



# Nutrition Education Internship

## Internship Description

The purpose of the Nutrition Education Internship is to learn how to deliver nutrition education hands-on classes to children and adults. The intern will work closely with the Nutrition Educator and the Nutrition Program Director to support and implement interactive nutrition and cooking activities as part of programs for children, adults, and families, as well as assist with projects related to our nutrition education programs. Besides the daily responsibilities, the intern will also have the exciting opportunity to use their knowledge and skills to create a long-term project that supports Olivewood's Nutrition Education Program. Internships are unpaid, but class credit is available.

## Objectives

The intern will:

- > Learn about planning and implementing nutrition activities with children and adults
- > Learn about experiential education and group management techniques in a non-traditional classroom setting
- > Gain culinary practice in a working farm-to-table kitchen
- > Gain food knowledge
- > Understand local community health concerns and intervention strategies
- > Gain experience working with children and adults of different ages
- > Collaborate in a long-term project that supports Olivewood's programs
- > Evaluate and assess program impact through data collection and analysis

Duties will include:

- > Support field trip program; including set-up and clean-up for daily lessons
- > Lead hands-on cooking lessons; including kitchen rules, lesson introduction, recipe preparation, monitoring student behavior, supervising kitchen volunteers, and working within specific time constraints
- > Develop nutrition related material, lessons, and recipes to serve organizational needs
- > Assist with or manage on-going projects according to organizational needs

Commitment:

The Nutrition Education Intern will commit to approximately 10-12 hours a week for a total of 120 hours over the course of the internship period.

Qualifications:

- > We are seeking energetic individuals with a keen interest in working with adult and youth students; fastidious attention to detail; and a vibrant appreciation for the life lessons learned around the table. The ideal candidate:
  - > Is community service minded
  - > Is a good public speaker with strong written and oral communication skills
  - > Has experience working with children and adults as well as managing small groups
  - > Is computer proficient (including Microsoft Office, social media platforms)
  - > Is a current university/graduate student or recent college graduate
  - > Is eager to make cross-cultural connections
  - > Is adventurous in the kitchen, actively seeking out new recipes and cooking methods
  - > Is eager to learn and have fun!

## Organization Description

Olivewood Gardens and Learning Center is a garden and nutrition education center that uses hands-on cooking, gardening, and science education to teach students and families about nutrition and environmental stewardship. We provide classes, field trips, and community events to children and adults from National City and around San Diego County. Our purpose is to connect children and families to the source of our food and to encourage adventurous and healthy eating.

## To apply

Email your resume and cover letter to Cristina Juarez, Coordinator of Volunteers and Outreach at [Cristina@olivewoodgardens.org](mailto:Cristina@olivewoodgardens.org)

Applicants in the nutrition, culinary, education, or public health fields are preferred, but the position is open to all majors. Spanish language proficiency ideal, but not required.