

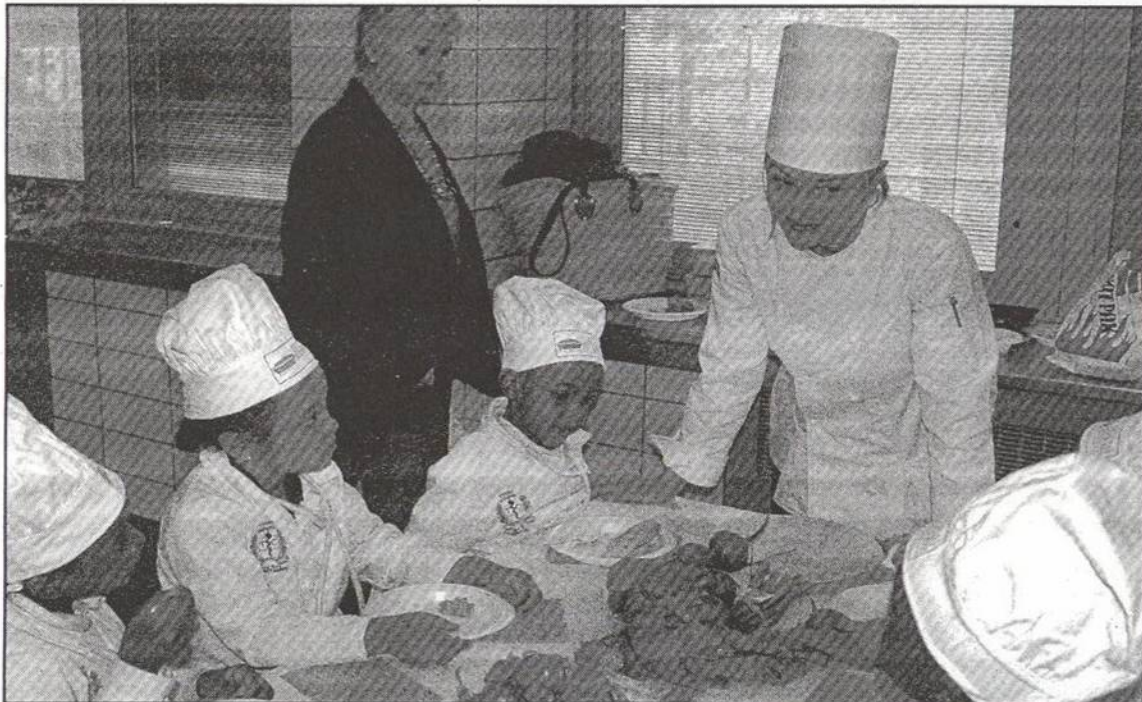
Medicine meets nutrition in Harlem

Last Thursday, a group of Harlem kindergarteners received a rare treat. Annemarie Colbin, Ph.D., founder and CEO of the Natural Gourmet Institute, and her team of professional chefs joined Project Aspire, the Touro College health education program at P.S. 197 in Central Harlem, to teach the children about the importance of healthy eating.

The new collaboration introduced the importance of eating whole foods to 60 pre-kindergarten and kindergarten students, their teachers, parents and school staff. Through a show-and-tell and tasting of raw and cooked vegetables including kale, snow peas, sweet potatoes, beets and radishes, the children learned how the vegetables grow and

how they taste when properly cooked.

"It is time it became recognized how important food is for health and well-being," said Colbin. "It is especially important to drive this message home to children so they can, in turn, bring it home to their parents and develop healthy habits early on while they are still growing."



Annemarie Colbin, Ph.D., founder and CEO of the Natural Gourmet Institute, and her team collaborated with Touro College's health education program, Project Aspire, to introduce the importance of eating whole foods to 60 children, their teachers, parents and school staff through a show-and-tell and tasting of raw and cooked vegetables including kale, snow peas, sweet potatoes, beets and radishes. The children learned how the vegetables grow and how they taste when properly cooked.

(L-R) Annemarie Colbin, Ph.D., founder and CEO of the Natural Gourmet Institute, with chef Colombe Jacobsen-Derstine and pre-kindergarteners and kindergarteners from P.S. 197 in Harlem

The mission of Project Aspire is to encourage the health-career aspirations of students whose social, economic, or educational circumstances may challenge the fulfillment of their dreams. Members of the neighborhood health community serve as role models to inspire children at an early age to pursue a quality education, develop healthy lifestyle behaviors, and strive for rewarding health-related careers, especially as medical doctors.

Previous Project Aspire gatherings with the children have brought them in fitted lab coats to TOUROCUM, Touro's new

school of osteopathic medicine in Harlem, where they were given stethoscopes and taught by faculty the functions of the heart.

Touro College has experienced phenomenal growth since it was founded in 1971, and is currently educating approximately 17,500 students at locations in New York, California, Florida, Nevada, Jerusalem, Moscow, Berlin and Paris. Touro College continues to have a profound impact on the lives of its students and on the Jewish and general communities. For more information, please go to: http://www.touro.edu/media/Touro_gourmet.jpg