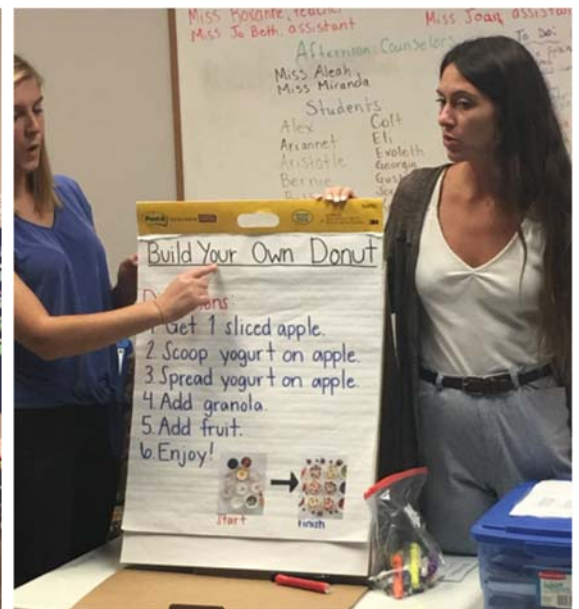
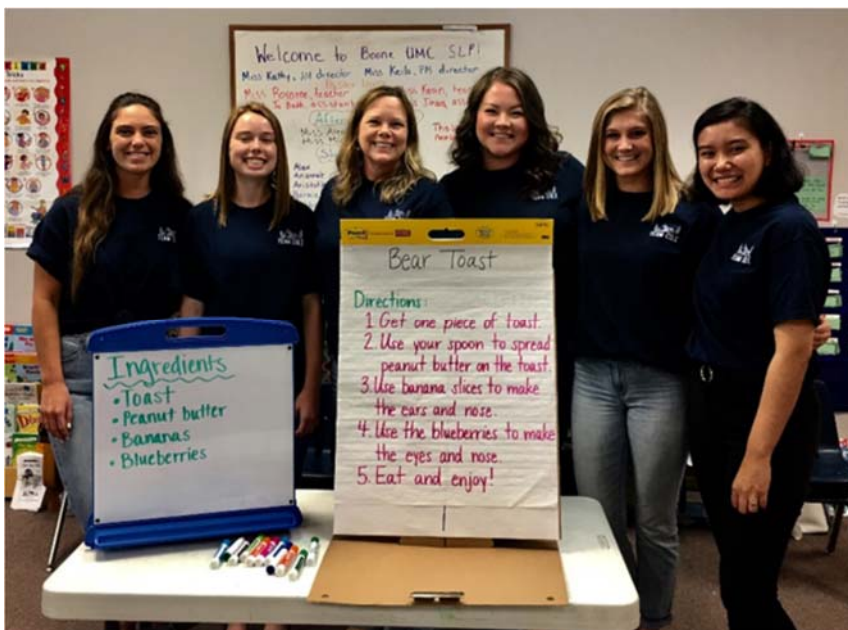


## **A Recipe for Success: Pairing Speech with Snacks**

Earlier this summer, the Departments of Communication Sciences and Disorders (CSD) and Nutrition and Health Care Management at Appalachian State University collaborated in a six-week Summer Literacy Program supported by a 3-year grant from The Duke Endowment. The goal of this multi-year program is to improve the literacy skills of 5-6 year olds in the local community who have not fully mastered age-appropriate language and literacy skills at the end of their kindergarten year.

Four CSD graduate students worked with a student in the Nutrition and Foods program to design language and literacy lessons around a theme of nutritious snacks. While the children followed recipes to make nutritious snacks, they also completed language and literacy activities related to vocabulary knowledge, print concepts and reading/writing skills. A recipe book was shared with the children and their families at the end of the program.

Karalee Cole, the CSD Clinical Educator who led the program, commented: "This project provided a valuable training experience for our graduate students by allowing them to link oral and written language (reading and writing) practice within the childrens' daily therapy sessions. In addition to the visible community outreach encompassed by the program, the graduate students gained real-life inter-professional experience in combining language/literacy lessons with activities focused on nutritional snacks. The students were such an inspiration — I'm looking forward to next year!"



*LEFT: Maggie McCabe, Allie Davis, Clinical Educator Karalee Cole, Natalie Railey, Lauren Culver and Shallelica Mean.*

*RIGHT: Lauren Culver and Maggie McCabe leading the daily recipe.*

*We offer our sincere appreciation for the continued support of the Scottish Rite, without which we could not fulfill our mission.*