

# DESIGN INNOVATION— INCREASING ACCESS TO WHOLE FOODS

## STEM ACTIVITY



### AGE RANGE

10–13

### OVERVIEW

Noncommunicable diseases (NCDs) kill 41 million people globally every year.<sup>1</sup> Consumption of processed foods high in added sugars, sodium, and saturated fat, along with poor lifestyle behaviors increases the risk of developing NCDs like type 2 diabetes and heart disease.<sup>2</sup> Nationally in the United States, around 40% of adolescents reported not eating at least one fruit daily, while 41% stated they do not consume a vegetable daily.<sup>3</sup> In this activity, students will learn about the essential role of whole foods (i.e., fruits, vegetables, protein, etc.) in overall health and reducing the risk of developing noncommunicable diseases. They will analyze the layout of their grocery store or market in order to suggest design innovations that will increase customers' exposure and access to whole foods.

### TIMING

45–60 minutes

### OBJECTIVES

Students will

- Learn about the essential role of whole foods (i.e., fruits, vegetables, protein, etc.) in overall health and reducing the risk of developing non-communicable diseases.
- Analyze typical grocery store design and suggest potential innovations to increase consumption of whole foods.

For more information about the Future Well Kids program, please email  
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