

Activities Agenda

Nutrition Education
Week 2013



Sunday, March 24, 2013

9 : 0 0 - 5 : 0 0 p m				
9:00 am - 10:00 am				School tour in exhibition
10:00am - 11:00am	Active Video games	WORKSHOP "Me, My Health and my Lifestyle!" Al Noor Hospital Crescent Building, Auditorium Dr Osama Al Alala "Physical activity and my health"		Opening Ceremony Under the patronage of H.E. Dr. Ali Rashid Al Noaimi Vice Chancellor of UAE University
11:00 am - 11:15 am		Dr Kaes Al-Ani (Specialist Cardiologist) "Fat: The Good and the Bad"		Theater Activities with schools on the stage (quizzes, games and exercise)
11:15 am - 11:30 am		Coffee Break		
11:30 am - 11:45 am		Dr Mariam El Daba (Specialist Internal Medicine) "Malnutrition in the UAE"		
11:45 am - 12:15 pm		Ms Salama Al Aryani (Dietitian) "How can I lose my weight?"		
12:30 pm - 1:30 pm			Music Corner	Raffle draw Your healthy journey on campus (Steps Signs System introduction + Pedometers activity)
1:30 pm - 2:00 pm	Cooking SHOW Chef Osama Dubai TV cooking show with DNH			Raffle draw
2:00 pm - 2:30 pm			Physical activity and pregnancy Dr Khalid /Laura	Exhibition opened to

		students		Adriana/Mazahir (Cromwell Hospital) On Stage	students' relatives*
2:30 pm - 3:00 pm					
3:00 pm - 3:30 pm					
3:30 pm - 4:00 pm			Raffle draw		
3:00 pm - 5:00 pm		Exhibition opened to students' relatives*			

Monday, March 25, 2013

9:00 - 5:00 pm				
9:00 am - 10:00 am		Active Video games		School tour in exhibition Raffle draw
10:00am - 12:00pm			WORKSHOP "Strategies for a healthy living" Dr Ibrahim Bani C1, Room 0046	Theater Activities with schools on the stage (quizzes, games and exercise)
12:00 pm - 12:30 pm		Sport's activity Taekwondo show	Coffee Break	Raffle draw Music Corner
12:30 pm - 1:00 pm		Cooking show: How to prepare a Healthy breakfast? Chief Osman and DNH Students		
1:00 pm - 1:30 pm				
1:30 pm - 2:00 pm				Sport's Activity Goal targeting Tug of War
2:00 pm - 3:00 pm			Lecture "Glycemic index:it's role in the management and treatment of diabetes and obesity" Dr Christiani Jeyakumar Henry C6, Room 0003	
		Exhibition opened to students'		

3:30 pm - 4:30 pm		relatives*	Healthy Tips for men Souhir/Dr Eulalie/Dr Allaa (Cromwell Hospital) On Stage	Raffle draw Sport's Activity HandBall, Basket Ball
4:30 pm - 5:00 pm		Exhibition opened to students' relatives*		

Tuesday, March 26, 2013

9 a m - 5 p m					
9:00 am - 10:00 am					
10:00 am - 11:00 am		Active Video games		Food for thought Skit On stage	
11:00 am - 11:30 am				Raffle draw your healthy journey in the food court (Interactive Education session) for university students	
11:30 am - 12:00 pm					
12:00 pm - 1:00 pm		Cooking show : Towards a healthy cooking of traditional recipes Chief Osman and DNH students		Music Corner	
1:00 pm - 2:00 pm			Exhibition opened to students' relatives*	Healthy shopping Physical activity show	Raffle draw Sport's Activity Goal targeting Tug of War
2:00 pm - 3:00 pm		Iron deficiency Dr Ghanem Ali AlHassani (Al Ain Hospital) On Stage		Raffle draw	
3:15 pm - 5:00 pm	Exhibition opened to students' relatives*				

Wednesday, March 27, 2013

9:00 am - 5:00 pm				
9:00 am - 10:00 am				
10:00 am - 11:00 am		Energy drinks		Raffle draw

		Dr Ihab Marwan Abbas (Al Ain Hospital) On Stage			Salt consumption and health
11:00 am - 12:00 pm				Walkathon	
12:00 pm - 12:30 pm		Raffle draw Theater Quizzes + Physical activity show			
12:30 pm - 1:30 pm		Cooking show: How to make fast food healthy ? Chief Osman and DNH Students		Music Corner	Sport's Activity Ice Hockey Show
1:30 pm - 2:00 pm		Music Corner		HAAD Health strategies for the UAE Dr Arwa AlModwahi C6, Room 0006	Exhibition opened to students' relatives*
2:00 pm - 2:30 pm			Exhibition opened to students' relatives*	Raffle draw	
				Breastfeeding Laura/Dr Allaa/Dr Sabooh Al Omari (Cromwell Hospital) On Stage	
3:30 pm - 4:30 pm					
3 : 1 5 p m - 5 p m		Exhibition opened to students' relatives*			
5:00pm - 7:00 pm		Award Ceremony Logo Competition Internship's supervisors/host institutions NEW Students team IT Building, Female side, G025C Lounge G005			

*Exhibition opened to students' relatives: Entry will be allowed only to persons with invitation

Thursday, March 28, 2013

9 a m - 1 p m	
9:30 - 10:30 a m	
10:30 a m - 12 p m	