

# Nutrition in Nicaragua

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EDGE  
PROJECT

## Project Summary

The Nutrition in Nicaragua project entailed a lot more than eating Nicaraguan food. It started out by traveling to a rural area of the Chinandega province, where I spent one week performing my project. By day, I performed observational research in open street markets, connected with community leaders involved in nutrition resources, and become culturally aware of nutrition practices in the area. By night, I spent my time teaching whoever would listen about basic nutrition practices and answering questions regarding health.

## Project Highlights

My experience of Nutrition in Nicaragua included:

- Classes emphasizing basic nutrition
- Research in markets and grocery stores
- Cultural nutrition activities
- Native Food Practices

## From My Journal

“Wow, today was astounding! Our driver, Israel, asked us impromptu to his house for dinner with his family. I was mostly in awe of how they made due with so little. The meal consisted of white rice, refried beans, a chicken leg in a stew, and tortilla with cheese and a nice big glass of lemonade. It might have been the heat getting to me, but that glass of lemonade was the best I’ve ever had! The other food was filling (found a few rocks in the rice). Israel and his family were very willing to answer questions as we sat with them in their dirt-floored living room. Turns out that the meal we had eaten with them had cost around 120 cordovas (3.89 US dollars), which is a fifth of his weekly wage as a taximan.”



High end restaurants in Nicaragua serve more American-like foods, which was a welcome change after quite a few days of rice and beans! This Fettucine Alfredo served with bread was a different flavor from most Italian restaurants, but was still delicious.



This typical plate of breakfast is what many Nicaraguans desire to have in their diet, but can rarely afford. Tortilla with scrambled eggs, black beans and cream with a sausage like meat on the side makes for an interesting nutrition discovery.