

AI Skills Bootcamp for Dietitians:

Practical Applications and Hands-On Training

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Disclosures



I have no relevant disclosures for this presentation.

Any companies mentioned in this presentation are for educational purposes only.



Learning Objectives

After attending this presentation, participants will be able to...

1. Describe real-world use cases of AI tools for campus dining operations.
2. Practice using different AI tools to address workplace challenges and complete actionable tasks.
3. Develop and present an AI-generated solution to a specific campus dining challenge.

This

or...

That



ChatGPT



Write from scratch



Type a prompt



Say please and thank you



AI Recipes: Surprisingly good



Gemini



AI drafts



Speak a prompt



Dude, it's a robot



Please never again



What is Generative AI?



Computer activity that produces new content based on patterns in studied data



Results may mimic human intelligence



Process information → make decisions based on model

AI Glossary

Prompt: The instruction or question you type into an AI tool to get a response.

Prompt Engineering: The art of writing great prompts to get the best results from AI.

LLM (Large Language Model): Type of AI trained on large amounts of text to predict and generate language-based content.

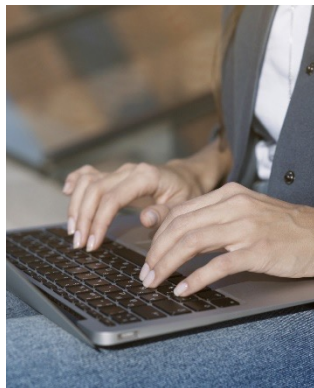
Vibe Coding: Using natural language prompts to have an AI generate code (without necessarily having any coding knowledge).

Agentic AI: Sophisticated systems, often “agents”, that solve multi-step problems with minimal human input.

Multimodal AI: AI tools that can work with more than one type of input.

Tokens: Units of data processed by AI models; how some models charge for functions.

Generative AI



TEXT

ChatGPT,
Claude,
Gemini,
Perplexity,
GenSpark



CODE

CoPilot,
ChatGPT,
Replit,
Bolt



IMAGES

Canva,
ChatGPT,
MidJourney,
Ideogram,
Leonardo



VIDEO

Sora,
Kling,
InVideo,
Runway,
GenSpark

**Are you using
Generative AI in
your workplace?
How?**



Strengths



- Creative ideation
- Speeds up writing
- Generate visuals or templates
- Great for initial drafts

Limitations

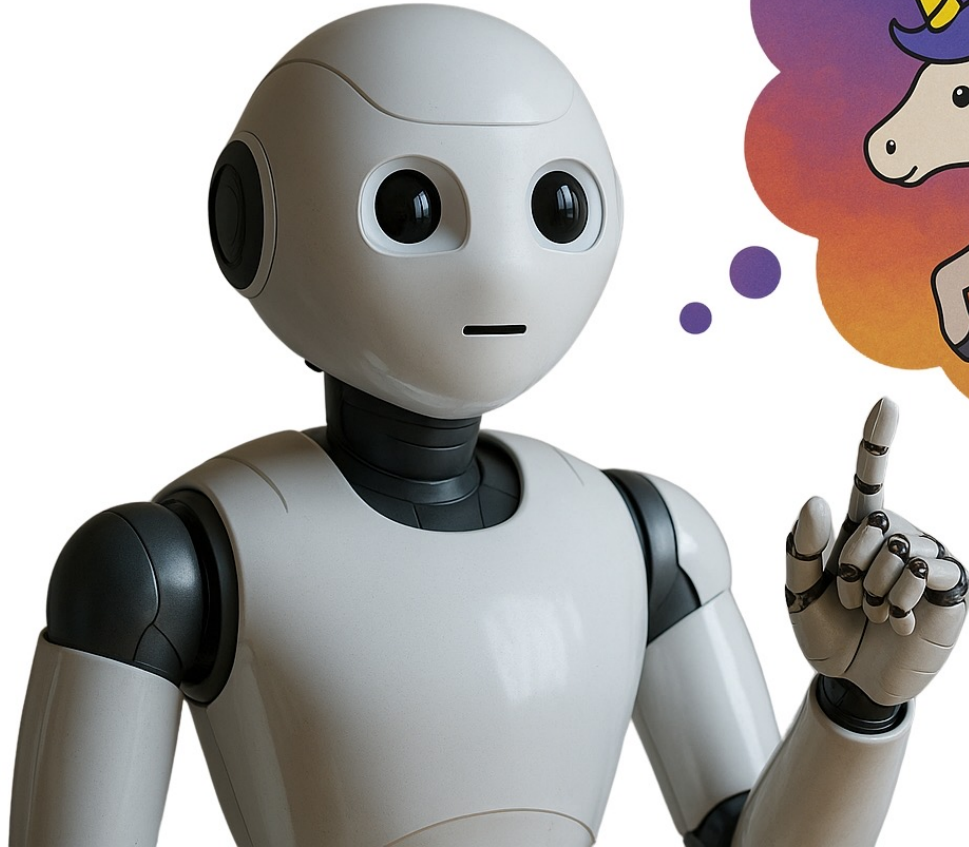


Image Created with ChatGPT

Limitations

✓ Step 5: Calculate the **t-statistic**

$$t = \frac{\bar{d}}{SE} = \frac{6.5}{1.8675} \approx 4.35$$

👉 That's where the number **4.35** comes from! It tells us the mean difference is 4.35 standard errors away from zero — which is a **statistically significant difference**.

Let me know if you want a downloadable Excel version to plug in your own numbers!

But Step 5 isn't right?

Limitations

You're 100% right to question that — and good eye! Let's fix that.

You're right: **Step 5 as shown doesn't result in exactly 4.35** because the **standard deviation of the differences** I listed earlier (**6.469**) was **incorrect** for your dataset. That number was too high.

✅ Step 4: t-statistic

$$t = \frac{\bar{d}}{SE} = \frac{6.5}{0.864} \approx 7.52 \quad \leftarrow \textit{WAIT! That's not right either.}$$

Limitations

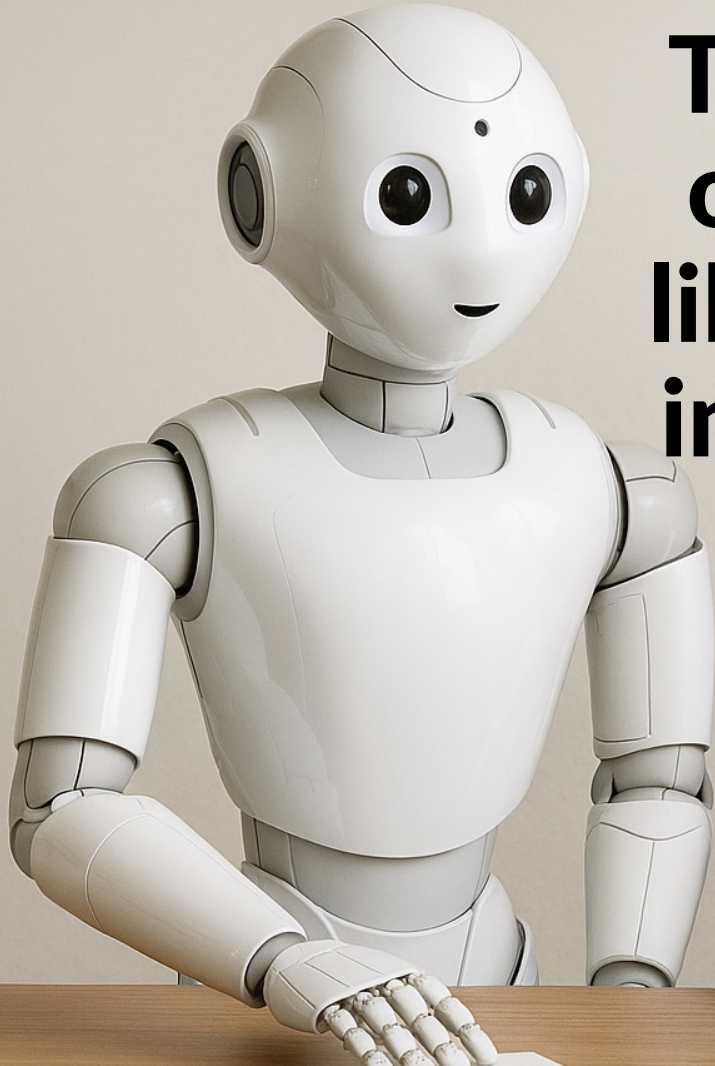


Image Created with ChatGPT

AI Words and Phrases

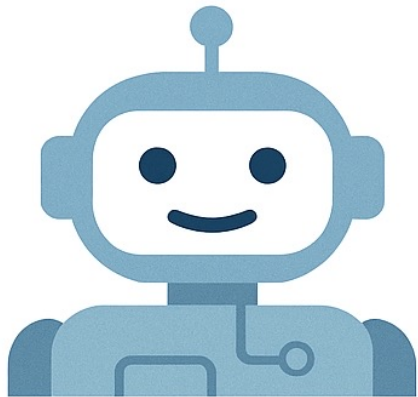
Words and Phrases Used More Frequently in AI Text	
Unique	Additionally
Certainly	Journey
Crucial	Array
Navigate	Deep
Informed decision	Dive in

**Think
of AI
like an
intern**

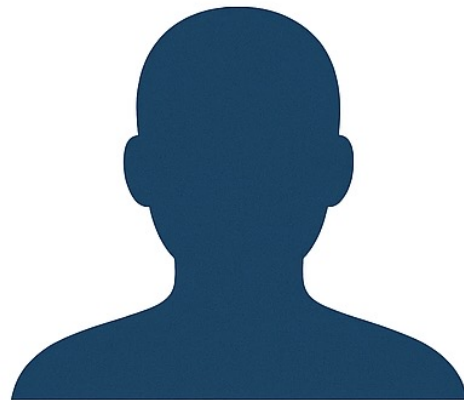


Critical Ethical Considerations

- Client Confidentiality (HIPAA)
- Evidence-Based Practice
- Scope of Practice
- Bias in AI
- Hallucinations
- Context



- ✓ Generates ideas quickly
- ✓ Automates repetitive tasks
- ✓ Summarizes information
- ✓ Supports data analysis



- ✓ Builds trust through communication
- ✓ Applies critical thinking
- ✓ Shows empathy and cultural sensitivity
- ✓ Makes ethical, nuanced decisions

Stronger Together: Let AI amplify your expertise — not replace it.

Using Generative AI

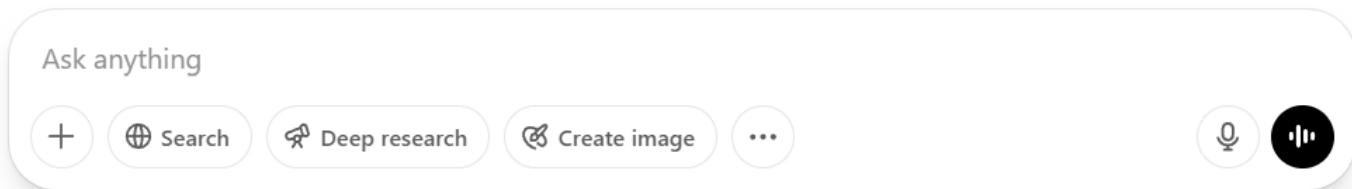
- Be specific with prompts – format, audience, tone, goal.
- Using “act as if” can be helpful.
- Have a back-and-forth conversation.
- Many tasks are not a “one and done”.
- Use examples for reference.
- Always use human oversight!



**What are
some of your
biggest
workplace
tasks and
challenges?**

Tools: ChatGPT

Where should we begin?



Screenshot from ChatGPT, a trademark of Open AI. This presentation is not associated with Open AI in anyway.

Tools: Claude

Free plan · [Upgrade](#)

✧ Hey there, Chrissy

How can I help you today?

+



Claude 3.7 Sonnet ▾

↑



Write



Learn



Code



Life stuff



Claude's choice

Screenshot from Claude, a trademark of Anthropic. This presentation is not affiliated with Anthropic in anyway.

Tools: Gemini

Hello, Chrissy

Write requirements for
a fitness tracking app

Generate novel
protein structures

Design an interactive
kaleidoscope

Factor numbers
with quantum computing

Ask Gemini

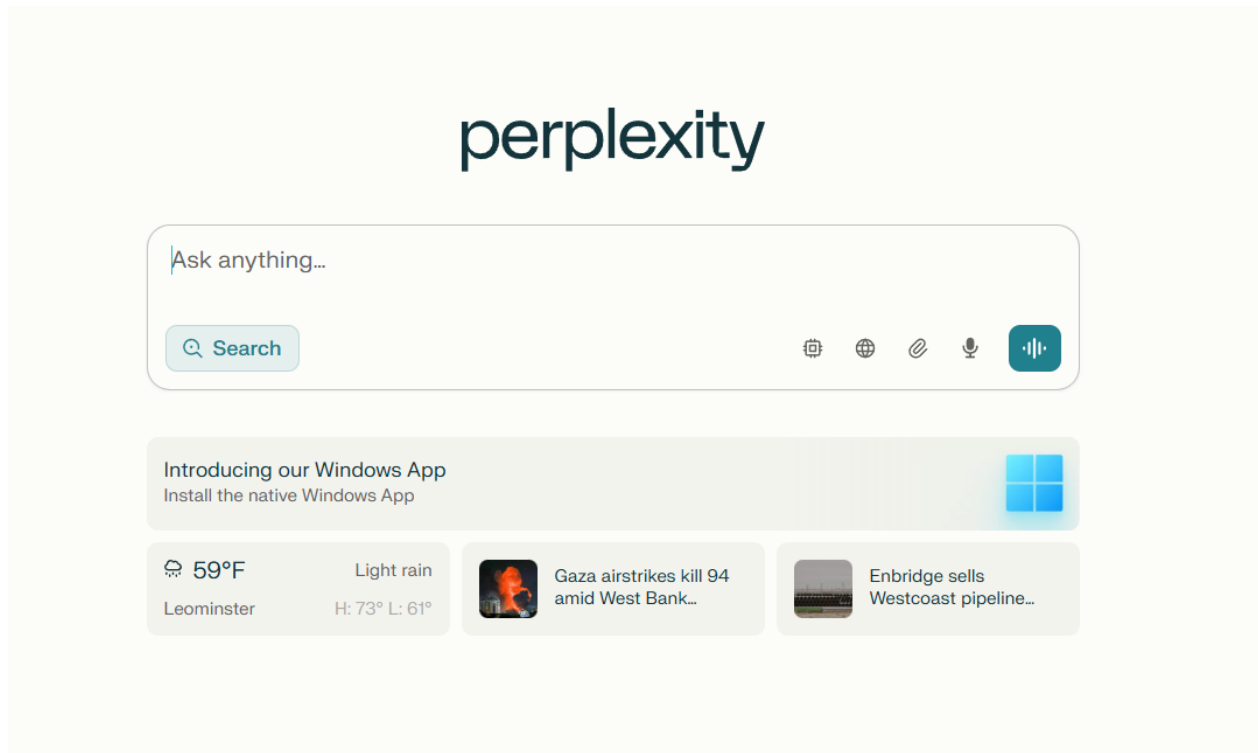


Canvas



Screenshot from Gemini, a trademark of Google. This presentation is not affiliated with Google in anyway.

Tools: Perplexity



Screenshot from Perplexity. This presentation is not affiliated with Perplexity in anyway.

Tools: Bolt.new

What do you want to build?

Prompt, run, edit, and deploy full-stack **web** and **mobile** apps.

How can Bolt help you today?



or import from



Figma



GitHub

Build a mobile app with Expo

Start a blog with Astro

Create a docs site with Vitepress

Scaffold UI with shadcn

Draft a presentation with Slidev

Free plan allows
~100K tokens/day
(~ 1-4 projects)

Screenshot from Bolt, a trademark of StackBlitz. This presentation is not affiliated with StackBlitz in anyway.

Tools: GenSpark

Genspark Super Agent

New

📄 AI Slides

New

📊 AI Sheets

🎥 Generate Video

📞 Call For Me

💬 AI Chat

All Agents

Ask anything, create anything

🔍 Research Me

📎 🎤 ↩

“ Auto-Find American Healthcare Startups ”

Free plan allows
~1 project per day

Screenshot from GenSpark. This presentation is not affiliated with GenSpark in anyway.

Use Cases

Brainstorming – Events, dietary swaps, creative item names

Educational materials – Handouts, blog posts, presentations

Marketing materials – Tabling visuals, signage, events

Emails – Subject lines, content series

Recipes – Budget-conscious, allergen-friendly, overstock of ingredient

Social media – Ideation, captions, content calendars, infographics

Admin work – SOPs, training docs, staff evaluations, meeting summaries, data analysis, emails

Self-directed learning – nutrition conditions, research, MI practice, project breakdowns

Tech – revamping website, creating new apps

Handout Example



ChatGPT Prompt:

Write a one-page, student-friendly nutrition handout on post-workout snack ideas. Keep the tone casual but informative and include 5 tips with examples. Add a catchy title and short intro. This is geared towards college students.

Handout Example

Refuel. Rehydrate. Repeat.

Whether you're hitting the gym, playing intramural sports, or just got back from a long walk across campus, your body needs fuel to recover and rebuild. A good post-workout snack helps replenish energy, repair muscles, and keep you feeling your best—without requiring a culinary degree or a ton of time.

Here are 5 simple tips (with examples!) to make post-workout snacking a no-brainer:

1. Pair Protein with Carbs. After exercise, your muscles need protein for repair and carbs to restock energy stores.



Try this:

- * Chocolate milk
- * Greek yogurt with granola
- * Turkey sandwich on whole wheat
- * Cottage cheese with pineapple

2. Don't Skip the Snack Window. Aim to eat within 30–60 minutes after a workout, especially if it was intense or lasted more than an hour.



Quick fix:

- * Protein bar and banana
- * Smoothie with fruit, oats, and protein powder
- * Hard-boiled eggs and crackers

Handout Example

3. Hydration Counts Too. You're not just sweating out effort—you're losing fluids. Don't forget to rehydrate!

✓ Pro tip:

- * Water is always a good call
- * Add electrolytes (like a pinch of salt or a sports drink) after heavy sweat sessions

4. Keep It Portable. If you're heading straight to class or the library, pack a snack that travels well.

✓ Grab-and-go ideas:

- * Trail mix with nuts and dried fruit
- * Peanut butter sandwich
- * String cheese and apple

5. Budget-Friendly Wins. Post-workout snacks don't have to drain your dining dollars.

✓ Affordable options:

- * Oatmeal with peanut butter
- * Tuna pouch and pretzels
- * Rice cakes with hummus

Post-workout snacks are all about balance, convenience, and making choices that support your goals—whether that's gaining strength, staying energized, or just feeling good. Keep a few of these options on hand and you'll be fueling like a pro in no time.

Marketing Materials



ChatGPT Prompt:

Create an infographic about “Smarter Sips” for college students about alcohol intake. It should be visually appealing in 8.5x11 format. Include six tips in the infographic. Make it very appealing to Gen Z.

SMARTER SIPS

TIPS FOR COLLEGE STUDENTS

SET LIMITS

Decide ahead of time how many drinks you'll have.



DON'T DRINK & DRIVE

Always find a safe ride home



EAT BEFOREHAND

Have a meal or hearty snack



PACE YOURSELF

Sip slowly and stick to one drink per hour.

STAY HYDRATED

Drink water before and while drinking alcohol



LOOK OUT FOR FRIENDS

Keep an eye on your friends and stay safe



Presentations



GenSpark Prompt:


I'm a campus registered dietitian. I want to create a presentation for students about mindful eating in the dining hall. I want it to be inclusive of all shapes and sizes, and focus on hunger and fullness cues (not weight).

I'd be happy to help you create a mindful eating presentation for campus students that's inclusive and focused on hunger/fullness cues rather than weight. This is an important topic that can help students develop healthier relationships with food.

Before I create the presentation, I'd like to gather some specific information about what you'd like to include. Let me ask for a few clarifications:

1. How many slides would you like in the presentation?
2. Are there any specific mindful eating techniques you want to highlight?
3. Would you like me to include any interactive elements or discussion prompts?
4. Do you have any specific colors or design preferences for the presentation?

1. About 10 slides.
2. The hunger-fullness scale.
3. Yes, would love an interactive component like a raisin or chocolate taste test.
4. Our college colors are blue and orange, so something in those tones. This is for a Gen Z audience, so fun and punchy.

 Research Me



Genspark

Home

Super Agent

AI Slides

AI Sheets

AI Chat

Image Studio

Video Generation

All Agents

AI Drive

Me

< =

Lists campus resources for nutrition support and additional mindful eating information.

Presentation Highlights:

- **Inclusive Language:** The presentation uses body-positive, weight-neutral language throughout
- **Interactive Component:** Detailed instructions for conducting the mindful tasting exercise with chocolate or raisins
- **Practical Application:** Tips specifically designed for navigating busy dining halls
- **Engaging Visuals:** Modern design with blue and orange color scheme appealing to Gen Z audience

You can view and download the complete presentation using the slide file card above. Would you like me to make any adjustments to the content or design of the presentation?

Copy

Ask anything, create anything

I'm a campus registered dietit

Mindful Eating in the Dining Hall

Edit in AI Slides View & Export

Mindful Eating in the Dining Hall

Listen to your body, not the food noise

no diet talk, just food vibes

Campus Dining & Wellness Services

Preview Code Thinking 2 / 10

What is Mindful Eating?

Being fully present with your food—no judgment, just vibes.

Being Present

Tuning into the experience of eating—tastes, textures, colors, and smells

Body Awareness

Recognizing hunger and fullness signals your body sends you

No Diet Culture

Food Enjoyment

Screenshots from GenSpark. This presentation is not affiliated with GenSpark in anyway.

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Body Awareness

Recognizing hunger and fullness signals your body sends you



No Diet Culture

Eating without guilt, shame, or "good/bad" food labels



Food Enjoyment

Slowing down to actually enjoy what you eat—yes, even in the dining hall!

"Mindful eating isn't about what's on your plate—it's about how you show up to the meal."

Learn to recognize your body's signals and eat when you're actually hungry.



Starving — Feeling dizzy, irritable, no energy



Very hungry — Can't focus, stomach growling



Hungry — Definitely time to eat



Slightly hungry — Starting to feel hunger



Neutral — Not hungry or full



Satisfied — Comfortably full, ideal endpoint



Full — Definitely had enough



Very full — Feeling stuffed, uncomfortable



Too full — Ready for a nap, feeling bloated



Uncomfortably full — "Holiday full," may feel sick

Dining Hall Mindful Eating Hacks

Simple ways to eat mindfully even when you're in a rush or surrounded by distractions



Phone Down, Vibes Up

Try eating one meal a day without scrolling. Your food (and digestion) will thank you.



The 10-Minute Rule

Give yourself at least 10 minutes to eat, even on your busiest days. Not a race!



The Full Dining Experience

Get a complete meal with different colors, textures, and food groups that actually satisfies.



Mid-Meal Check-in

Pause halfway through your meal. Ask: Where am I on the hunger scale? Still enjoying this?



Social Eating

Eating with friends? Conversation naturally slows down your eating pace. Win-win!



First Bite Energy

The first bite tastes the best! Notice how flavors change as you continue eating.



Today's Challenge:

Try just ONE of these tips at your next meal. Notice any differences in satisfaction or enjoyment.

The Chocolate Mindfulness Experience

Let's practice mindful eating together with this guided chocolate exercise

1 Look 👁️

Examine your piece of chocolate carefully. Notice the color, shape, texture, and any patterns. Is it shiny or dull? Smooth or rough?

Touch 🖐️

Feel the chocolate between your fingers. Is it starting to melt? Is it soft or hard? Smooth or textured? Notice the temperature.

3 Smell 👃

Hold the chocolate near your nose and inhale. What do you notice? Is it sweet, rich, fruity? Do any memories or feelings arise?

Place 🤲

Put the chocolate on your tongue but don't chew yet. Notice how it feels in your mouth. Is your mouth watering?

5 Taste 😊

Allow the chocolate to slowly melt. Notice how the flavor changes and develops. Sweet? Bitter? Creamy? Notice the texture changing.

Reflect 💭

How was this different from how you normally eat chocolate? Did you notice anything new? How did your enjoyment change?

💡 Why this matters:

This exercise shows how much more satisfying food can be when we slow down and pay attention. One mindful bite can be more enjoyable than an entire distracted meal!

Obstacles? No Problem!

Breaking through common barriers to mindful eating on campus



"I don't have time to eat slowly!"

SOLUTION

- 🕒 Even 15 minutes for a meal is better than 5 minutes
- 📅 Schedule eating time like you would a class
- 👤 Just 3 mindful bites per meal can make a difference



"Everyone's watching what I eat"

- 👁️ Reality check: most people are focused on themselves
- 👉 Find friends who respect your food choices
- 🙌 Practice your "I eat what feels good for me" mantra



"I eat when I'm stressed/bored"

SOLUTION

- 🧠 Ask: "Am I biologically hungry or emotionally hungry?"
- 🎮 Create a list of non-food comfort activities
- 😌 It's okay to eat for comfort sometimes—just be aware



"Dining hall food is unpredictable"

- 🗣️ Look at weekly menus in advance if possible
- 🍲 Create your own meal from different stations
- 🌱 Flexibility is key—perfect eating doesn't exist!



Let's Discuss:

What's your biggest barrier to eating mindfully on campus? Have you found any strategies

The Benefits of Mindful Eating

Beyond just enjoying your food more, here's how mindful eating upgrades your college experience



Better Focus

When you eat without distractions, you train your brain to focus better in classes too. Win-win!

Study hack: Mindful snack breaks can refresh your focus during long study sessions



Mood Boost

Eating mindfully helps regulate stress hormones, leading to more stable energy and better moods.

Try this: Notice how different meals affect your energy and mood throughout the day



Better Digestion

Slowing down helps your digestive system process food better, reducing discomfort and bloating.

Fun fact: Your gut and brain are constantly communicating through the gut-brain axis



Improved Sleep

More attentive eating helps regulate your body's natural hunger and fullness cycles, improving sleep quality.

Sleep tip: Mindful evening meals can help you fall asleep faster



Better Social Bonds

When you're present during meals with friends, you create stronger connections and more meaningful convos.

Social hack: Host a mindful potluck with friends for deeper connections



More Satisfaction

Mindful eating helps you actually enjoy dining hall food more by tuning into flavors you'd otherwise miss.

Bonus: Dining hall food tastes better when you're genuinely present!

Your Mindful Eating Action Plan

Simple daily steps to build your mindful eating practice on campus

M Phone-Free Monday

TRY THIS

Eat one meal with no screens. Notice how your experience changes when you're not scrolling.



Taste Tuesday

Try something new from the dining hall. Take 3 mindful bites, noticing all the flavors.



W Check-in Wednesday

NOTICE

Rate your hunger before & after meals using the hunger-fullness scale. What patterns do you notice?



Thankful Thursday

Take 30 seconds before eating to appreciate your food and everyone involved in bringing it to you.



F Friend Friday

SHARE

Invite a friend to practice mindful eating with you. Share what you're noticing about your food.



Weekend Reflection

Journal for 5 minutes: What felt different about mindful eating? What did you learn about your eating habits?



Let's clear up some common misconceptions about mindful eating

✖ MYTH

Mindful eating takes too much time. You need at least 30 minutes for every meal.

VS

✔ FACT

Even one mindful minute makes a difference! Start with just noticing your first 3 bites.

✖ MYTH

Mindful eating is just another diet trend that focuses on weight loss.

VS

✔ FACT

Mindful eating is about enjoying food more and listening to your body, not about weight.

✖ MYTH

"I'll look weird if I eat mindfully in the dining hall. Everyone will stare at me."

VS

✔ FACT

Most mindful practices are invisible to others—no one will notice you're paying attention to hunger cues!

✖ MYTH

"It's impossible to eat mindfully with dining hall food—it's just not that good."

VS

✔ FACT

Mindfulness actually helps you get more pleasure from all foods—even dining hall meals!

Your Mindful Eating Journey

This is just the beginning—you've got this!



Key Takeaways

- ✓ Mindful eating = tuning into hunger-fullness signals
- ✓ Aim to start eating at 3-4 and stop at 6-7 on the scale
- ✓ Even one mindful minute or bite can make a difference
- ✓ This is about enjoyment and connection, not restriction

Campus Resources



Nutrition Counseling

Free 1:1 sessions with campus dietitians



Mindful Eating Club

Meets Wednesdays @ 6pm in the Student Union



Wellness Center Library

Books & resources on intuitive eating

Ready to start your mindful eating journey?

Scan the QR code to join our text message challenge with daily mindful eating prompts!

QR Code



Questions? Contact: nutrition@campus.edu | 📞 (123) 456-7890

Recipes



ChatGPT Prompt:

Give me a list of ideas for gluten free dairy free cookies. I want out-of-the-box recipes that have never been created before, but are easy enough for a lower-skill-level cook to make.

Recipe Output

1. Matcha Coconut Snowballs
2. Sweet Potato Chocolate Chip Cookies
3. Chai-Spiced Cashew Butter Cookies
4. Lemon-Poppyseed Thumbprints with Raspberry Jam
5. Pistachio Rosewater Shortbread
6. Dark Chocolate Avocado Cookies
7. Tahini Molasses Cookies
8. Almond Joy Cookies
9. Maple Pecan Sandies
10. Pumpkin Spice Snickerdoodles



Testing & Edits

Chai-Spiced Cashew Butter Cookies

Yield: About 12–15 cookies

- 1 tablespoon ground flaxseed
- 3 tablespoon hot water
- ¼ cup coconut flour
- 1 teaspoon baking powder
- ½ teaspoon cinnamon
- ¼ teaspoon cardamom
- ¼ teaspoon ground ginger
- ⅛ teaspoon ground cloves
- ¼ teaspoon sea salt
- 1 cup cashew butter
- ⅓ cup maple syrup
- 1 teaspoon vanilla extract



Chai-Spiced Cashew Butter Cookies

Yield: 20 small cookies

- 1 tablespoon ground flaxseed
- 3 tablespoon hot water
- ¾ cup almond flour**
- 1 teaspoon baking powder
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground cardamom
- ¼ teaspoon ground ginger
- ¼ teaspoon ground cloves**
- ¼ teaspoon salt
- 1 cup cashew butter
- ½ cup brown sugar**
- 1 teaspoon vanilla extract

Help Responding to an Email



Gemini Prompt:

I received this email (**redacted of ANY personal info**) from a parent. I'm a campus dietitian. How can I respond?



New Message



To

Campus RD

Subject

Unacceptable meals

I'm honestly baffled. I pay tens of thousands of dollars for my child to attend this university, and yet the dining hall food is a complete joke. Who approved this disaster of a menu? My daughter says the vegetarian options are pathetic. Do you even know what a balanced meal is? I thought a dietitian's job was to promote health, not offer mystery meat and sugary cereal every day. If this is the best you can do, maybe someone else should be in charge. I expect an immediate explanation and a serious plan for improvement.

SEND



Help Responding to an Email

Thank you for sharing your concerns about the dining hall offerings. I understand your frustration and appreciate you bringing your daughter's experience to my attention. Please know that I take this feedback very seriously. My role as the campus dietitian is to support the health and well-being of our students, and a key part of that is ensuring access to nutritious and appealing food options.

I want to assure you that we strive to offer wholesome choices. For instance, we provide [mention any specific positive things you currently do, e.g., a daily variety of fresh fruits and vegetables, lean protein sources, whole grain options, a dedicated vegetarian station, etc. If these are lacking, focus on future plans].

Your feedback is invaluable as we continuously work to improve our dining services. Here's how I plan to address the concerns you've raised:

Collaboration with Dining Services: I work closely with the entire dining services team to plan menus and implement changes. I will share your feedback directly with them to ensure these concerns are addressed at an operational level.

Transparency and Information: We currently [mention any protocols for labeling, online menus with nutritional information, highlighting healthy choices, etc.] and we plan to [insert plans for future changes.] We want students to be able to make informed decisions about what they are eating.

Individual Meeting: I would be very happy to meet with your daughter to discuss her specific dietary needs and preferences, and to help her navigate the dining hall options more effectively. She can reach me at [insert contact info].

Performance Evaluation



ChatGPT Prompt:

Create a foodservice employee evaluation form for staff at a university. Develop the form as if you are a campus dietitian leading the foodservice team. Create an editable word document with the form.

University Dining Services

Employee Performance Evaluation Form

Employee Information

Employee Name: _____

Job Title/Position: _____

Department/Location: _____

Supervisor Name: _____

Evaluation Period: From _____ To _____

Date of Evaluation: _____

Performance Categories

Rate each category on a scale of 1 to 5:

1 = Unsatisfactory | 2 = Needs Improvement | 3 = Meets Expectations | 4 = Exceeds Expectations | 5 = Outstanding

Use N/A if not applicable to the employee's role.

Category	Rating	Comments
Job Knowledge: Understands duties, food safety procedures, and campus dietary guidelines.	—	
Work Quality: Prepares, serves, or supports food service with accuracy and attention to detail.	—	
Food Safety & Sanitation: Follows HACCP guidelines, handwashing, allergen protocols, and proper storage.	—	
Customer Service: Interacts courteously with students,	—	

Teamwork: Cooperates
with coworkers,
communicates effectively,
and contributes to a
positive work environment. —

Attendance & Punctuality: —
Consistently arrives on time
and works scheduled shifts.

Adaptability: Handles —
changes in menu, staffing,
or student needs
professionally.

Initiative: Willingly takes on —
tasks, helps others, and
shows a proactive attitude.

Sustainability Practices: —
Supports campus
sustainability goals (e.g.
reducing waste,
composting, sourcing local).

Campus Dietitian Observations (if applicable)

Demonstrates awareness of special dietary needs (vegan, gluten-free, food allergies): ☐ Yes
☐ No ☐ Needs Training

Refers student questions appropriately to dietitian or manager: ☐ Yes ☐ No ☐ Needs
Training

Participates in wellness or nutrition education initiatives: ☐ Yes ☐ No ☐ N/A

Comments:

Meeting Summary



Meeting Summary

The family discussed various recipes and cooking techniques from their youth, focusing on beef dishes like London broil, hamburger steak, and beef stew.

Best gifts included a drone now stuck in a tree.

Jeanne is considering buying turkey slices from Walmart as a backup meal for the holiday. The conversation ended with holiday wishes and a request for Jeanne to send pictures of her semi-frozen tenderloin.

Action Items:

- Jeanne to use the meat thermometer for cooking
- Jeanne to send a picture of her cooked tenderloin

Tools: Otter, Fathom,
Fireflies, tl;dv

Apps and Tech



Bolt Prompt:

I want to create an app that automatically pulls in the information each week from UMass's dining program. I want a student to be able to check off allergies they have and for the app to show them what meals are available at the dining hall that meet their needs.

Here is the Umass dining info: <https://af-foodpro1.campus.ads.umass.edu/foodpro.net/location.aspx>

Apps and Tech

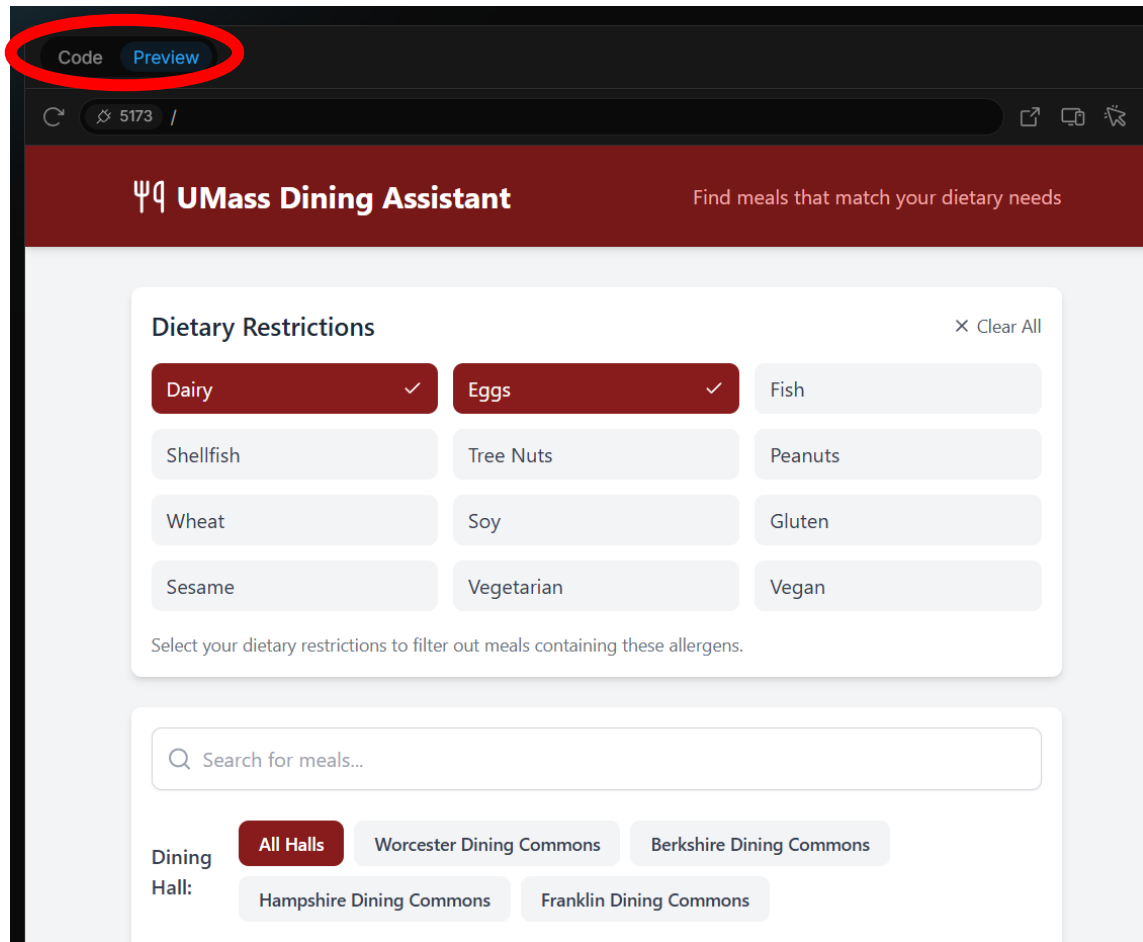
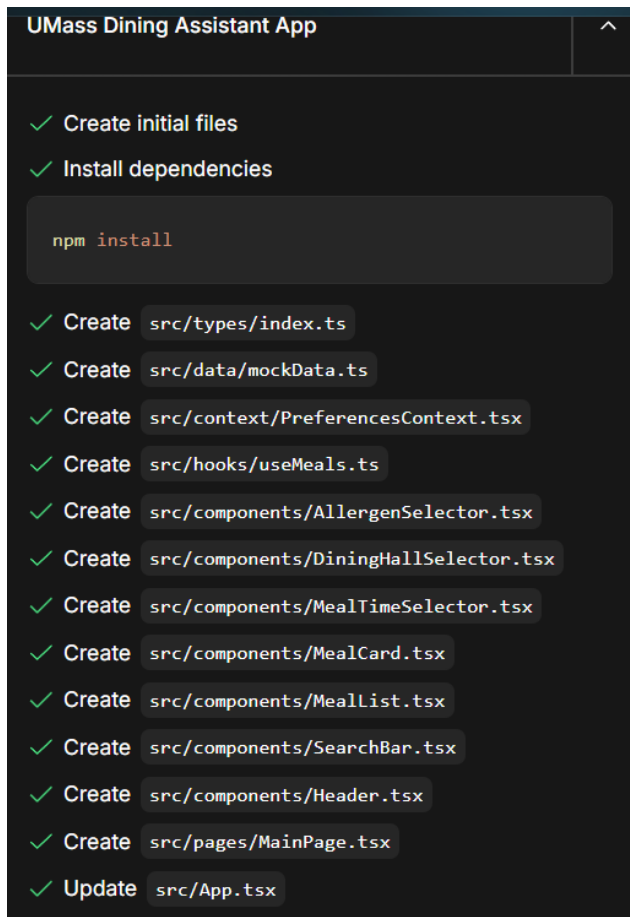
For this first version, we'll focus on creating a user-friendly interface that displays dining information and filters meals based on allergies.

Core Features:

- Allergy/dietary restriction selection interface
- Filtered meal listings based on selected restrictions
- Dining hall location selector
- Mealtime filtering (breakfast, lunch, dinner)
- Detailed meal information with ingredient listings
- Mobile-responsive design for on-the-go access

Design Elements:

- UMass-inspired color scheme with maroon (#881c1c) primary, white secondary, and accent colors
- Clean, accessible interface with high contrast for readability
- Card-based meal display with clear allergy indicators
- Responsive design adapting to mobile, tablet, and desktop views
- Visual indicators for safe/unsafe foods based on user's allergies



Screenshots from Bolt AI. This presentation is not affiliated with Bolt in anyway.

Dining
Hall:

All Halls

Worcester Dining Commons

Berkshire Dining Commons

Hampshire Dining Commons

Franklin Dining Commons

Meal Time:

All Meals

Breakfast

Lunch

Dinner

Showing 3 of 10 meals

Garden Salad

Fresh mixed greens with assorted vegetables

Hampshire Dining Commons Lunch

[Show details](#)

Grilled Chicken Sandwich

Grilled chicken breast on a whole wheat bun with lettuce and tomato

Franklin Dining Commons Lunch

Wheat Gluten

[Show details](#)

Allergen-Free Quinoa Bowl

Quinoa with roasted vegetables and herbs

Hampshire Dining Commons Lunch

[Show details](#)

I've created a UMass Dining Assistant app that helps students find meals based on their dietary restrictions. The app features a clean, UMass-branded interface with maroon as the primary color and an intuitive user experience.

The implementation uses React with TypeScript and includes:

- A comprehensive allergen selection system that persists user preferences
- Filtering options for dining halls and meal times
- Meal cards with clear visual indicators for safe/unsafe foods
- Detailed nutritional information and ingredients lists
- A responsive design that works well on mobile devices

For the MVP, I've included mock data to demonstrate the functionality. In a real implementation, you would integrate with the UMass dining API or create a web scraper to pull the latest menu information from the provided URL.



How would I create a web scraper that pulls in that menu information from the provided URL? And how would I link it to this?

Let's create a web scraper using Puppeteer to fetch the UMass dining menu data. We'll create a Supabase Edge Function to handle the scraping and store the results in our database.

UMass Dining Menu Scraper



✓ Update `package.json`

✓ Install dependencies

I've created a scraper that will:

1. Run as a Supabase Edge Function to fetch menu data periodically
2. Store the results in a Supabase database
3. Update the frontend to fetch real data instead of using mock data

To complete the setup:

1. Click "Connect to Supabase" in the top right to set up your database
2. The scraper will run every time the edge function is called
3. The frontend will automatically fetch the latest menu data from Supabase

The scraper handles:

- Menu items with names and descriptions
- Allergen information
- Dining hall locations
- Meal times

Self-Directed Learning



Perplexity Prompt:

I'm a campus dietitian and am working with some students with ARFID. Can you share key peer-reviewed research from the last 5 years that addresses best nutrition interventions for these clients? Specifically looking in the context of campus dining but open to all recent research.

Research Output

Below are key interventions from peer-reviewed studies published within the last five years:

Nutritional Deficiencies and Monitoring

- ARFID patients often exhibit significant micronutrient gaps due to limited dietary diversity.
- Vitamin B12, C, zinc, and iron deficiencies are common, especially in those avoiding meat, dairy, or vegetables.
- Biochemical testing (e.g., ferritin, vitamin D, B12) is critical to identify deficiencies, with fortified cereals and balanced multivitamins recommended as first-line interventions.

Research Output

Evidence-Based Nutrition Interventions

1. Gradual Food Exposure and CBT-AR

Cognitive Behavioral Therapy for ARFID (CBT-AR) incorporates structured food hierarchies and exposure therapy to reduce aversion. Food Discovery Groups (exposure therapy) help clients explore new foods in low-pressure settings.

2. Nutritional Supplementation and Fortification

Fortified foods (e.g., calcium-enriched plant milks, iron-fortified cereals) bridge nutrient gaps without requiring drastic dietary changes. Supplements can be effective for acute deficiencies.

3. Sensory and Neurodivergent Adaptations

Sensory-friendly meals can accommodate hypersensitivity. Noise-canceling headphones and dim lighting during meals can reduce sensory overload.

Research Output

Campus Dining Adaptations

- Work with campus dining services to provide fortified staples (e.g., zinc-enriched grains, vitamin C-infused juices) and pre-portioned snacks for easy access.
- Offer build-your-own bowls with diverse textures (e.g., crunchy veggies, soft proteins) to encourage exploratory eating.
- Create quiet dining zones for students with sensory sensitivities.
- Train dining staff on ARFID to minimize stigma and promote accommodating responses (e.g., not pressuring students).
- Distribute visual guides for balanced meals using "safe foods" as a foundation.

Research Output

Key Research Studies

- **Schmidt et al. (2021):** Highlighted calorie and micronutrient deficits in ARFID patients, emphasizing the role of fortified foods ².
- **Taylor et al. (2021):** Demonstrated long-term success of parent-supported CBT-AR, with patients introducing 92 new foods post-treatment ¹.
- **Harshman et al. (2019):** Linked processed food-heavy diets in ARFID to nutrient gaps, advocating for structured supplementation ².

Social Media Materials



Gemini Prompt:

Can you create a one-month content calendar for Instagram for a campus dietitian? I want to share some healthy tips, highlight our programs on campus, etc.

Content Calendar

- Meal Hub Monday: Focus on making healthy choices and utilizing on-campus dining options.
- Tip Tuesdays: Share actionable nutrition tips.
- Wellness Wednesdays: Broader wellness topics, including stress management and hydration.
- Thirsty Thursdays: Focus on healthy hydration and drink choices.
- Foodie Fridays: Highlight nutritious options on campus.
- Spotlight Saturdays/Sundays: Feature campus programs or events, student testimonials, or Q&A.

Content Calendar

- Monday (Meal Hub Monday):
 - Carousel post: Build a Balanced Lunch on Campus. Show examples like a salad bar creation, a lean protein + veggie combo from a hot line, and a healthy grab-and-go option.
 - Caption: “No time to cook? No problem! Fuel your studies with smart choices from our campus dining halls. Swipe to see how to build a delicious and energizing lunch! What are your go-to healthy finds in the caf? #[YourUniversityName]Dining #CampusFuel #HealthyCafeteriaHacks #StudentLife”
- Tuesday (Tip Tuesday):
 - Infographic: "Top 5 Brain-Boosting Snacks for Study Sessions." (e.g., almonds, blueberries, dark chocolate, walnuts, pumpkin seeds – mention if any are sold on campus).
 - Caption: "Fuel your focus! 🧠 These snacks are packed with nutrients to help you ace those exams. Find some of these at [Campus Store/Cafe Name]! What's your favorite study snack? #NutritionTip #BrainFood #StudySmart #HealthyHabits #CampusDietitian”

Content Calendar

- Wednesday (Wellness Wednesday):
 - Short video/Reel: "Hydration Hacks: Creative Ways to Drink More Water." (e.g., fruit-infused water, setting reminders).
 - Caption: "Feeling sluggish? You might be dehydrated! 💧 Check out these easy ways to up your water intake. How do you stay hydrated? #WellnessWednesday #Hydration #HealthyLifestyle #StudentWellness"
- Thursday (Thirsty Thursday):
 - Static image: "Rethink Your Drink: Soda vs. Seltzer." Highlight sugar content.
 - Caption: "Not all drinks are created equal! 🥤 Be mindful of hidden sugars. Opt for water or naturally flavored options. Questions about healthy drink choices? DM us! #ThirstyThursday #HealthyDrinks #SugarSmart #CampusNutrition"

Content Calendar

- Friday (Foodie Friday):
 - Reel of a healthy and appealing dish available at a specific campus dining hall or cafe. "Dietitian's Pick of the Week at [Dining Hall Name]!"
 - Caption: "Happy Friday! 🎉 Treat yourself to something delicious AND nutritious right here on campus. This week's pick is the [Dish Name] from [Dining Hall Name] because [reasons - e.g., great source of protein and fiber]. What are you enjoying? #FoodieFriday #CampusEats #[DiningHallName] #[YourUniversityName]Food"
- Saturday/Sunday (Spotlight Weekend):
 - Post: "Meet Your Campus Dietitian!" Introduce yourself with a friendly photo and some fun facts.
 - Caption: "Hi everyone! I'm [Your Name], your campus dietitian. I'm here to help you navigate healthy eating on campus. Got questions? Book a free consultation! Link in bio. #CampusDietitian #NutritionServices #StudentSupport #MeetTheRD"

Social Media Materials



Gemini Prompt:

Can you create a prompt that can be used to generate an image for this?

Infographic: "Top 5 Brain-Boosting Snacks for Study Sessions." (e.g., almonds, blueberries, dark chocolate, walnuts, pumpkin seeds – mention if any are sold on campus).

Prompting AI for Image Prompts

Main Title: FUEL YOUR FOCUS!

(Font: Large, bold, engaging. Color: A vibrant color that pops)

Then take this to ChatGPT!

Subtitle: Top 5 Brain-Boosting Study Snacks

(Font: Smaller than the main title, clear. Color: Complements the main title.)

Main Content Area

This section will list the 5 snacks. Aim for a clean, balanced layout. Vertical list with icons next to each:

- Icon: Simple Almonds. Text: ALMONDS. Rich in Vitamin E, supports brain cell protection.
- Icon: Simple Blueberries. Text: BLUEBERRIES. Packed with antioxidants to boost memory & concentration.
- Icon: Simple Dark Chocolate Square. Text: DARK CHOCOLATE (70%+). Contains flavonoids that may enhance focus (enjoy in moderation!).
- Icon: Simple Walnut. Text: WALNUTS. Excellent source of Omega-3s, vital for cognitive function.
- Icon: Simple Pumpkin Seeds. Text: PUMPKIN SEEDS. Provide zinc, crucial for memory and thinking skills.

FUEL YOUR FOCUS!



Top 5 Brain-Boosting Study Snacks



ALMONDS

Rich in Vitamin E, supports brain cell protection.



BLUEBERRIES

Packed with antioxidants to boost memory & concentration.



DARK CHOCOLATE (70%+)

Contains flavonoids that may enhance focus (enjoy in moderation!).



WALNUTS

Excellent source of Omega-3s, vital for cognitive function.



PUMPKIN SEEDS

Provide zinc, crucial for memory and thinking skills.

Social Media Video



We're not here quite yet ;)

GenSpark Prompt:

I want to make an Instagram reel of this recipe. Can you create short video clips that illustrate each step of the recipe?

<https://www.snackinginsneakers.com/healthy-peanut-butter-eggs/>



*Videos
created
with
GenSpark*



*Videos
created
with
GenSpark*



Trends



GenSpark Prompt:

I'm a campus dining dietitian that's trying to stay on top of the newest food trends with Gen Z. Can you search content from the last few weeks and identify any key food and nutrition trends?

Let me search for more specific information about recent TikTok and Instagram food trends:

Using Tool | 🔍 Search TikTok Instagram food

View

Let me look for the latest food trends on TikTok:

Using Tool | 🔍 Search tiktok food trends 2025

View

Now, let me get specific information about Instagram food trends:

Using Tool | 🔍 Search Instagram food trends 2025

View

Let me search for some specific information about sustainability and health trends, which are particularly important to Gen Z:

Using Tool | 🔍 Search Gen Z sustainable food

View

Now, let me get specific information on wellness and mental health-focused food trends, which are important to Gen Z:

Trends

As a campus dining dietitian, staying current with Gen Z food preferences is crucial for menu planning and engagement. Here's a comprehensive overview of the latest food and nutrition trends popular among Gen Z on social media platforms like TikTok and Instagram:

1. Sustainability-Driven Food Choices

- Environmental Impact Awareness: Over 70% of Gen Z values sustainability in their food choices, with 61.3% willing to pay more for ethically sourced products.
- Plant-Based Alternatives: 24.8% of Gen Z are concerned about food waste and support sustainable packaging, while 13.7% follow plant-based diets (vegetarian, vegan, flexitarian)
- Climate-Smart Agriculture: A recent Whole Foods Market survey showed that 70% of Gen Z supports climate-smart agricultural practices.

Trends

2. Mental Health & Functional Foods

- Mood-Boosting Foods: Gen Z consumers are specifically seeking foods and beverages to combat stress and promote brain, immune and gut health
- Focus on Digestive Health: They're making food choices that bolster physical and mental health, with a particular focus on digestive and gut health
- Functional Ingredients: Adaptogens, nootropics, and other functional ingredients are gaining popularity for their perceived wellness benefits

3. Flavor Fusion & Experimental Tastes

- "Swicy," "Swalty," & "Newstalgic": These flavor profiles combine sweet+spicy, sweet+salty, and nostalgic flavors with modern twists
- Bold Global Flavors: Dragon fruit, yuzu, hibiscus, and spicy-sweet combinations like chili-lime and mango-habanero are captivating for Gen Z's curious palate
- Fusion Experimentation: Gen Z seeks daring, unique flavors and fusion combinations that blend different cultural influences

SOPs



Gemini Prompt:

I'm a campus dietitian. Create a step-by-step SOP for dealing with students with food allergies on campus. This would include meeting with the student, suggesting safe options, communicating with the dining team, and documenting follow-up.

SOPs

Standard Operating Procedure: Managing Student Food Allergies on Campus

Purpose: To establish a clear and consistent process for campus dietitians and dining services to identify, support, and safely accommodate students with food allergies, ensuring their well-being and access to campus dining.

Scope: This SOP applies to all campus dietitians, dining services staff, and students who report food allergies and wish to utilize campus dining facilities.

Date of Implementation: May 15, 2025

- **Last Reviewed:** May 15, 2025

SOPs

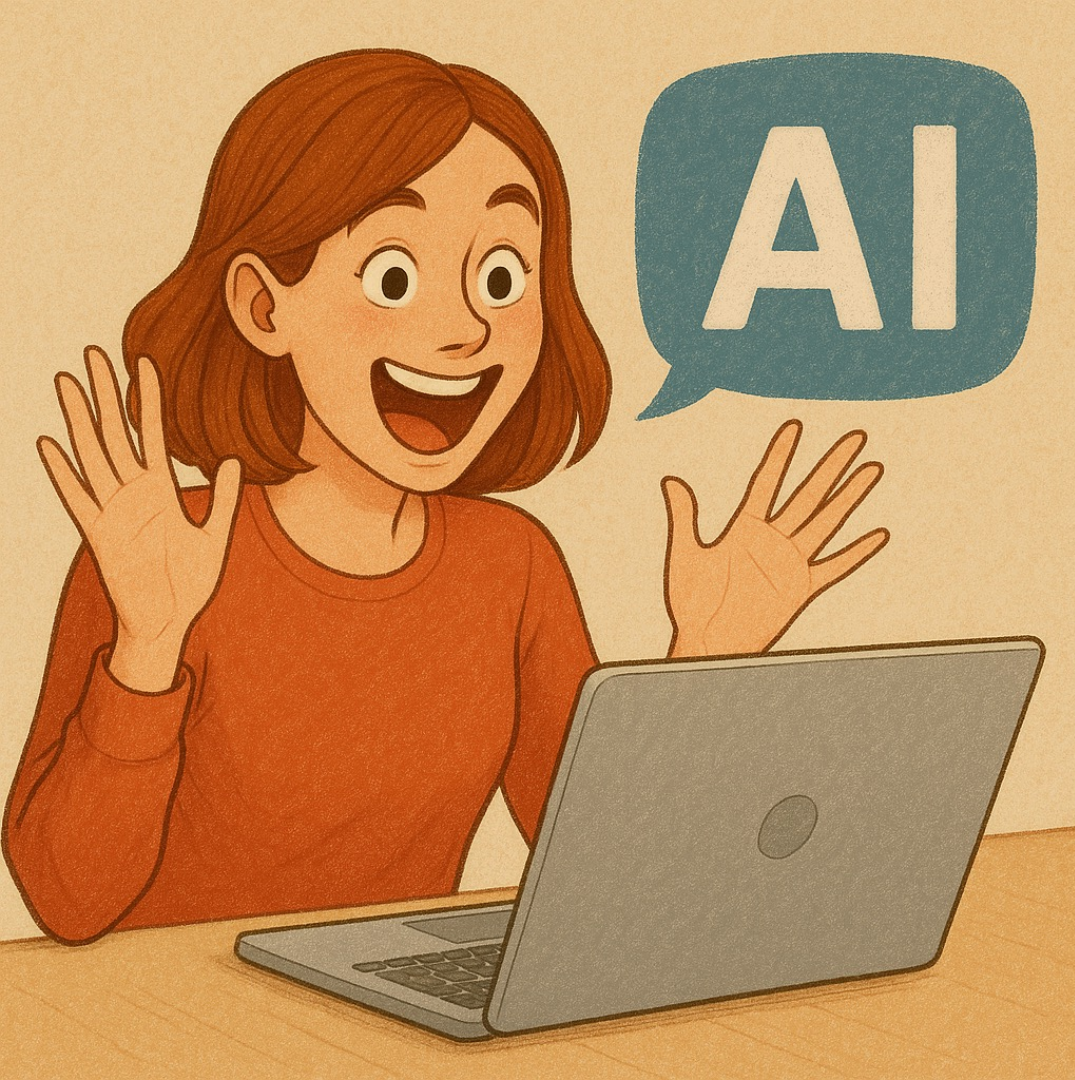
Campus Dining Allergy Policies: Explain the university's policies and procedures regarding food allergies in dining halls.

Available Resources: Inform the student about available resources, such as:

- Online menus with nutritional and allergen information.
- Allergen labeling systems used in dining facilities (e.g., icons for top 9 allergens).
- Dedicated allergy-friendly stations or "free-from" zones, if available.
- Contact information for dining hall managers and chefs.

Self-Advocacy Skills: Emphasize the importance of self-advocacy, including:

- Clearly communicating their allergies to dining staff at every meal.
- Asking questions about ingredients and preparation methods.
- Inspecting their food selections.
- Knowing what to do in case of an allergic reaction.
- Always carrying their prescribed emergency medication (e.g., epinephrine auto-injector) and knowing how to use it.



**Who's excited
to practice?!**

**AI Skills
Activities**

~10 min each

Image Created with ChatGPT

Additional Tools

- Lindy; Make – Multistep multitool automations
- Heidi Health, Freed, Scribeberry, DeepScribe – AI charting
- Leanpath, Winnow – AI trash tools
- Lumen5, InVideo – AI powered video editor with B-roll
- Notion, Clickup, Asana – Productivity & project management
- Botpress – Create AI Chatbots



Conclusions

- AI can save you time, spark creativity, and streamline your work!
- It won't replace empathy and human connection.
- Treat AI like your intern!
- Try AI for tasks that take a lot of time, or those you dislike.
- Build good workflows.
- Be cautious about ethical issues.



Questions?

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