

Using Low-Tech Gamification to Teach High Schoolers About Nutrition: Lessons from the *Rev It Up!* Curriculum

 **November 18, 2026**

 **11:00 AM CT**

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FEATURED SPEAKER

Dr. Gemma Bastian is an assistant professor in SDSU's School of Health and Human Sciences and an Extension nutrition and health specialist. Her research focuses on food insecurity and improving nutrition among youth, older adults, Native communities and young adults on the autism spectrum. She leads the Dakota Food Rx produce prescription program and authored the "Rev It Up!" curriculum. Bastian is a registered dietitian nutritionist and earned degrees from Cornell and Rutgers universities.

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