

FDNS 4660/6660

Food and Nutrition Education Methods

Instructor: Dr. Rebecca Mullis
Office/Phone: 280 Dawson Hall/542-4875
Office Hours: By Appointment
E-Mail Address: rmm@fcs.uga.edu

Instructor: Dr. Barbara Grossman
Office/Phone: 271 Dawson Hall/542-4908
Office Hours: By Appointment
E-Mail Address: bgrossma@uga.edu

Class times: August 18, 10:00-2:00
October 13, 10:00-2:00
December 1, 10:00-2:00

Location: Room 207 Dawson Hall

Textbook: reading materials will be handed out in class and made available throughout the semester on WebCT; please check WebCT weekly for new information

Course Outline:

1. Leadership in School Food Service
2. Foundations in Theory in Health Promotion and Health Behavior
3. Learning Theories and Applications
4. Nutrition Education in schools
5. Implementing Nutrition Education Programs in Schools
6. Learning for Special Audiences
7. Cultural Diversity
8. Evaluation

Assignments: Students will be expected to write a paper and give a presentation on a nutrition-related issue of their choosing, with approval of the instructors. Students are to select an age group or particular issue they would like to focus on. Students are to review successful programs, and develop a nutrition program for this audience/issue that could be used in their own school system.

Project Outline:

- 1) Select target audience for general nutrition education or nutrition related health issue pertaining to school age children. Must be approved by instructors prior to beginning work.
- 2) Review related health behavior theory, learning theory and successful programs that have been conducted with this audience /issue.
- 3) Develop a program approach for your audience/issue based on this review and input from key people in your system and members of the target audience. Include needs assessment, program objectives, curriculum plan and evaluation approach
- 4) Present curriculum approach to key people and members of target audience for critique
- 5) Present final curriculum plan to class and instructors.

October 13th -2nd meeting of class: Complete numbers 1 & 2 (10 pages or less, typed, double spaced, with references) and planned program approach. Present a Power Point presentation for critique by your fellow students and instructors. You will have 30 minutes for your presentation followed by discussion. This will represent 30% of your overall grade.

December 1st-Last meeting of class and final presentation. This will include your entire curriculum plan as well as evaluation plan and proposed evaluation measures. You will also prepare a Power Point presentation for critique by class members and instructors. Turn your second Power Point presentation and curriculum package. You will have 30 minutes for your presentation followed by class discussion. This curriculum plan and presentation will represent 40% of your overall grade.

All academic work must meet the standards contained in “A Culture of Honesty.” Students are responsible for informing themselves about those standards before performing any academic work (<http://www.uga.edu/ovpi>).

Late adds to this class will not be approved unless there is an exceptional circumstance.

Course Objectives

1. Understand the leadership role of the School Food Service Director in nutrition education in schools.
2. Utilize the principles of health promotion and health behavior theory in the selection and design of nutrition education approaches.
3. Apply learning theory in the selection and design of nutrition education programs
4. Utilize criteria to evaluate teaching resources available from a variety of sources including government agencies, commercial publishers, the internet, etc. for use in nutrition education programs
5. Design and develop a nutrition education program.
6. Design, select or adapt nutrition education programs to meet the needs of diverse populations including culture, age, ethnicity, gender and social class.
7. Utilize appropriate strategies and technology in delivering nutrition education concepts.
8. Understand the role of needs assessment, process evaluation and outcome evaluation in assessing nutrition education programs.