

Nutrition and Foods (NF10) – Nutrition for Health

The NF10 Student Learning Outcome (SLO) # 1:

- Students completing NF 10 - Nutrition for Personal Health and Wellness will be able to analyze food intake and compare to recommended goals.

Means of assessment:

- An assignment will be given to students that will allow them to collect data on and evaluate their food choices.

Criterion:

- 75% of students will earn a 70% score or higher.

NF Faculty (both full time and adjunct), met in the Winter of 2017 to revise NF SLOs. SLOs collection, analysis, and assessment was completed in Spring 2017.

In my NF10 course, the NF10 SLO#1 was evaluated with a two-part assignment. The assignment was a fifty-point assignment split into two components.

The first part of the assignment asked that students navigate the www.choosemyplate.gov site and review nutrition information. The information included but was not limited to serving sizes for food groups as well as nutrient and physical activity recommendations.

The second part of the assignment asked that students take the information reviewed in class lectures, lessons from the textbook, and from the first part of the assignment and apply the principles learned. They were asked to record their food intake, analyze it, and compare it to the recommended goals.

In the Fall of 2016, I reviewed the course material in class on serving sizes and nutritional recommendations as well as provided a brief class demonstration on how to complete the assignment. SLOs data from this semester reflected that 81% of students met the criterion demonstrating that they were able to analyze their food intake and compare it to their recommended goals.

While the SLOs data reflected that the majority of the class was succeeding, I wanted to create an intervention to facilitate the success of the remaining 19% of the class. Data reflected that out of the 8% of the students who did not meet the criterion struggled in the second part of the assignment (where students analyzed food intake and compared it to recommended goals).

I created a sample assignment that was used in class as a group activity. A partially completed sample food record was provided to the class. They worked in groups to analyze food intake; determine which foods were assigned to various food groups; determine appropriate serving sizes; and evaluated food intake when compared to recommended goals. These were areas that past students had anecdotally stated they struggled with in applying to the assignments.

The intervention was introduced after lecture content and an in-class demonstration of the assignments were conducted. After completing the group activity in class, students stated more confidence in completing the assignment on their own. Data reflected from Fall 2016 to Spring 2017 show an increase from 81% to 91% of students meeting (or exceeding) the criterion.

Due to the success of the intervention, the sample assignment was utilized as a supplementary in-class activity to facilitate student success regarding NF10 - SLO# 1 achievement.