Title: A Healthy Hallmark: The Role Nutrition Plays on College Student Developmental Outcomes

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Nutrition is a fundamental factor in development that may impact an individual's academic performance, behaviour and cognition. This pilot study seeks to examine the role nutrition plays on the aforementioned developmental factors.

Food is used as a means to provide energy and building material in the body. A proper balance of nutrients, in turn, is essential towards healthy development. Existing research suggests that nutrition is instrumental towards cognitive processing and physical and mental wellness. Therefore, additional research on nutrition will further assess its impact by analyzing a specific demographic. This pilot study seeks to explore whether ‘nutritional knowledge’ (an individual’s basic construal regarding healthy eating) contributes towards wellness from an academic, behavioral and cognitive lens.