

Nutrition for Health

Osher Lifelong Learning Institute

Fall 2020

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Wednesdays September 23, 2020 – November 11, 2020

9:45AM – 11:00AM

INTRODUCTION



Professor and Chair, Department of Health Studies in the College of Arts and Sciences at American University

Dr. Anastasia Snelling has been a member of the Academy of Nutrition and Dietetics as a registered dietitian for over thirty years and a fellow in the American College of Nutrition. Dr. Snelling's book, *Introduction to Health Promotion* was released through Jossey Bass Publisher in 2014.

Her research focuses on methods of behavior change in nutrition education to manage risk factors related to chronic disease. Specifically, her work uses the school environment to improve the health status and academic achievement of children. Grounded in the Social Ecological Model, her work in school health examines different levels of influence that can improve the health and food environment, leading to improved health and weight status. By addressing the needs of the child within the social, economic, and cultural contexts where they live, the research aligns health and education to enable students to reach their full potential.

CLASS FORMAT

The classes will be in the form of lecture and discussion, divided approximately 60-40 percent. The classes will be informal, and discussion is encouraged throughout the lecture. Nutrition is both a science and an art; this means that there are scientific principles such as the digestion, absorption, and metabolism of nutrients; the art of nutrition is what you actually select to eat. Food choices are dependent on a number of different factors which we will discuss, but there are many different styles of eating that promote health.

TEXTBOOK

Hass, Elson & Levin B. (2008). **Staying Healthy with Nutrition. The Complete Guide to Diet and Nutritional Medicine.** Published by Crown.

Purchase Option: Amazon for \$26.00 or on Kindle for \$11.00

PROPOSED CLASS SCHEDULE

| Class Date | Topic | Reading |
|--------------|--|---------------------|
| September 23 | Introduction What factors influence our food choices? Federal Guidelines for healthful eating Relationship between food and chronic conditions | Chapter 12, 13 & 14 |
| September 30 | Building Blocks: Water and Carbohydrates Hydration and its importance to overall good health Different types of carbohydrates: simple vs complex Importance of daily fiber intake | Chapters 1 & 2 |
| October 7 | Building Blocks: Fats Monounsaturated, polyunsaturated and saturated fats The story of hydrogenated fats | Chapter 3 |
| October 14 | Building Blocks: Proteins Plant and animal based protein Over-consumption | Chapter 4 |
| October 21 | Vitamins & Minerals with Dr. Albert Cheh Importance of micro-nutrients to support health | Chapters 5 & 6 |
| October 28 | Food Politics How policy positively and negatively affect our food supply and food consumption | |

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| November 4 | Nutrition and Aging: Things you can do today to improve your health through nutrition choices. | Chapter 16 |
| November 11 – Final class | Your food..Your health...Your choice | |

PARTICULARS

Due to the delivery of this class online, **we will be using zoom**. You are welcome to have your video on, however I ask that everyone is muted unless they will to pose a question or comment. We will rely on the chat box for questions, and I will have a teaching assistant monitor the chat box so we can consolidate questions and use our time efficiently.

I will use some slides and zoom allows me to “share my screen” so that you can see my slides as I am discussing the weekly topic. After the short lecture, we can “stop screen sharing” and then for those who are using their video – faces will be on the screen, and we can then have a discussion on the weekly topic.

In-class Questions: I urge everyone to try and ask questions that can relate to a majority of the participants and to try and avoid “personal” questions regarding nutrition advice. By doing this, we can include more participants in the discussion.

Finally, this is OUR class. I am hoping to meet your interests around the topic of nutrition. Please feel free to send an email and make suggestions. I will do what I can to meet everyone’s needs.