



Hend Eldik, is a fourth-year honors student in the Applied Human Nutrition and Dietetics program at Mount Saint Vincent University. She has always had a passion for different disciplines in the sciences, inspiring her to also pursue a double minor in Chemistry and Biology. This passion guided her to amazing opportunities that she is truly grateful for, one of which is being the recipient of this incredible award from the NS Center on Ageing. Another is having the opportunity to conduct research as an undergraduate student. The honors research project will be focusing on the impact of food on cognition. It will include creating pureed food products for dementia patients who struggle with dysphagia, focusing on ingredients that are thought to improve brain health, and include adequate amounts of micro and macronutrients. Furthermore, it will aim to decrease the number of malnutrition cases found in patients by creating more desirable and appetizing food products.

