

We Are New York
New Life Café
The Eating Healthy Project
Created by Newton Senior Citizen's Center ESL students

The Healthy Eating Project is a series of posters to help promote better eating and exercise habits. Students of the English as a Second Language (ESL) class at the Newton Senior Citizen's Center made the six posters for this project. They made them to share with others how to have a stronger body and a longer life.

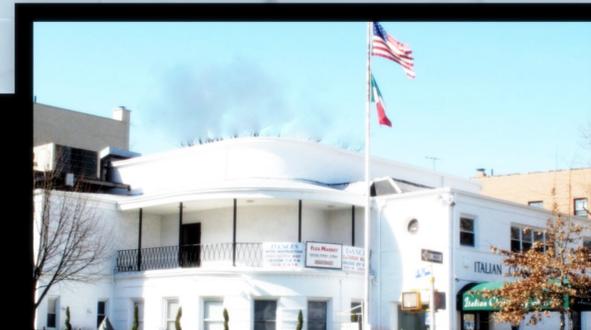
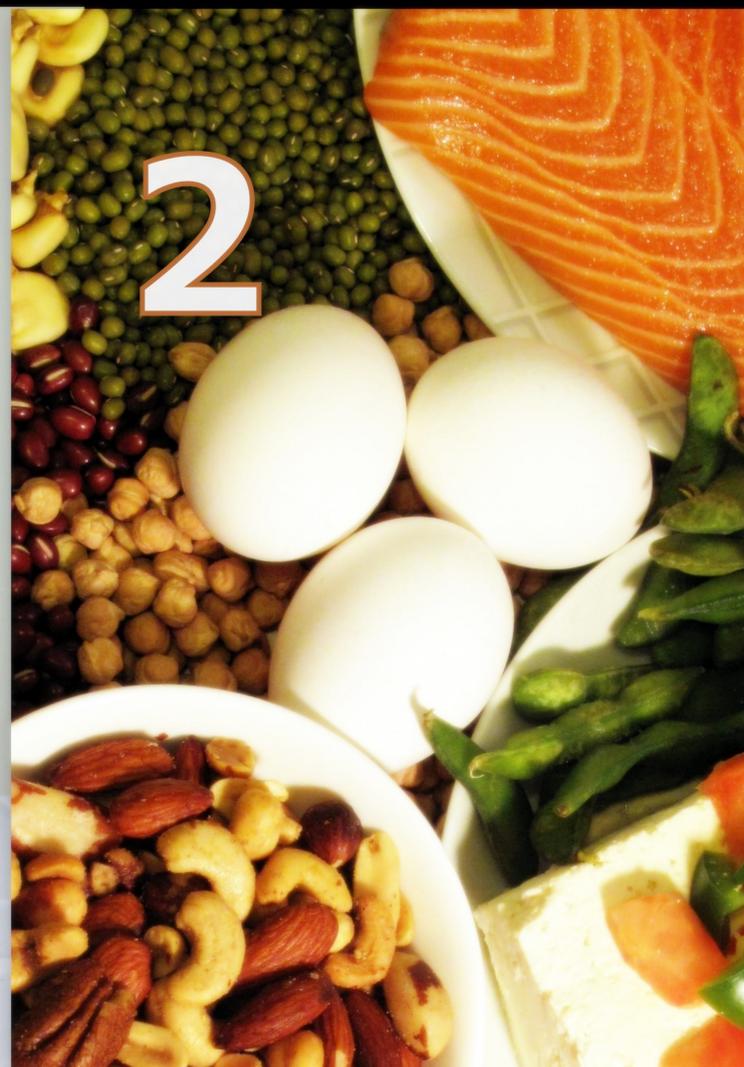
Over the course of a year, students interviewed 100 seniors at the center to learn more about their eating habits. They used the information to design posters to promote eating fruits and vegetables, whole grains, lean proteins and reducing salt, sugar and fats. They also encourage getting more exercise and staying active.

The posters the students designed for this project are:

- Less Salt, Less Fat, Less Sugar
- Eat Leafy Green Vegetables – They're Good For You
- Eat a Rainbow of Fruits and Vegetables
- Eat More Whole Grains
- Go Lean with Protein
- Get Exercise and Stay Active

The Healthy Eating Project is based on the New Life Café video. The posters can help adults talk about the video, practice vocabulary and discuss healthy eating and exercise habits.

LESS SALT LESS FAT LESS SUGAR



This project was made possible through a "We Are New York" grant from the Mayor's Office of Adult Education in collaboration with the City University of New York.

Photography and graphic design by Zhai Junying

Newtown Senior Center
83-20 Queens Boulevard
Elmhurst, N.Y. 11373
(718) 335-7272

EAT LEAFY GREEN VEGETABLES THEY'RE GOOD FOR YOU



This project was made possible through a "We Are New York" grant from the Mayor's Office of Adult Education in collaboration with the City University of New York.

Photography and graphic design by Zhai Junying



Newtown Senior Center
83-20 Queens Boulevard
Elmhurst, N. Y. 11373
(718) 335 - 7272

EAT A RAINBOW OF FRUITS AND VEGETABLES



This project was made possible through a "We Are New York" grant from the Mayor's Office of Adult Education in collaboration with the City University of New York.

Photography and graphic design by Zhai Junying

Newtown Senior Center
83-20 Queens Boulevard
Elmhurst, N.Y. 11373
(718) 335-7272

EAT MORE WHOLE GRAINS



This project was made possible through a "We Are New York" grant from the Mayor's Office of Adult Education in collaboration with the City University of New York.

Photography and graphic design by Zhai JunYing

GO LEAN WITH PROTEIN



This project was made possible through a "We Are New York" grant from the Mayor's Office of Adult Education in collaboration with the City University of New York.

Photography and graphic design by Zhai Junying

Newtown Senior Center
83-20 Queens Boulevard
Elmhurst, N.Y. 11373
(718) 355-7272

GET EXERCISE AND STAY ACTIVE



This project was made possible through a "We Are New York" grant from the Mayor's Office of Adult Education in collaboration with the City University of New York.

Photography and graphic design by Zhai JunYing