

## **Title: Designing Nutrition Education Resources**

The Dietetic Technician A.A.S. Program at Morrisville State College prepares students via experiential learning for employment in health, nutrition, and food related careers. In NUTR 225, Educational Methods for the Food and Health Care Fields, dietetic students practice using effective oral, written, and visual communications for dispensing evidence-based food and nutrition information. The senior students demonstrate their ability to prepare and deliver information on a randomly assigned topic in the Visual Aids Capstone Project.

### **Project Objectives:**

The student:

- ▶ will have an in-depth understanding of an assigned nutrition topic as it pertains to the health of specific audiences within the general public.
- ▶ will demonstrate communication skills by developing a nutrition presentation in a visual format using valid information from credible sources.

### **Methods:**

- **Topic:** IRRADIATION
- **Problem:** An E.coli outbreak has occurred in a hypothetical community. Irradiation of food may be an effective way to prevent food borne illness.
- **Research:** The student researched the topic and audiences using peer-reviewed journals, government and educational Web sites and course textbooks. Objectives were developed for each of the assigned groups as part of a campaign to prevent future outbreaks.
- **Outcome:**
  - **POSTER:** Grades 7-12 in a junior/senior high school cafeteria
  - **TRIFOLD:** Parents of elementary children in the same school district
  - **FACT SHEET:** Company Health Fair in the same town as the school
  - **TABLE TENT:** The Company cafeteria.

### **Conclusion:**

A 10 minute oral presentation of the student's visual aids was made to the communications class. The presentation included information specific to the topic and how and why he developed the materials as he did. The student demonstrated exceptional proficiency in specific dietetic competencies. The project has been presented in several local community settings.

**Key Words:** Experiential Learning, Critical Thinking, Evidence-Based, Audience-Focused