

## WHO WE ARE

Researchers on the Nutrition and Brain Development Team at the Nutrition Research Institute want to know how the food people eat affects how their brains work. Studies suggest that nutrients such as iron, choline, and fatty acids, to name just a few, can change how the brain functions: things like the ability to remember, to pay attention, and even to see.

Some of our scientists want to know how nutrition affects the development of children. We already know that children who eat breakfast do better in school. Our work looks at what the child eats and how certain foods may affect their school work. We believe we can improve the lives of children through simple changes in their nutrition.

## WHAT WE DO

We will use many different methods to study children and their development. One way is for a researcher and a child to play “games” that have been specially designed to test certain abilities.



For example, a child might be shown how to put a special toy together and play with it. Then, after a few minutes, the child will be asked to do it. This is a simple test of memory.

There are also many ways to study nutrition. The simplest way is a food diary. People in the study simply write down everything that they eat. In other studies, the researcher may ask the subject to eat more of a certain nutrient or food. Using both of these methods at the same time gives researchers good information to use in their studies.

## HOW YOU CAN HELP

This work cannot be done without people. We are looking for families who are willing to let their children take part in our research. We are collecting a list of

volunteers from the area.

When you sign your children up, their names will go on this list. When a researcher wants to work with, for example, 2-year-olds, she would go to the list and pull the names of children who will be 2 years old soon. Then she would call the families on the list to explain the study and ask if you want your child to participate. You decide depending on the study and your schedule. Signing up now does not obligate you to any particular study. It just lets us know that you are interested in being a part of the excitement that is the Nutrition Research Institute!



Photo credits: cover and above: N. Mercy,  
above center: [www.healthylivingtip.com](http://www.healthylivingtip.com)

## Yes, we can help...

I give my permission to the Nutrition Research Institute to call me when a project is available for which one of my children is the correct age. **I am not obligated to allow my child to participate.** When I am called, the study will be explained to me in detail, and I will decide then whether or not to get involved.

Name of Parent/Guardian \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone Number \_\_\_\_\_

Child's birthdate (month/year) \_\_\_\_\_ Sex

\_\_\_\_\_ M F

\_\_\_\_\_ M F

\_\_\_\_\_ M F

\_\_\_\_\_ M F

Please fold so that your personal information is inside and the NRI logo is on the back. Tape shut, affix first class postage, and toss in the mail.

THANK YOU!



Carol L. Cheatham, Ph.D.  
Nutrition Research Institute  
500 Laureate Way  
Kannapolis, NC 28081  
Phone (704)250-5018  
[www.uncnri.org](http://www.uncnri.org)



BE A PART OF  
THE EXCITEMENT:  
JOIN THE TEAM!!

