

Health Information Article

By Ashley Brown, HCA senior

Canyon Springs High School's Health Careers Academy and Riverside University Health Systems (RUHS) are making a difference with their Healthy Eating and Lifestyle Promotion (H.E.L.P) in the community. Just recently, the RUHS physicians invited Health Careers Academy students to a cooking demonstration hosted at Canyon Springs High School with Chef Bradley Martin, executive chef at the Riverside Convention Center. The students were able to enjoy a delicious meal while learning the different healthy alternatives to use while cooking. Chef Martin gave the students many helpful tips to enjoy home-cooked meals, such as keeping the meals colorful with a variety of vegetables, but still tasty. The chef also explained to the students of the benefits of cooking their own meals as opposed to eating fast food. The cooking demonstration was beneficial to the students, and showed students that preparing and eating healthy meals at home is simple and possible. The students were very thankful for the educational opportunity and flavorful meal. Many of the students were shown that cooking doesn't always have to be time-consuming or expensive, and there are many benefits of cooking instead of going out. Chef Martin and his instructions, along with also being able to taste what they could be making, encouraged many of the students to go home and try it on their own.

HCA Students Enjoying Chef Martin's Healthy creation

