

## **The 4 W's**

### **Topic - Food Dilemma**

**Problem statement:** Many college students are unable to manage their time and incorporate eating a balanced meal into their daily lives.

Who? College students feel sluggish and unable to manage their time to eat enough in one day.

What? Many people do not have enough time or energy to eat which causes them to be more sluggish.

Where? Students on campus are unable to find time in their schedule to eat a proper amount of food.

Why? Without a sufficient amount of nourishment our minds and bodies cannot function at their fullest capabilities.