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**Areas of Concentration**

**Concentration: Nutrition Education and Counseling in Dietetics**

Narrative:

Today’s dietetic professional must be able to identify, design and develop effective nutrition education materials and learning experiences. They also need confidence in using nutrition counseling strategies for intervention. When dietitians provide effective education and have successful counseling skills, they can influence lifestyles and initiate behavior change.

Interns will practice identifying effective and non-effective education materials, assessing nutrition education needs, designing and developing nutrition education materials and counseling patients/clients. Content in this concentration area will prepare interns to use assessment, learning objectives, instructional strategies, and development processes wisely when providing nutrition education. Interns will also have opportunities to enhance their skills in conducting nutrition interviews and setting goals with individuals. An emphasis in nutrition informatics will help interns use educational strategies that are both attractive and effective for children, patients, clients, and consumers living in a technology driven society.

**Competencies and Learning Outcomes for Nutrition Education and Counseling in Dietetics Concentration:**

(ED 1) Demonstrate skills in evaluating and selecting effective education materials

Assignment Title: Internet Site Evaluation Handout

* Develop a handout for identifying good and bad Internet sites for consumer education.
* Identify good and bad nutrition education materials for consumers (e.g., evaluating free materials from commodity groups, business and industry, and other free resources available to dietetic educators).
* Supervise the use of federal nutrition materials by assessing MyPyramid materials and discussing with preceptor the best way to use the materials for a target population.

(ED 2) Perform a nutrition interview/assessment for individual counseling and education

* Demonstrate effective skill in building rapport with patients/clients.
* Demonstrate effective skill in assessing and determining patients’/clients’ readiness for change by using motivational interviewing, the transtheoretical model or other counseling approach.

(ED 3) Provide nutrition counseling to individual patients/clients

* Demonstrate effective skills in preparing for counseling sessions, conducting nutrition interview/assessments, setting goals with patients/clients, conducting interventions with education and evaluating counseling outcomes.
* Counsel a patient/client in at least two counseling sessions and evaluate outcomes and progress over time.

(ED 4) Assess, design and develop nutrition education materials

Assignment Title: Needs Assessment/Learning Objective-Clinical

Assignment Title: Needs Assessment/Instructional Materials-Wellness

* Conduct a needs assessment and write learning objectives for a nutrition education program targeted at adults in a clinical setting.
* Conduct a needs assessment, write learning objectives, determine content and develop an instructional material for patients/clients in a wellness or health and fitness setting.

(ED 5) Manage the implementation function for nutrition education

Assignment Title: Needs Assessment/Lesson Plan/Class-K-12

* Modify at least two recipes and give a culinary education program to encourage behavior change.
* Design, develop and conduct a lesson plan for a unit of instruction in a K-12 school setting. The lesson plan should include a needs assessment, topic, target audience (grade level), time required, learning objectives, materials, teaching method(s), content outline, evaluation method to assess learning, and references.

(ED 6) Demonstrate proficiency in using online resources and nutrition informatics for implementing nutrition education

* Demonstrate competency in using images and graphics effectively in nutrition education.
* Demonstrate knowledge of copyright laws.
* Demonstrate competency in using the SMOG or similar readability formula for nutrition education materials targeted at patients, clients and the general population.
* Use information processes and information technology effectively in retrieving and selecting resources used in nutrition education.
* Use information technology tools effectively in communication and education functions.

(ED 7) Manage evaluation functions

Assignment Title: Computer Game Evaluation

* Conduct a summative evaluation for a computer-based nutrition game designed for children. Ask children to play the game and report if the game met objectives and increased their knowledge of nutrition.