ the way full.

5. Bake for 16 minutes or until there is no more batter residue when you stick in a toothpick.

6. Take out the muffins and put them onto a cooling rack until cool.

Prep Time: 5 mins

Cook Time: 5 mins

Servings: 1

PEANUT BUTTER BANANA CHIA PUDDING

Kassandra Yeung

INGREDIENTS

½ cup nonfat milk

1 Tbsp peanut butter

2 Tbsp chia seeds

1 banana

INSTRUCTIONS

1. In a bowl, add the nonfat milk and peanut butter. Mix until well combined.
2. Add the chia seeds and stir.
3. Put in the fridge for 2 hours or overnight.
4. Take it out of the fridge and microwave for one minute or until hot.
5. Serve with sliced banana and enjoy your breakfast!

Michael Ziyu Zhou

Lincoln High School

My name is Michael and I'm a senior at Lincoln High School. My hobbies include reading, playing video games, and programming. Also, my favorite TV show is Scorpion, which shows the adventures of a computer expert and his friends.

I think we can all agree that because of COVID-19, our lives have all changed a lot. Being stuck at home, I was thinking if there was anything I could do to help myself get through this and find new ways to connect with my friends. Fortunately, HEAL has helped me to accomplish both of them!

In this program, I had the chance to learn very detailed information about maintaining a healthy lifestyle. From building a healthy plate and understanding the reasoning behind what we choose to consume, to doing special exercises to keep our body active even at home, I've been able to improve my physical and nutritional well-being, and help those around me as well. The nutritional skills I've found to be the most helpful are "Reading Food Labels" and "Healthy Eating During COVID-19," as they have introduced me to new habits that I should be integrating into my daily life to stay healthy and meet my daily nutritional needs.

This year I founded the Lincoln HEAL club. I think it's quite incredible that I accomplished this during distance learning. It wasn't easy for me to present what I learned even though I had confidence in my understanding of the material because I wasn't good at public speaking. I struggled a lot at the beginning, but over time I learned how to prepare for the presentations, such as running through my slides each time before my club meetings. As a result, I felt more confident to share in our meetings and answer the numerous questions we got. At one club meeting, I taught food safety; it is one of the most interesting topics we've covered because it is applicable and relatable since not everyone is necessarily looking to diet. However, we can all use tips and tricks on handling food safely as an essential life skill. I hope everyone applies what they've learned to their daily lives because I've definitely been using them! Lastly, I wouldn't consider public speaking as one of my weaknesses anymore, and I am grateful for the opportunity to use this platform to share my knowledge with my friends and teachers.

RICE ROLLS

Prep Time: 20 minutes

Cook Time: 1 hour

Servings: 6

INGREDIENTS

Sauce

½ Tbsp dark soy sauce
1 ½ Tbsp regular soy sauce
2 tsp sugar
2 tsp sesame oil
2 Tbsp water
Rice noodle batter:
0.7 cup rice flour 粘米粉
0.7 Tbsp wheat starch 小麥澱粉
0.7 Tbsp tapioca starch 菱粉
1/4 tsp salt
1 Tbsp cooking oil
2 cups water

Fillings

4 stalks green onion, finely chopped
1 cup pork, finely chopped
2 tsp soy sauce
1 tsp cooking wine
1 tsp salt
1 tsp cornstarch
¼ tsp ground white pepper
½ tsp sugar

INSTRUCTIONS

Sauce preparation:

1. Place all ingredients for the sauce in a small saucepan and bring to a boil and cook until the sugar melts. Remove from the heat and let it cool.

Meat Preparation:

1. Mix soy sauce, cooking wine, salt, cornstarch, white pepper, sugar, and green onions into the meat. Mix well.

2. Heat a pan and put a dash of oil to coat the pan.

3. Stir fry the meat for 3-4 mins or until the meat turns brown.

Rice Noodle Preparation:

1. In a steamer, place a trivet on top and pour water in, enough to not touch the trivet; bring water to boil.

2. Mix all the ingredients for the batter in a mixing bowl. Add filling ingredients in the batter, and stir until it is well-mixed.

3. Place an empty 8-inch tray in the steamer, steam for 1-2 minutes with lid on.

4. Stir the batter and our about ½ cup of batter onto the tray.

5. Gently swirl the tray to make sure the batter is covering the base of the tray.

6. Cover with a lid and steam for 3-5 minutes.

7. Remove from heat, and use a silicone spatula to gently roll it up from one end.

8. Put the empty pan back into the steamer and steam for another 1 minute. Repeat this before steaming the rice rolls.

9. Repeat the process again and enjoy with sauce on the side.

Tips: Give the batter a good stir every time before you ladle it up and also check water level and see if you need to refill before steaming.

2020-2021 TEEN HEAL YEAR IN REVIEW

15 Nutrition Skills

6 Leadership Skills

10 Zoom Club Meetings

7 Life Journey Speakers

45 high school HEAL Club meetings

358 encounters

2020-2021 TEEN HEAL YEAR IN REVIEW

15 Nutrition Skills

- Why Healthy Eating
- Building a Healthy Plate
- Shopping Smart
- Making a Healthy Snack
- Holiday Eating
- Eating Out Right
- Managing Your Weight
- Staying Active + Sports Nutrition
- Organic Foods + Vegetarianism
- Stress and Nutrition
- 2020 - 2025 Dietary Guidelines
- Healthy Eating During COVID-19
- Food Safety
- Make Every Bite Count
- Eating Disorders

10 Zoom Club Meetings

- Healthy Cooking by Celebrity Chef Martin Yan M.S.
- TCM Perspective by Sunny Pak M.D.
- Obesity Impacts on Coronavirus by Shelley Fung-Yeung M.D.
- Tapping and Patting Exercise by Chiropractor Joana De Rosa
- Chinese New Year Healthy Cooking by Celebrity Chef Martin Yan
- Heart Health by Shelley Fung-Yeung M.D.
- Life & Cooking Skills by Martin Yan
- Champion Story: Adopting Healthy Habits by Mike Pi
- Self Defense Hapkido by Master Kang
- Strengthening and Conditioning by Trainer Raymond Wan

7 Life Journey Speakers

- Shelley Fung-Yeung M.D.
- Clement Pang B.S.
- George Thampy M.B.A
- Mike Pi B.A.
- Martin Yan M.S.
- John Shen M.S., B.A., PhD
- Michelle Lo B.A., M.A.

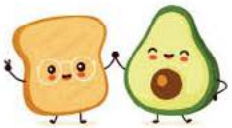
6 Leadership Skills

- Personality Types
- Communication Skills
- Identity and Leading Others
- Using Your Voice
- Teaching Young Children
- Stress and Anxiety Management

Why Healthy Eating

Why Healthy Eating

- Benefits
  - More energy
    - With the proper nutrients
  - Better skin
    - By getting enough of the necessary macronutrients and micronutrients
  - Better mood
    - Boosts production of serotonin
  - Perform better in school
    - Enhanced cognitive performance
  - Prevent against obesity
  - Reduce risks of other diseases



Building a Healthy Plate

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)

Skill 1: Building a Healthy Plate (Continued)

- 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
- 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

YEAR IN REVIEW

☞ Shopping Smart

Skill 2: Shopping Smart

- 1 teaspoon = 4 grams of sugar
- 1 teaspoon = 5 grams of fat
- Fats
  - Trans fat, saturated fats
    - Raise bad LDL cholesterol
  - Unsaturated fats
    - Raise good HDL cholesterol

1. Start with the serving information at the top
2. Check total calories per serving and container. Most food labels are based on a 2,000 calories diet per day.
3. Limit certain nutrients
   5% DV or less is considered low
   20% DV or more is considered high
4. Get enough of the beneficial nutrients
5. Understand the % Daily Value (DV)

☞ Making a Healthy Snack

Skill 3: Making 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

Hidden Healthy Snacks

- Pantry items
  - Whole wheat crackers
  - Dried seaweed -choose the ones with less than 140mg sodium per serving
  - Canned fruits packed in 100% juice or unsweetened applesauce in single-serving containers
  - Dried fruits and nuts – these also come in bars! But be careful that the bars you choose are low in sugar and fat
  - Cereals high in fiber but low in sugar (<5 g sugar per serving)
- Refrigerator items
  - Low fat dairy products
  - Frozen vegetables
  - Fruits: cherry tomatoes, strawberries, grapes...

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

Take Home Messages

- 3 Rs
- Plan and keep healthy ingredients in the fridge and pantry
- Experiment with different combinations of healthy ingredients

YEAR IN REVIEW

Skill 4: Eating Out Right

- 7 Steps for Healthy Eating
  - Step 1: Think before eating. IS IT WORTH the calories?
  - Step 2: Avoid OVERSIZED portions.
  - Step 3: Follow the 80% rule; leave 20% of your food on plate when eating out.
  - Step 4: CHECK posted calories and fat amounts on menus and choose the lower calorie and fat options.
  - Step 5: SHARING IS CARING! Split a dish with a friend.
  - Step 6: CHOOSE dishes that include vegetables, fruits, whole grains; opt for grilled or baked over fried.
  - Step 7: SKIP extra condiments (ex: mayonnaise, cheese, dressing...)

Eating Out Right

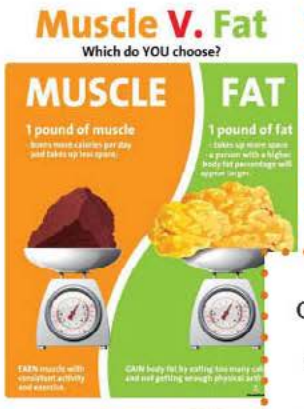
Skill 4: Eating Out Right (Continued)

- Reducing Sodium Intake
  - Choose minimally or unprocessed foods (fresh fruits and vegetables)
  - Avoid processed foods like "instant" foods, chips, canned foods
  - Reading nutrition labels when shopping for food (items with less than 140 mg sodium per serving)
  - Don't add salt to your food as a habit - flavor with herbs and spices or a little bit of reduced-sodium soy sauce
  - When eating out, ask for your dish to be prepared with low or no salt added

Managing Your Weight

Skill 5: Managing Your Weight

- Weight Status Classification
  - Underweight
  - Healthy weight
  - Overweight
  - Obese
- balance CALORIES IN and OUT!
  - Increase physical activity
  - Reduce energy dense foods/ reduce portion sizes
- 3500 calories = one pound of fat
- To lose ½ to 1 lb per week, a person should have a deficit of 250-500 calories per day



What Contributes to Healthy Weight

- Being underweight increases your risk of certain health problems as your body need adequate nutrients to grow
  - bone fractures/osteoporosis, weaken immune system, hair loss, cold intolerance, fatigue, depression
- Being overweight or obese increases the risk of developing many health problems
  - heart disease, high blood pressure, diabetes, cancer, snoring

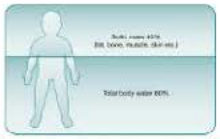
Guiding Principles of Weight Management

- Have balance!
  - Choosing a healthy plate
- Portion control
- Eating nutrient dense foods
- Regular physical activity
- Develop habits to help you maintain your goal

YEAR IN REVIEW | Staying Active

Skill 6: Staying Active

- Youth need at least 60 minutes of physical activity every day
- Most of the physical activity should be moderate or vigorous aerobic physical activity
- Benefits:
  - Burn calories and body fat, improve sleep quality, relieve stress, increase energy levels, reduce risk of chronic disease, maintain a healthy weight, healthier bones
- Stay hydrated!



Sports Nutrition

- 2 hours before Exercise
  - Hydrate with water
  - Healthy Carbs (whole-grain cereals with low-fat milk, fruits and vegetables)
  - Avoid saturated fats
- 5-10 min before Exercise
  - Piece of fruit (apple or banana)
- During Exercise
  - Hydrate with small, frequent sips of water
  - High intensity workouts - eat 50-100 calories of carbs (raisins/energy bar/banana) every half an hour
  - Exercises over 1 hour - 1:1 ratio of sports drink diluted with water
- After Exercise
  - Eat a form of protein within an hour of workout
    - 30 min post exercise muscles store carbs and protein as energy to aid body in recovery by repairing and strengthening muscles
  - Water/ Low-fat chocolate milk/ 100% fruit juice

Vegetarianism and Organic Foods

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)

Vegetarianism & Organic Foods (Continued)

- 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

Dirty Dozen

- Strawberries
- Spinach
- Nectarines
- Apples
- Grapes
- Peaches
- Cherries
- Pears
- Tomatoes
- Celery
- Potatoes
- Sweet Bell Peppers

Clean 15

- Avocados
- Sweet Corn
- Pineapples
- Cabbages
- Onions
- Sweet Peas
- Papayas
- Asparagus
- Mangoes
- Eggplants
- Honeydews
- Kiwis
- Cantaloupes
- Cauliflower
- Broccoli

☞ Healthy Eating During COVID-19

Healthy Eating During COVID-19

- Eat a variety of foods, including fruits and vegetables
  - 2 cups of fruit & 2.5 cups of vegetables
  - Healthy snacks (raw vegetables and fresh fruit rather than foods high in sugar, fat or salt)
- Everything in moderation
  - Salt
    - Limit your daily salt intake to less than 5 g (approximately 1 teaspoon)
  - Sugar
    - Limit sweets and sugary drinks such as juice drinks and sports drinks
  - Oil
    - Consume unsaturated fats (e.g. found in fish, avocado, nuts, olive oil, canola)
    - Limit highly processed foods

Healthy Eating During COVID-19

- Choose high fiber foods
  - Benefits
    - Bowel movement, lowers the risk of colorectal cancer, lowers cholesterol levels, control blood sugar levels, aids in achieving healthy weight
  - Soluble fiber
    - dissolves in water
    - Helps lower glucose and blood cholesterol
    - Oatmeal, nuts, beans, apples and blueberries
  - Insoluble fiber
    - doesn't dissolve in water
    - Help food move through your digestive system, promoting regularity and helping prevent constipation
    - Wheat, whole wheat bread, brown rice, legumes, carrots

Healthy Eating During COVID-19

- Dopamine and serotonin
  - hormones associated with feelings of happiness and help stabilize our mood
  - Increasing the amount of tyrosine and phenylalanine in the diet can increase dopamine levels in the brain, which may promote deeper thinking and improve memory
  - Food source:
    - Low-fat dairy products, omega-3 rich fish, eggs, fruits and vegetables, dark chocolate
- Vitamin C
  - Support immune system
  - Food source:
    - Citrus fruits, red bell peppers...

Healthy Eating During COVID-19

- Zinc
  - Zinc keeps the immune system strong and helps heal wounds
  - Food source:
    - oysters, clams, mussels, cashews, liver, beef, and egg yolk
- Magnesium
  - Magnesium-rich foods may help you feel calmer and support immunity.
  - Food source:
    - legumes, nuts, seeds, leafy greens, and whole grains
- Omega-3
  - Lower risk of heart disease, blood pressure, reduce triglyceride, improve memory
  - Food source:
    - Salmon, sardines, flaxseeds, walnuts

Holiday Eating

Holiday Eating

- Drinks - Healthier Eggnog
  - Cutting down on sugar
  - Mixing with skim or 1% milk
- Main Dish - Turkey
  - Rich in tryptophan - used to make skin/nerves, serotonin, a B Vit essential for digestion
- Side Dish - Brussel Sprouts
  - Genetics + Supertasters
- Dessert - Fruit Cake
- Stockings
  - Filling them with oranges or mandarin oranges

Eating Disorders

Eating Disorders

- Definition: mental and physical illness that involves a variety of abnormal or harmful eating patterns
- Common Types
  - Anorexia nervosa
    - Severe calorie restriction
    - Distorted body image; intense fear of gaining weight
  - Bulimia nervosa
    - Cycle of binge eating followed by purging
  - Binge eating
    - Recurrent episodes of binge eating
- Other Types
  - Orthorexia
  - Other Specified Feeding or Eating Disorder
  - Avoidant Restrictive Food Intake Disorder
  - Pica

Eating Disorders

- Health Consequences
  - Muscle weakness, heart failure, difficulties concentrating, brittle bones, dry skin, hair loss, diabetes, kidney failure, anemia, malnutrition, sore throat, etc.
- Risk Factors
  - Close relative with eating disorder or mental health condition, history of anxiety disorder, history of dieting, type 1 diabetes, teasing or bullying, etc.
- Warning Signs
  - Inability to maintain appropriate weight; refusal to eat certain foods; excessive exercise regimen; withdrawal from usual activities; depressed or changes in mood
- Treatment and Prevention
  - Getting diagnosed is the first step for treatment and recovery
  - Psychological and nutritional counseling; medical and psychiatric monitoring
  - Different levels: inpatient, partial hospital, residential, outpatient

YEAR IN REVIEW

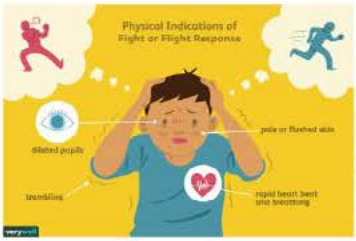
☞ Stress and Nutrition

Stress and Nutrition

- Stress leads to unhealthy eating habits
  - triggers our drive for comfort food
    - excess sugar-sweetened beverages and sweets such as baked goods
  - lower our intake of whole foods, fruits, and vegetables
- Nutrition can affect stress
  - whole foods were associated with lower depression, anxiety and stress
- Short term stress
  - Appetite decrease
    - corticotropin-releasing hormone
  - trigger the body's fight-or-flight response
    - epinephrine/ adrenaline

Stress and Nutrition (continued)

- Long term stress
  - increases appetite/ trigger flight or fight response
    - Adrenal gland release cortisol
- Effects of chronic stress
  - ↑ heart rate, ↑ blood pressure
  - Health outcomes
    - Anxious, depressed, digestive issues
- Stress management
  - Relax, eat a well balanced diet, exercise, laugh, sleep



☞ Food Safety

4 Steps to Food Safety

➔ CLEAN
- Washing hands with soap before and after preparing food
- Washing cutting boards, utensils, and surfaces

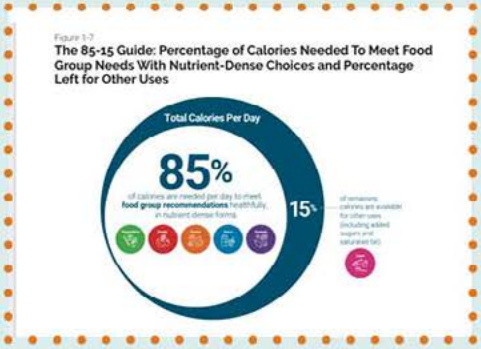
➔ SEPARATE
- ◆ Avoid cross-contamination - use a cutting board for fresh produce and a separate one for raw meat/poultry/seafood

➔ COOK
- ◆ Use food thermometer to measure internal temperature
  - Roasts + Steaks: 145 °F
  - Poultry: 165 °F
  - Ground meat: 160 °F
  - Fish: 145 °F
  - Leftovers: 165 °F

➔ CHILL - 2 hour rule
- ◆ Refrigerator: 40 °F or below
- ◆ Freezer: 0 °F or below
- ◆ Defrost in refrigerator, cold water, or microwave

2020 - 2025 Dietary Guidelines: 4 Key Guidelines

1. Follow a healthy dietary pattern at every life stage
2. Customize and enjoy nutrient-dense food and beverage choices that reflect personal preferences, cultural traditions, and budgetary considerations
3. Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits
4. Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages



☞ Personality Types

Personality Types

Strength: Likes to lead. Good at making decisions and is very goal-oriented. Enjoy challenges, difficult assignments, and opportunities to get better at things.
Weakness: Can step on people to reach goals. Can be very aggressive and competitive.

Strength: Very social creature. Otter personalities love people. Enjoy being popular and influencing and motivating others.
Weakness: Talks too much, too easy going. Hurries to finish jobs.

Personality Types continued

Strength: Good at making friends. Loyal, helpful, calm, reassuring.
Weakness: Indecisive, indifferent, unable to express emotional, too soft on other people. Do not like big changes.

Strength: Organized. Very creative. Desire to solve everything and take their time to do it right. High standards, order, respect
Weakness: Unrealistic expectations of self & others. Do not like sudden changes. Need reassurance.

YEAR IN REVIEW

☞ Communication Skills

Communication Skills

- How You Show Up
  - Tone of Voice
  - Visual Cues
- Implicit Biases
  - Acknowledge them → Address them → Act on them
- Practicing Active Listening
  - Use their words to repeat back what you said
  - Use "I" statements "when you said... I felt..."

☞ Identity and Leading Others

Identity and Leading Others continued

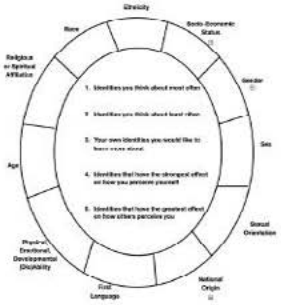
- 5 Most Common Leadership Styles:
  - Visionary
  - Coaching
  - Democratic
  - Commanding
  - Affiliative

- The Compassionate Leader
  - Leading with authenticity
  - Creating self-awareness of who you are and how you can grow
  - Taking the time to understand individual strengths and empower them
  - You are kind to yourself
  - Everyone is able to openly express gratitude
  - Everyone takes the time to listen to one another

Identity and Leading Others

Personality Identity Wheel

Social Identity Wheel



☞ Using Your Voice

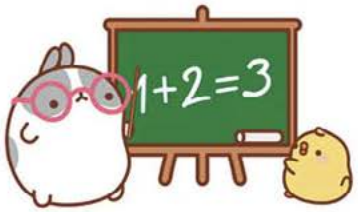
Using Your Voice

- The What Ifs...
  - Acknowledging our fears and insecurities
- Identify Your Needs
  - External conditions - trusting and respectful people/ audience
  - Internal conditions - coming prepared + bringing our confidence
- Tips on Speaking Up
  - Try to be the first to speak
  - Tell stories and take your time
  - Ask questions
  - Practice posture
- Advocating For Ourselves

☞ Teaching Young Children

Teaching Young Children

- Creating a Safe Place
  - Establish group agreements
  - Briefly summarize the kids their learning objectives
  - Review expected behavior from the kids
- Your Presence
  - Loud and clear voice
  - Comfortable posture
  - Smile :)
- Engaging Kids
  - Ask questions and validate their responses
  - Use positive reinforcement - "thank you" for exhibiting [positive behavior]
  - Be short and concise while using a variety of learning styles
  - Repeat points at least 3 times in different ways



YEAR IN REVIEW

☞ Stress and Anxiety Management

Stress and Anxiety Management

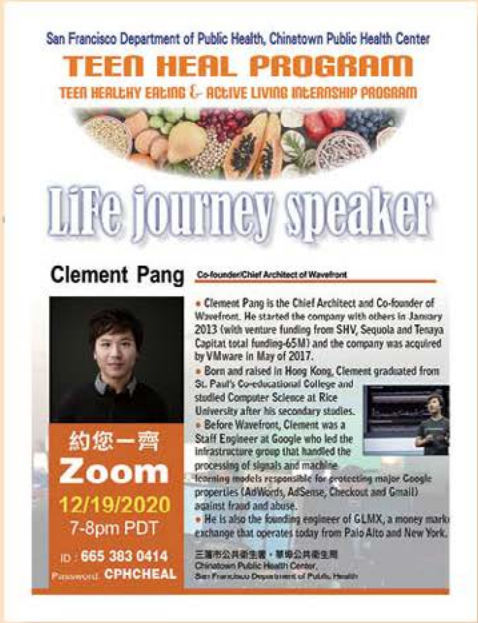
- Good Mental Health looks like...
  - Ability to learn
  - Ability to feel
  - Express and manage a range of positive and negative emotions
  - Ability to form and maintain good relationships with others
- Tools to Deal with Stress
  - Be observant
    - Recognize our emotions and physical/mental effects from stress
  - Get regular exercise
    - 30 min of walking a day helps
  - Try a relaxing activity
    - Meditation and breathing exercises
  - Set goals and priorities
    - Learn to say "no" sometimes
    - Celebrate what you've accomplished
  - Stay connected
    - Stay in touch with people who provide emotional support
  - Sleep hygiene
    - Develop healthy sleep habits

YEAR IN REVIEW

Life Journey Speaker

Clement Pang B.S.

Rice University in Computer Science and Electrical Engineering, Co-Founder of Wavefront



San Francisco Department of Public Health, Chinatown Public Health Center

TEEN HEAL PROGRAM

TEEN HEALTHY EATING & ACTIVE LIVING INTERNSHIP PROGRAM

Life journey speaker

Clement Pang Co-founder/Chief Architect of Wavefront

• Clement Pang is the Chief Architect and Co-founder of Wavefront. He started the company with others in January 2013 (with venture funding from SHV, Sequoia and Tenaya Capital total funding-65M) and the company was acquired by VMware in May of 2017.

• Born and raised in Hong Kong, Clement graduated from St. Paul's Co-educational College and studied Computer Science at Rice University after his secondary studies.

• Before Wavefront, Clement was a Staff Engineer at Google who led the infrastructure group that handled the processing of signals and machine learning models responsible for protecting major Google properties (AdWords, AdSense, Checkout and Gmail) against fraud and abuse.

• He is also the founding engineer of GLMX, a money market exchange that operates today from Palo Alto and New York.

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Zoom

12/19/2020

7-8pm PDT

ID : 665 383 0414

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三藩市公共衛生處・華埠公共衛生局

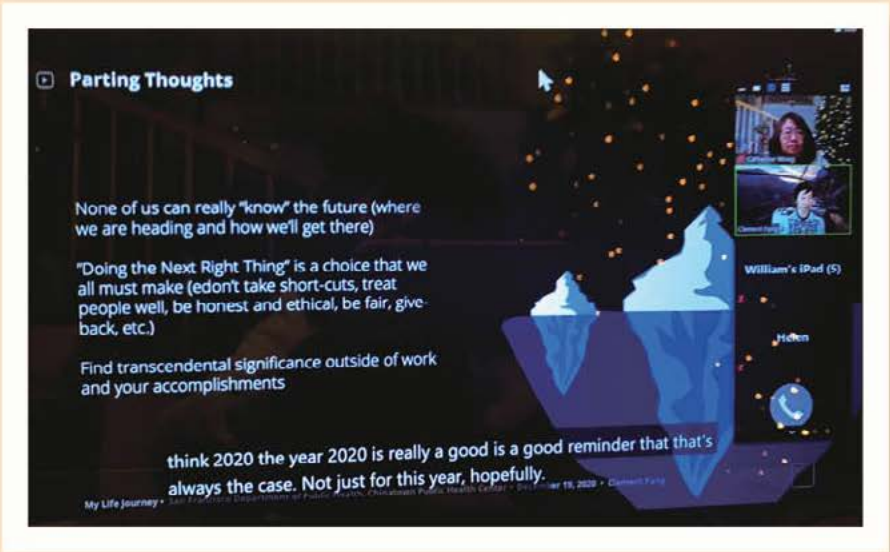
Chinatown Public Health Center,

San Francisco Department of Public Health

Clement Pang was born and raised in Hong Kong, where he graduated from St. Paul's Co-educational College and later studied Computer Science at Rice University. He previously worked as a Staff Engineer at Google who led the infrastructure group and is now the Chief Architect of Wavefront, a company he started with others in January 2013.

Takeaways:

- **Do the next right thing**
- **Live life according to your beliefs and impact the world through the actions you take today and tomorrow**
- **Finding significance in life and the career you choose to pursue**
- **Failure is not permanent and mistakes are the stepping stones for success**
- **Find importance in what you do and be happy while doing it**



YEAR IN REVIEW

Life Journey Speaker

Martin Yan M.S. *UC Davis in Food Science, Yan Can Cook show host*

Celebrity chef Martin Yan was born in China and emigrated to the US at the age of 13. He persevered through many hardships and ultimately decided to pursue a degree in Food Science at UC Davis. He has traveled around to many countries to spread his passion for cooking and has been the host of the Yan Can Cook show since 1982, becoming a family favorite of many households.

Takeaways:

- **I think a lot of times it's not money that's the primary motivation factor; it's the passion for your job and the professional and personal satisfaction that you get out of doing what you do that motivates you.**
- **When I retire or pass away, I will be able to look back and say that this has been an exciting life. That's all that matters.**
- **Hard work pays off. When you have no other options, choose to work hard.**

Life Journey Speaker

Shelley Fung-Yeung M.D. *UC Berkeley, Cornell Medical School, UCSF*

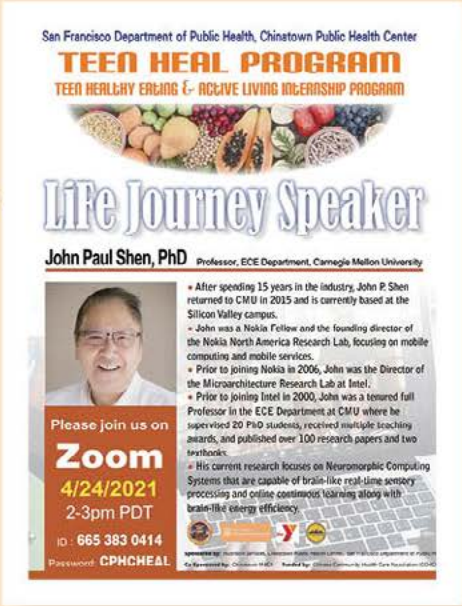
Dr. Shelley has studied at UC Berkeley, Cornell Medical School, and UCSF, which is also where she currently works. Throughout the Teen HEAL Internship Program, she has always been there to share her knowledge, wisdom, and professionalism about various health topics (such as Heart Health, Holiday Eating, Food Safety, etc) with the interns and to the bigger community.

Takeaways:

- **Give thanks all the time to the people who love you or give you a hard time.**
- **Practice gratefulness daily even when someone say no to you for every new challenge will strengthen you.**
- **No matter if your cup is half-full or half-empty, be thankful that you have a cup already.**

YEAR IN REVIEW

Life Journey Speaker


San Francisco Department of Public Health, Chinatown Public Health Center

TEEN HEAL PROGRAM

TEEN HEALTHY EATING & ACTIVE LIVING INTERNSHIP PROGRAM

Life Journey Speaker

John Paul Shen, PhD Professor, ECE Department, Carnegie Mellon University

- After spending 15 years in the industry, John P. Shen returned to CMU in 2015 and is currently based at the Silicon Valley campus.
- John was a Nokia Fellow and the founding director of the Nokia North America Research Lab, focusing on mobile computing and mobile services.
- Prior to joining Nokia in 2006, John was the Director of the Microarchitecture Research Lab at Intel.
- Prior to joining Intel in 2000, John was a tenured full Professor in the ECE Department at CMU where he supervised 20 PhD students, received multiple teaching awards, and published over 100 research papers and two textbooks.
- His current research focuses on Neuromorphic Computing Systems that are capable of brain-like real-time sensory processing and online continuous learning along with brain-like energy efficiency.

Please join us on Zoom

4/24/2021

2-3pm PDT

ID : 665 383 0414

Password: CPHCHEAL

John Paul Shen, M.S., B.A., Ph.D.

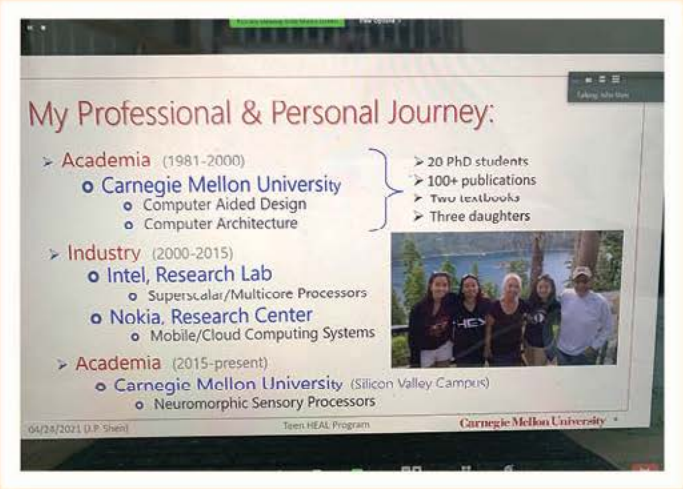
University of Southern California in Electrical Engineering,

Professor of ECE at Carnegie Mellon

Professor John Shen received his BS in Electrical Engineering at the University of Michigan and furthered his studies by receiving his MS and PhD in Electrical Engineering at the University of Southern California. Afterwards, he spent many years in the research industry and had the opportunity to work for Intel and Nokia. Now he has returned to academia and is a professor at Carnegie Mellon University in the Electrical and Computer Engineering Department.

Takeaways:

- **Never compare with others, only with your own potential**
- **Need a higher calling and a greater purpose beyond self**
- **All terrible events in life will become funny... eventually**
- **Always keep the long view and visualize the bigger picture**



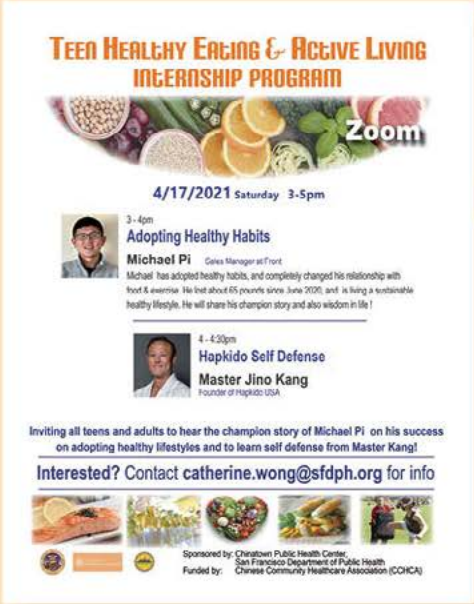
YEAR IN REVIEW

Life Journey Speaker

Mike Pi B.A.

Emory University in Economics and Minor in Mathematics, Sales Manager at Front

Michael Pi graduated from Emory University with a bachelor's degree in Economics and minor Mathematics and currently works as a Sale Manager at Front, a relatively new customer communication platform. He has also traveled to 15 countries and has taken his passion for sports to become a basketball referee in the past. During the pandemic, he made a commitment to himself to start adopting healthy eating and exercise habits and has since lost about 65 pounds by implementing sustainable changes to his lifestyle.



TEEN HEALTHY EATING & ACTIVE LIVING INTERNSHIP PROGRAM

Zoom

4/17/2021 Saturday 3-5pm

3 - 4pm
Adopting Healthy Habits
Michael Pi Sales Manager at Front
Michael has adopted healthy habits, and completely changed his relationship with food & exercise. He lost about 65 pounds since June 2020, and is living a sustainable healthy lifestyle. He will share his champion story and also wisdom in life!

4 - 4:20pm
Hapkido Self Defense
Master Jino Kang
Founder of Hapkido USA

Inviting all teens and adults to hear the champion story of Michael Pi on his success on adopting healthy lifestyles and to learn self defense from Master Kang!

Interested? Contact catherine.wong@sfdph.org for info

Sponsored by: Chinatown Public Health Center, San Francisco Department of Public Health
Funded by: Chinese Community Healthcare Association (CCHCA)

Takeaways:

- **Your Attitude (Showing up to school or work engaged and ready to learn)**
- **Learning how to learn (Learning outside classroom setting & the skills college doesn't teach you)**
- **Networking (Staying connected with people around you & seeking for potential mentors in your field of interest)**

Life Journey Speaker

George Thampy M.B.A.

Harvard University in Chemistry, Stanford University Graduate School of Business, Senior Director at CareDx

George Thampy went to Harvard University for his undergraduate studies in Chemistry and Stanford University for his Master of Business Administration. Since graduating he has worked at multiple healthcare related firms and currently works with the Executive Team at CareDx, a leading precision medicine solutions company, as Senior Director to build and execute projects.

Takeaways:

- **Surround yourself with people who have positive influences on you and motivate towards self-improvement**
- **Finding people and mentors in your life who drive you to reach for your goals and ambitions and make you a better person overall**

YEAR IN REVIEW

Life Journey Speaker

Michelle Lo B.A., M.A.

Rice University in Sociology and Global Affairs,
Program Development at The James Irvine Foundation

Michelle Lo was born and raised in the Bay Area. She holds a bachelor's degree in Sociology and a master's degree in Global Affairs from Rice University, while also having the opportunity to study urban planning and social inequality through the School for International Training in Brazil, South Africa, and Vietnam. Since May 2020, she has been working as a Program Strategy Analyst at the James Irvine Foundation, where she supports strategy development and portfolio operations.

Takeaways:

- **Don't limit yourself**
- **Explore different opportunities even though you may already have an idea of a future career (i.e. clubs, fellowships, study abroads)**
- **Find things you're passionate about**
- **Taking classes that interest you the most (i.e. sociology)**
- **Know what you bring to the table**
- **Everyone's life experiences are different and unique to them which leads to the sharing of various perspectives**
- **Try not to compare yourself to others or let the Imposter Syndrome affect you too much**

TEEN HEAL CLUBS IN 5 HIGH SCHOOLS:

LOWELL HEAL

Juliana Chen & Nicole Read

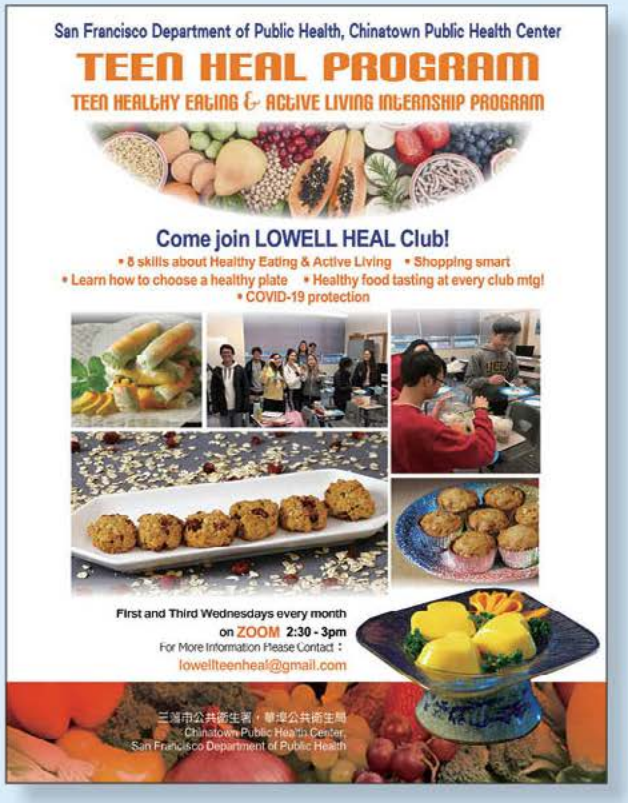
Seniors, Lowell High School Lead

Gregory Jinglin Chen, Senior

Eoin Garcia, Senior

Iris Li, Senior

Tiffany Tse, Junior



This year was the second-year of the Lowell HEAL club. Though we faced challenges transitioning from an in-person club that heavily revolved around giving our club members the opportunity to make healthy recipes from the Healthy Appetite book to a Zoom-based club, we were able to better focus on making an impact on people who were closer to us, such as the friends who attended our meetings and our family members. Additionally, we made use of social media to post club meeting reminders and to promote the internship, which has resulted in the 5 new Lowell HEAL interns who will be joining us next year!

Among the many nutrition skills we were able to cover this school year (i.e. Building a Healthy Plate, Vegetarianism, Eating Disorders, Sports Nutrition, etc), all of our Lowell Teen HEAL interns had the chance to fulfill their teaching requirements, while also building on their leadership and public speaking skills. This year we had a total of 56 encounters throughout the course of 7 meetings, but we hope to spread our message of healthy eating and active living to even more Lowell students this coming school year.

BALBOA HEAL

Kelly Ziqi Huang

Senior, Balboa High School Lead

Balboa HEAL held six joint meetings with Wash HEAL from September to January, meeting once a month each time. To end the year, Balboa HEAL held three meetings during the months of February, March, and April, which were separate from Washington. At the Balboa+Wash HEAL club meetings, we had 18 members total, with 10-12 members coming solely from Balboa. This totaled to 85 encounters in 8 meetings. The most interesting thing that happened in these meetings was that members always actively engaged and interacted with one another by asking questions in the chat and responding to our questions after the lessons, which helped to boost the overall positive learning atmosphere of the club. Sometimes there are members who forget to attend the meeting, but they will tell me afterwards and catch up on the material they missed. During our club meetings, many people also gave feedback on how to gain weight on the basis of a healthy diet. At the same time, I found that a member made a mistake and he thought that a healthy diet could include foods with high sugar content, which I then corrected using the knowledge I had gained from the nutrition skills we covered. ❁

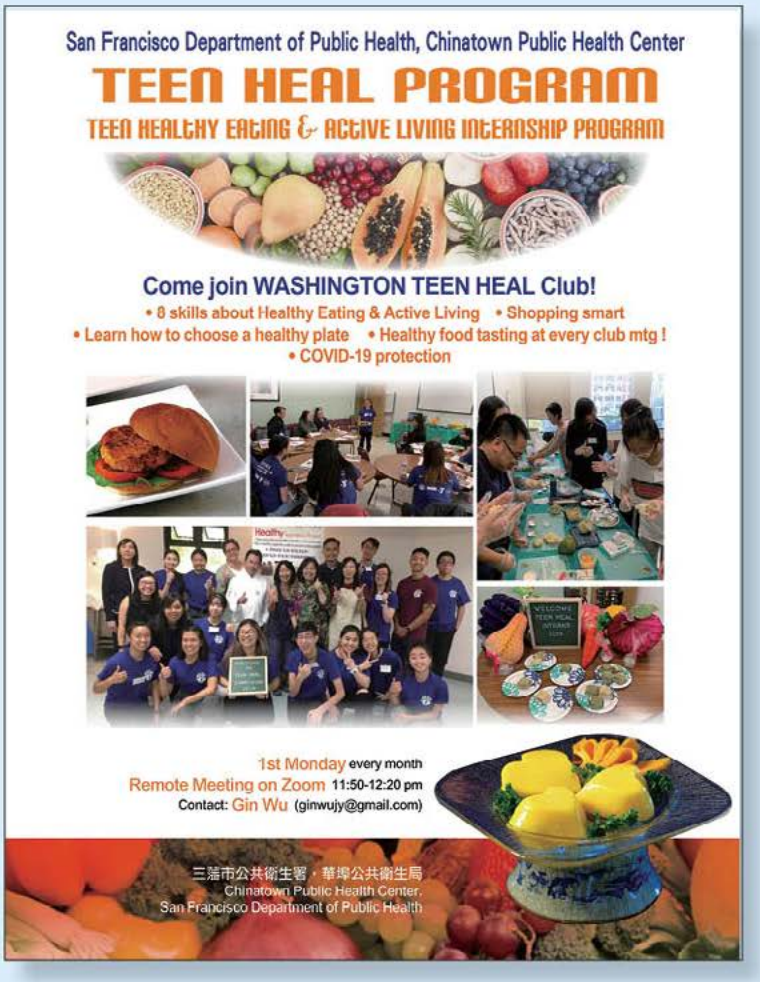
WASHINGTON HEAL

Gin Jingyi Wu

Junior, Washington High School Lead

When it was time to recruit new members and I was introducing Teen HEAL to other people, I started thinking of the reason I decided to become a HEAL intern for two years, and what HEAL really meant to me. Since the establishment of the Wash HEAL club, I found that I have built a strong connection with the club members. Discovering the character traits of each person and carefully listening to what they need is always important. Some people are interested in some specific topics, some need friendly reminders before the meetings, some are shy to unmute themselves, and some are interested in reviewing the presentation slides afterwards. There are lots of strategies to attract members to attend meetings and help them understand the lesson after the presentation if they are confused.

Through the two years of nutrition learning, our members have become more aware of the importance of healthy diets, physical activity and sleeping earlier. They all agree that most of their knowledge about nutrition and food was gained through this club. Many families, and even our members, do not know that food cannot be thawed directly at room temperature, and even some restaurants and fast food outlets thaw things incorrectly. This increases the risk of people getting food poisoning because of negligence to food safety. After joining this club, members learned how to take care of their health and improve their quality of life wisely through the 57 encounters we had in the span of 7 meetings. That's why I joined Teen HEAL in the beginning and wanted to bring it to Washington High School.



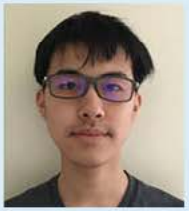
MISSION HEAL

Cathy Yixi Ou

Sophomore, Mission High School Lead

After I applied to set up a club about healthy eating at Mission, I received a lot of welcome and support from my teacher. During the first year of the Mission HEAL, we have had a total of 91 encounters throughout 7 meetings. Over the semester, we taught students how to build a healthy dinner plate, how to choose food when eating out, how to make a healthy snack and so on. We also talked about how to ensure food safety during the pandemic. At the end of each meeting, we played a kahoot game to help members better remember the information that was covered. Among the past 7 kahoot games, students who ranked first in 5 games have had a 100% correct rate. During the past semester, more than 90% of club members attended each meeting, which shows their willingness and commitment to learn about healthy eating and living. After learning that people who are lactose intolerant can choose fortified soy milk instead of milk to supplement calcium, one of the members started buying fortified soy milk. I am glad that our meetings can help our peers learn more about healthy eating and living.

LINCOLN HEAL



Michael Ziyu Zhou

Senior, Lincoln High School Lead

Kenny Wenxuan Lai, Senior

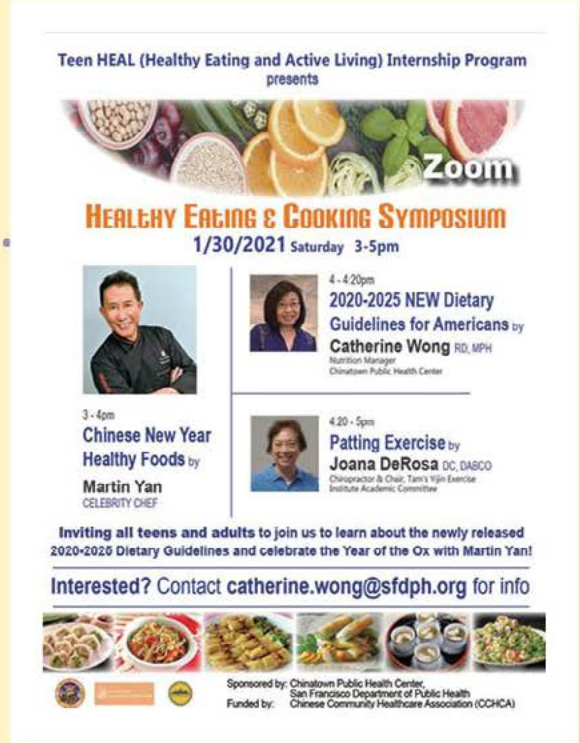
Though Lincoln HEAL was a new school club this year and many of the members had little to no leadership experience, we pulled through online school and were able to successfully deliver 16 meetings and tally a total of 69 encounters. We typically covered a nutrition skill from the Healthy Appetite (Building a Healthy Plate, Shopping Smart, Making a Healthy Snack, Stress Management, and many more) at the first meeting of the month and a Kahoot game at the second meeting to test everyone's knowledge and review past material. We've also noticed that everyone tends to be more engaged in topics that are more applicable to teens. Overall, we were all able to develop our leadership and public speaking skills by giving presentations and practicing better communication, which also helped our club members build better relationships with one another and with our teachers.

YEAR IN REVIEW

Zoom club meetings

- **Healthy Cooking**
- **Chinese New Year Healthy Cooking**
- **Life & Cooking Skills**

Martin Yan M.S. *Celebrity Chef*



YEAR IN REVIEW

Traditional Chinese Medicine Perspective

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

Acting Medical Director

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

YEAR IN REVIEW

☞ Tapping and Patting Exercise

Joana De Rosa DC, DABCO

Chiropractor & Chair, Tam's Yijin Exercise Institute Academic Committee

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

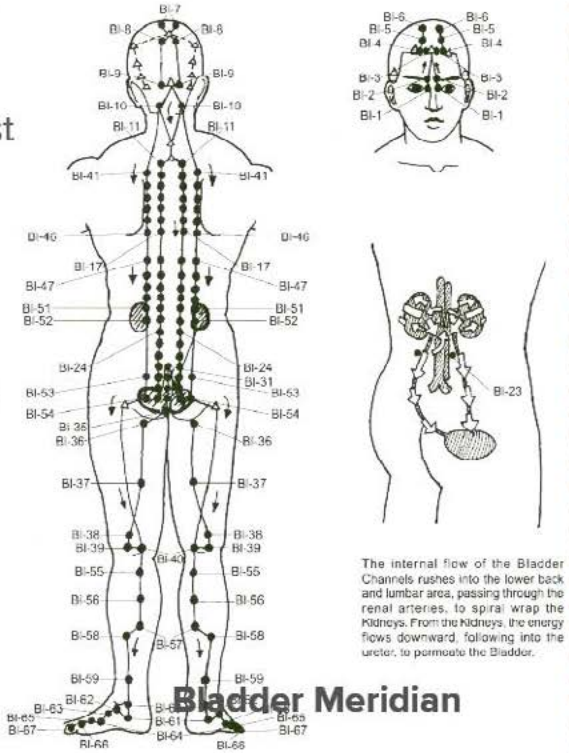


Figure 6.15. The Internal and External Qi Flow of the Bladder (BI) Channels

YEAR IN REVIEW

- Obesity Impacts on Coronavirus
- Heart Healthy living

Shelley Fung-Yeung M.D.

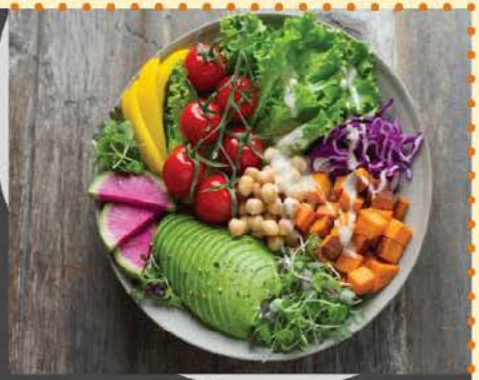
UCSF Associate Clinical Professor

Heart Health - 7 Days of Self-Care

- **Sunday** - Sleep: giving your heart and vascular system the needed rest. 7-9 hrs.
- **Monday** - Mindful: taking your blood pressure number + other health stats
- **Tuesday** Tasty: DASH Diet (Dietary Approaches to Stop Hypertension)
- **Wednesday** - Wellness: Aiming for 60 minutes of physical activity per day
- **Thursday** - Treat: Practicing relaxation techniques + stress management
- **Friday** - Follow: Staying connected with family and friends + keeping each other motivated
- **Saturday** - Selfie: Sharing how you care for your heart

The DASH Diet

What is it?



DASH stands for Dietary Approaches to Stop Hypertension.
The DASH diet is designed to support your heart, and it emphasizes the foods you've probably always been told to eat to support the cardiovascular system as a whole. Along with emphasizing fruits and vegetables, it encourages including more whole grains in the diet.

The DASH diet recommends the following daily servings:

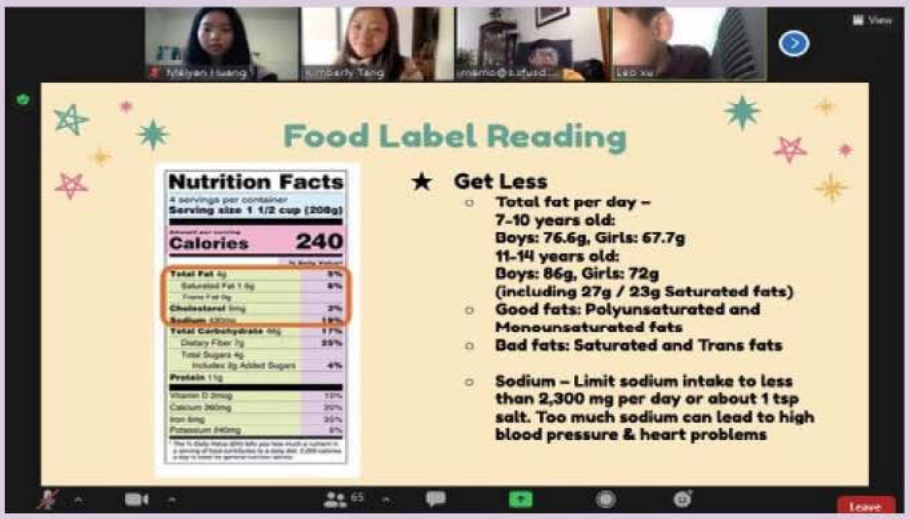
- **6 to 8 Servings of grains** (especially whole grains)
- **4 to 5 servings of vegetables**
- **4 to 5 servings of fruit**
- **2 to 3 servings of fat-free milk**
- **6 servings or less of lean meats**
- **4 to 5 servings of nuts, seeds and legumes per week**
- **2 to 3 servings of fats and oils**
- **5 or fewer servings of sweets per week.**

See www.nhlbi.nih.gov/health-topics/dash-eating-plan for more information!

NDSU | EXTENSION

2020-2021 TEEN HEAL

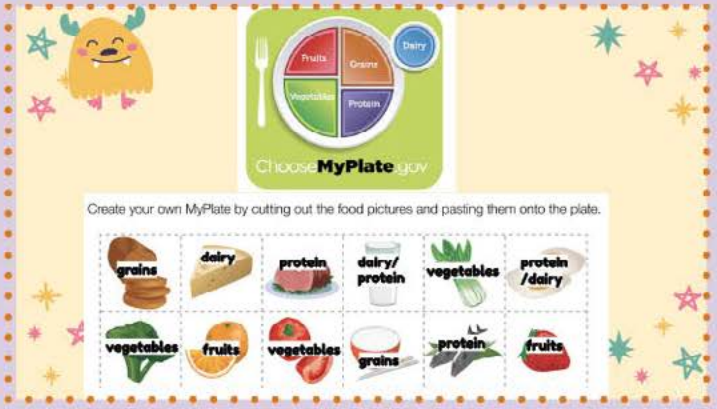
SERVING IN COMMUNITY AGENCIES



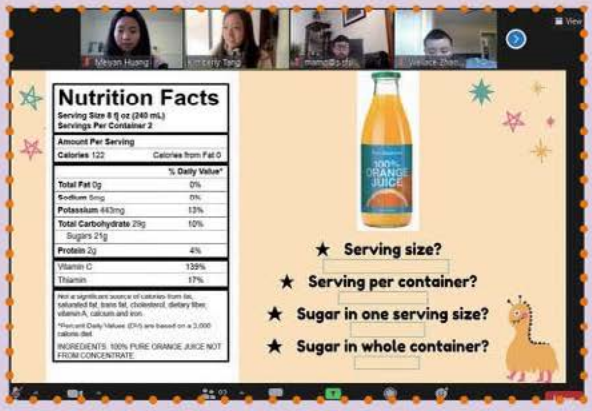
SERVING IN COMMUNITY AGENCIES

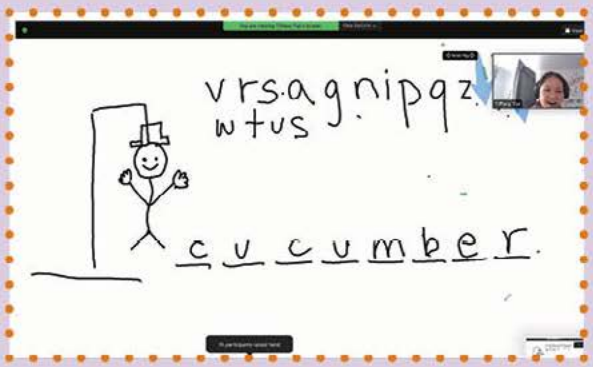
HEAL interns teaching children and seniors in:

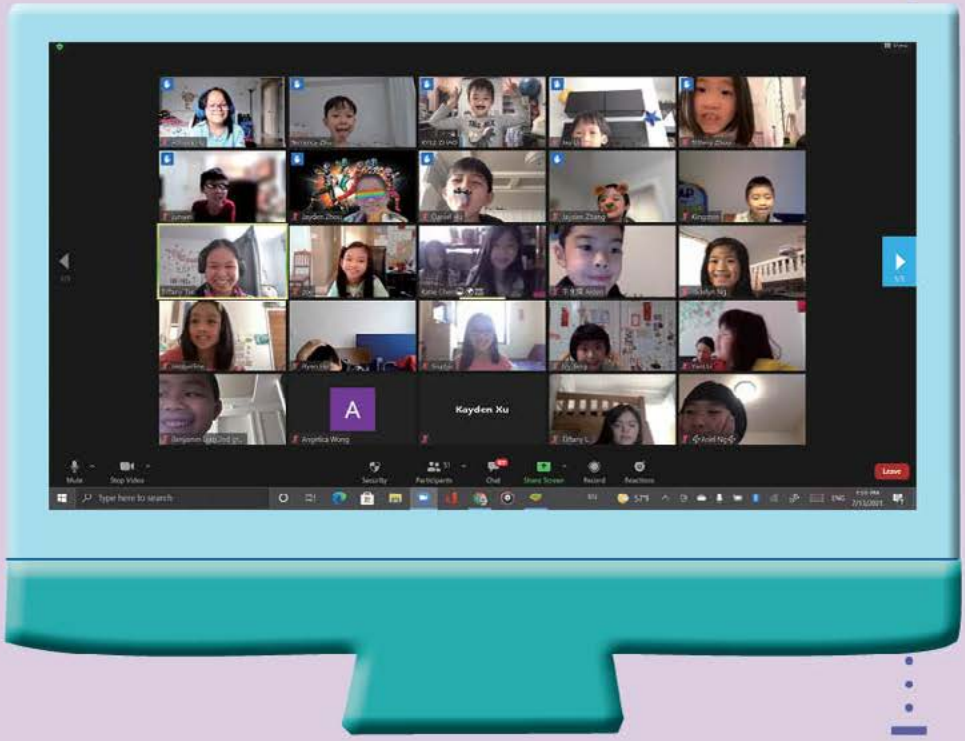
Chinatown YMCA **Asian Women Resource Center** **Self Help for the Elderly**



SERVING IN COMMUNITY AGENCIES







INTERNS EVALUATION

Q1: How have you served in the Teen HEAL Program?

- Worked with leadership team to plan, implement, and evaluate activities
- Made powerpoint slides for Zoom Club presentations
- Created Kahoot questions for each nutrition skill
- Kept track of each intern's points using ClassDojo

My Daily Life and Impact

- used these skills for my public speaking in club and to communicate with fellow peers in projects.
- By learning my identity, understood my strengths and use them to lead.
- started a diet with my father on sugary drinks
- Used leadership skills within my school club
- encourage and remind my fellow family members to participate in a healthy, active lifestyle.
- helping prepare nutritious meals, organizing group workouts, and trying new healthy recipes

How are you impacting those around you?

- Teach family members and friends on label reading and how to identify healthy snacks
- Correct misconceptions
  - Potatoes does not have much fiber
- Promote active living among friends and family members

4. If you are a club lead, which skills have you taught and do you feel that your members understand the skills and have applied to their lives?
   - Building a Healthy Plate, COVID-19 Safety, and Healthy Eating during COVID-19 skills
   - Skills related to COVID-19 are most relevant and beneficial
   - Encourages people to stay safe and cautious and teaches the value of healthy eating especially during these times

How have you served in the Teen HEAL program?

- Set up the Teen HEAL club
- Help more people know Teen HEAL program
- Teach the skills to my club members

Impact

- Inspire more healthy cooking and eating in the family
- Convince parents to buy food items with lower fats and have healthy proteins and grains
- Buying less unhealthy snacks
- Persuade siblings to exercise with me when they can and eat healthy with me

Skill 6: Staying Active
Exercise at least an hour each day to stay healthy.

Holiday Eating
Instead of eating high cholesterol foods like danish cookies, choose healthier options like eating more fresh fruits and vegetables during the holidays.

Q4:What leadership skills have you learned and how have you used them in your everyday life?

- For me the most important one have to be public speaking because that's one of my weakness, and I have the chance to always practice it in my club meetings.
- I learned that it's important to keep in touch with people around us.
- It's not easy to lead others and the types of leadership taught me quite a lot.

The Skills

Building a Healthy plate
Taught me how to organize my meals and regulate the amounts

Shopping Smart
Taught me how to read nutrition labels and to calculate their contents

Staying Active
I started setting exercise goals and exercising 60 minutes a day

Holiday Eating
Taught me to watch my food (especially sugar) intake on holidays

Healthy eating During Covid
Taught me the importance of eating healthy even in times of great stress

Making a Healthy Snack
Taught me to create more filling meals, and avoid too many snacks

Q4: What leadership skills have you learned and how have you used them in your everyday life?

- Communication with others
  - Be serious and professional
  - Different ways to communicate or treat different people
- Time management
  - When handling multiple things at the same time

How Am I Impacting Those Around Me?

There's not much to do while in quarantine. But I am trying to be kind and understand towards others. The only communication I have is between texts because I don't like to FaceTime and I have been helping people with homework and classes decisions. I have been helping my elderly neighbors and baking them treats to make them smile. I have been applying communication skills to my day to day life by being more patient and communicating better. I am impacting people around me by making healthier choices and going out to exercise.

2020-2021 TEEN HEAL

CATHERINE'S HEALTHY RECIPES

Catherine Wong

GINGER MILK

Prep Time: 15 mins

Cook Time: 20-30 mins

Servings: 1

INGREDIENTS

2 Tbsp ginger juice,
from about 60 gm ginger

2 cups 1% low-fat milk

2 tsp 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 Tbsp 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.

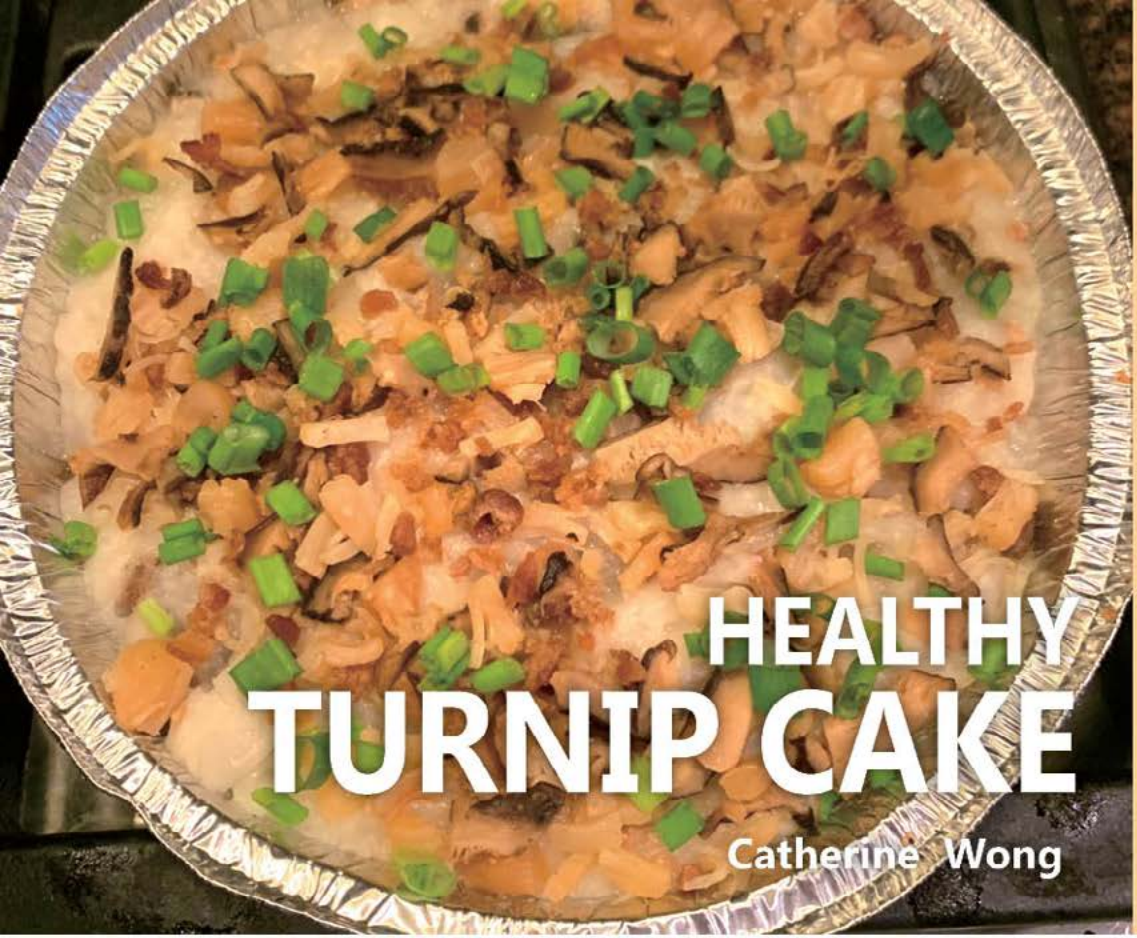
Option B: If you have a microwave

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.



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 cup rice flour

9-10 cups water, divided

1-2 tsp 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.

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 Tbsp 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 Tbsp 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 Tbsp 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.

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.

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.

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Erika Tam	Tiffany Tse	Gin Jingyi Wu	Kassandra Yeung	Michael Ziyu Zhou

Life journey speakers:

Shelley Fung-Yeung M.D.: UC Berkeley, Cornell Medical School, UCSF

Clement Pang B.S.: Rice University in Computer Science and Electrical Engineering, Co-Founder of Wavefront

George Thampy M.B.A.: Harvard University in Chemistry, Stanford University Graduate School of Business, Senior Director at CareDx

Mike Pi B.A.: Emory University in Economics and Minor in Mathematics, Sales Manager at Front

Martin Yan M.S.: UC Davis in Food Science, Yan Can Cook show host

John Shen B.A., M.S., PhD: University of Southern California in Electrical Engineering, Professor of ECE at Carnegie Mellon

Michelle Lo B.A., M.A.: Rice University in Sociology and Global Affairs, Program Development at The James Irvine Foundation

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Catherine Wong, M.P.H., R.D.
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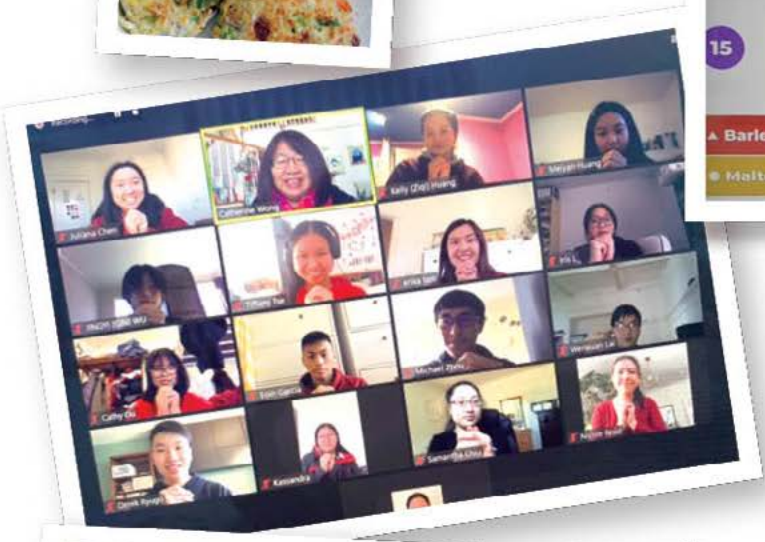
San Francisco Department of Public Health



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