

FINAL LESSON PLAN

Title: Dietetics as a career choice		Methods Used:	
Target Audience: 30- 12 th grade boys and girls at a high school career fair		Videos/DVD	
Number in Class: #10, #25		Newspaper/magazines	
Terminal Objective By the end of the career fair, students will be able to identify at least one opportunity within each area of dietetics.		Terminal Concept Dietetics is a good career choice that offers jobs in a variety of areas such as management, clinical, and community.	
Domain Cognitive, affective	Taxonomic Level Knowledge, Valuing		
References Eatright.org, 2011 Compensation & Benefits Survey of the Dietetics Profession, Dietetics: Practice and Future Trends, http://eatrightbucks.com/what-is-a-registered-dietitian/ , http://en.wikipedia.org/wiki/Dietitian , Careers in Dietetics PDF by AND, Introduction to Dietetics handbook pdf by AND			
Preparation: Make copies of the career quiz to pass out to the students. Bring enough pencils or pens to pass out to the students for the quiz just in case. Make copies of the brochure to pass out to the students. Be sure to have internet access to show the video and news articles.			
Pre-assessment Career counselors at the high school recognize that the students are uneducated on the career options available to them and need to become aware of the possibilities. As part of a weekly program that has colleges and career representatives visiting the high school, we have been asked to give an hour long presentation on the field of dietetics. Distribute interest surveys to the class, discuss relevant answers.		Introduction Distribute multiple choice <u>career survey</u> to all the students. <u>Slide 1</u> of powerpoint Discuss which answers match the interests of a dietitian. <u>Slide 2</u> of powerpoint Time: 7 min	
Time (if in class): Same as introduction			
Supporting Objectives	Content Outline	Time	Learning Experiences
Students will distinguish the features of the dietetics profession and why it's a meaningful career	A dietitian is a food and nutrition expert. The profession is organized around these principles: <ul style="list-style-type: none"> • Specialized knowledge <ul style="list-style-type: none"> ○ The AND (Academy of Nutrition and Dietetics) 	7 min	<u>Slide 3</u> of powerpoint Discussion of how the profession is organized

	<p>has set up a review process that updates educational requirements</p> <ul style="list-style-type: none">○ Dietitians and employers alike recognize the specialized knowledge required to practice in dietetics● Continuing education<ul style="list-style-type: none">○ Continuing education is a well-established function of AND through the Center for Professional Education, which offers conferences, annual meeting events, and other opportunities● Service to others<ul style="list-style-type: none">○ The motto of AND is Quam Plurimis Prodesse, which means benefit as many as possible.○ Dietitians recognize a professional commitment to help the public attain optimal health and quality of life through the practice of good nutritional habits. <p>Dietitians are often called upon to use their expert advice to educate the public on important matters.</p>	<p>Ask: How many of you want to have a career that will let you help make people's lives better?</p> <p><u>Slide 4</u> of powerpoint Newspaper and Media article CNN Money rated Dietetics as one of the top ten best jobs for saving the world</p> <p><u>Slide 5</u> of powerpoint Newspaper and Media articles Briefly skim articles and types of information shown</p>
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	<p>Dietitians make a big impact on the organizations they work for and with.</p> <p>http://www.eatright.org/Media/content.aspx?id=10127#.UMJJZZPjkoY</p>	4 min	<p><u>Slide 6</u> of powerpoint Video/DVD</p> <p>Show video “Careers in Dietetics” by eatright</p> <p>Let the audience ask clarifying questions</p>
Students will be able to describe the job outlook for dietitians	<p>According to the U.S. Bureau of Labor Statistics, employment of dietitians is expected to grow as fast as the average for all occupations through the year 2014 because of the increased emphasis on:</p> <ul style="list-style-type: none"> • Disease prevention • Growing and aging population • Public interest in nutrition <p>Dietitians are finding more and more work with the growing obesity epidemic</p>	4 min	<p><u>Slide 7</u> of powerpoint</p> <p>Brief discussion of growing need for dietitians</p>
Students will identify the average salary of a dietitian and the details that contribute to the salary level	<p>Median annual income of all RD’s in the US who have been working in the field for 4 years or less is 52,000. This is effected by:</p> <ul style="list-style-type: none"> • Salaries and fees vary by region • Different employment settings • Scope of responsibility • Supply of RD’s • Years of experience <p>RD’s in areas of business, management, education and research can earn incomes above \$90,000</p>	4 min	<p><u>Slide 8</u> of powerpoint Newspaper and Media articles</p> <p><u>Slide 9</u> of powerpoint</p> <p>Discussion of what effects income</p> <p>Let the audience ask clarifying questions</p>

<p>Students will identify the education, experience, and testing requirements to become a dietitian</p>	<p>You'll have to look up what colleges/ universities have accredited didactic programs.</p> <p>The college/university plans a curriculum that meets both the educational standards of the AND as well as the university requirements.</p> <p>Most Dietetic programs include classes of a variety of subjects, including:</p> <ul style="list-style-type: none">• Food and nutrition sciences• Biochemistry• Physiology• Microbiology• Anatomy• Chemistry• Foodservice systems• Business• Pharmacology• Culinary arts• Behavioral social sciences• Communication <p>Following graduation with your degree, an internship is required to become a registered dietitian. All internships can be found on the eatright.org website.</p> <p>Following your internship you will qualify to take the examination to become an RD</p> <p>Upon graduation there the option of</p>	<p>7 min</p>	<p><u>Slide 10</u> of powerpoint</p>
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<p>Students will be able to identify at least one practice area and one function of clinical dietetics</p>	<p>getting additional certifications in specific areas.</p> <p>Primary areas of clinical practice:</p> <ul style="list-style-type: none"> • Acute care/inpatient <ul style="list-style-type: none"> ○ Hospitals • Ambulatory care <ul style="list-style-type: none"> ○ Hospital outpatient departments ○ Clinics ○ Outpatient care centers • Long-term care <ul style="list-style-type: none"> ○ Nursing homes ○ Assisted living facilities ○ Alzheimer's disease units <p>Function:</p> <ul style="list-style-type: none"> • Nutritional screening • Nutritional assessments/care plans <ul style="list-style-type: none"> ○ Diet instructions ○ General patients ○ Critical care/complex patients • Diet calculations, eating plans, menu checking, evaluation of meal service • Evaluates nutrient intake and provides follow-up care • Directs activities of dietetic technicians and dietetic assistants 	<p>7 min</p>	<p><u>Slide 11</u> of powerpoint</p> <p>Question: Are any of you interested in working in a hospital, clinic or assisted living facility? If so, this could be your area.</p>
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<p>Students will be able to identify at least one career opportunity and one required skill of a management dietitian</p>	<ul style="list-style-type: none"> • Provides clinical in-services to dietitians, dietetic technicians, and dietitian assistants • Participates in performance valuation of dietetic technicians and dietetic assistants • Evaluation of clinical monitors for quality management • On-call duties (weekend/weeknight) • Clinical nutrition committee membership • Maintains reference in area of clinical focus • Conducts peer review of clinical dietitian chart notes • Trains new staff interns <p>A manager is defined as “one who is responsible for people and organizational resources and possesses management skills including technical, human, and conceptual.”</p> <p>A dietitian in food service management has career opportunities in foods, food production and service, management, and the higher levels of activities associated with management and leadership.</p> <p>Management dietitians oversee large-scale meal planning and preparation in</p>	<p>7 min</p>	<p>Let the audience ask clarifying questions</p> <p><u>Slide 13</u> of powerpoint</p> <p>Question: are there any of you that are interested in business or leadership? If so, this could be your area.</p>
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<p>Students will be able to identify at least one area of work and one community program that relates to a community dietitian</p>	<p>health care facilities, company cafeterias, prisons, and schools.</p> <p>Management dietitians must be knowledgeable in:</p> <ul style="list-style-type: none"> • Food production techniques • Food purchasing • Safety and sanitation • Strategic planning • Human relations • Communication skill • Managerial skills • Financial management <p>Community dietitians work in many settings that focus on improving the health of a population group.</p> <p>Community dietitians often work in:</p> <ul style="list-style-type: none"> • Federal, state, or local public health agencies • Neighborhood or community health centers • Home health agencies and specialized community projects • Nonprofit and for-profit private and community health agencies <p>Community nutrition programs include those that provide increased access to food resources, food and nutrition education, and health care.</p>	<p>7 min</p>	<p>Let the audience ask clarifying questions</p> <p><u>Slide 14</u> of powerpoint</p> <p>Questions: is anyone interested in public health and wellness programs/organizations? If so, this could be your area.</p> <p><u>Slide 15</u> of powerpoint Newspaper and Media</p>
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<p>Students will analyze a list of other career options available for dietitians</p>	<p>The Women, Infants, and Children Program (WIC) employs 5% of RD's. WIC provides food and nutrition education and works to provide access to health services for low-income pregnant, breastfeeding, and non-breastfeeding women and their children up to 5 years of age.</p> <p>Community dietitians must have in-depth knowledge of nutritional needs during all stages of the life span because people of all ages will be served in various programs.</p>	<p>5 min</p>	<p>Let the audience ask clarifying questions</p> <p><u>Slide 16</u> of powerpoint</p> <p>If there are any of you that aren't interested in anything we've shown you yet, here is a much abbreviated list of other job titles that you could go after</p> <p>Give students a chance to look at the other options</p> <p>Question: do you have any questions about any of the job titles you see?</p>
<p>Assessment Ask class: What stuck out most to you? Did you find an area of dietetics that you think you might be interested in? Was there anything that surprised you? Why? Do you have any questions?</p>			
<p>Closure Dietetics is a very diverse career choice that can have a tremendous impact on others. You will be making a difference in the world, and enjoying it every step of the way. You can go to eatright.org to learn more about the field of dietetics. <u>Distribute handout.</u></p>			

Dietetics

A career that makes a difference

Survey- you're all dietetics ready!

<http://www.todaysdietitian.com/newarchives/040510p32.shtml>

- Scoring: A=1, B=2, C=3, D=4
- 10-14 points: Responsible, organized, structured, perceptive, dependable
 - Clinical dietitian, community nutritionist, counselor
- 15-24 points: strategic, future oriented, visionary, dislikes routine, natural leadership abilities
 - Business owner, manager, supermarket RD, consultant
- 25-34 points: Project oriented, creative, broadly capable, excellent communication skills, independent
 - Writing projects (articles/blogs etc.), developing recipes, project based consultant
- 35-40 points: Entrepreneurial, self-motivated, hands-on, passionate, ambitious
 - Host a cooking show, research, intern with media entities, whatever you can think of!

What is a Dietitian?

- Dietitians are food and nutrition experts, translating the science of nutrition into practical solutions for healthy living
- Dietitians generally support a holistic approach to a healthy lifestyle
- Motto: Benefit as many as possible



Best jobs for saving the world

Money

3. Dietitian

3 of 20

◀ BACK

NEXT ▶

 Share**Median pay:** \$55,800**Top pay:** \$76,000**10-year job growth:** 9%**Total jobs:** 30,000

The job: Dietitians, who advise individuals and groups on nutrition, work for hospitals, corporations, schools and community health centers. Some run private practices, or they can even work as a consultant. The country's childhood obesity crisis and aging population are driving demand for these experts in healthy eating.

How to switch: To become a registered dietitian, you'll need undergraduate course work in food sciences and six-to-12 months of supervised work experience. Learn more at eatright.org.



PHOTO: THINKSTOCK

Dietitians in the Media

- Super Foods the Fight Colds
 - <http://www.health.com/health/gallery/0,,20631007,00.html>
- Coconut Water Making a Splash
 - <http://www.latimes.com/health/la-he-coconut-water-20120915,0,3902172.story>
- What Food Labels Really Mean
 - <http://health.usnews.com/health-news/articles/2012/08/22/what-food-labels-really-mean>
- 3 New Rules for Making Weight Loss Successful
 - <http://www.foxnews.com/health/2012/07/13/3-new-rules-make-weight-loss-successful/>

Video

- <http://www.eatright.org/Media/content.aspx?id=10127#.UMJJZZPjkoY>



Job Outlook

- Employment of dietitians is expected to grow as fast as the average for all occupations through the year 2014 because of the increased emphasis on
 - Disease prevention
 - A growing and aging population
 - Public interest in nutrition

LOCAL U.S. WORLD BUSINESS SPORTS ENTERTAINMENT HEALTH LIVING

POLITICS NATION NOW POLITICS NOW TOP OF THE TICKET SCIENCE SCIENCE

TRENDING NOW ▲ JIM DEMINT | KATE MIDDLETON | KOBE BRYANT | 'FISCAL CLIFF' | EGYPT



Obese adults should get counseling, federal task force says

Under the healthcare law, insurance companies would be required to cover the panel's recommended weight-loss treatments. The Supreme Court is expected to rule on the law this week.

  Comments 176  Email  Share  +1 12  Tweet 311  Recommend 1.7k

By Melissa Healy, Los Angeles Times

June 25, 2012 | 8:23 p.m.

Earnings

- Median annual income of all RD's in the US who have been working in the field for 4 years or less is 52,000. This is effected by:
 - Salaries and fees vary by region
 - Different employment settings
 - Scope of responsibility
 - Supply of RD's
 - Years of experience

Practice Area	Median Salary in 2009
Clinical dietetics	\$55,390
Food and nutrition management	\$67,995
Community nutrition	\$52,000
Education and research	\$65,000
Consultation and business	\$69,992
All areas	\$56,700

Schooling and Requirements

- Not every college has an accredited didactic program. Do your research.
- Class subjects include:
 - Food and nutrition sciences
 - Chemistry and Biochemistry
 - Physiology and Anatomy
 - Foodservice systems
 - Business and communication
 - Pharmacology
 - Behavioral social sciences
 - Culinary arts
- An internship is required after graduation in order to become a registered dietitian.

Clinical Dietetics

Responsibilities:

- Nutritional screening
- Nutritional assessments/care plans
 - Diet instructions
 - General patients
 - Critical care/complex patients
- Diet calculations, eating plans, menu checking, evaluation of meal service
- Evaluates nutrient intake and provides follow-up care
- Directs activities of dietetic technicians and dietetic assistants



Clinical Dietetics

- Provides clinical in-services
- Performance evaluations
- Evaluation of clinical monitors for quality management
- On-call duties (weekend/weeknight)
- Committee memberships
- Maintains reference in area of clinical focus
- Conducts peer review of clinical dietitian chart notes
- Trains new staff interns

Management in Dietetics

Responsibilities and Functions:

- Responsible for people and organizational resources
- Possess management skills including technical, human, and conceptual
- Food production techniques
- Food purchasing
- Safety and sanitation
- Strategic planning
- Human relations
- Communications skills
- Financial management



Community Dietetics

Responsibilities and Functions:

- Wellness programs
- Public health agencies
- Home care agencies
- Health maintenance organizations
- Apply and distribute knowledge about food and nutrition to specific groups of people to improve their health
 - Elderly
 - Children
 - Individuals with special needs
 - Individuals with limited access to healthy food

Community Dietetics

Home > Ann Arbor News Archives > Breaking News

Head Start's impact goes beyond helping kids

Published: Monday, October 01, 2007, 7:40 AM Updated: Monday, October 01, 2007, 8:01 AM



http://blog.mlive.com/annarbornews/2007/10/head_starts_impact_goes_beyond.html



WHO MOVED THE CHIPS?

Can a federal nutrition program for women and children change America's corner stores?

By Annie Mathews



<http://berkeley.news21.com/theration/2011/07/27/moving-the-candy/>

Other Job Titles

- Cardiovascular nutritionist or dietitian
- Communications specialist
- Community nutritionist
- Consumer advocate
- Diabetes educator
- Dietary coordinator
- Food allergy specialist
- Health/lifestyle coach
- Internship director
- Media consultant
- Pharmaceutical company RD
- Professor
- Recipe developer
- Sports and cardiac rehab RD
- Consultant dietitian
- Food bank nutritionist
- Marketing director
- Nutrition researcher/scientist
- Preventive medicine nutritionist
- Spokesperson
- Territory sales manager
- Wellness coach

What is a dietitian?

A dietitian is a food and nutrition
expert

JOB OUTLOOK

According to the U.S. Bureau of Labor Statistics, employment of dietitians is expected to grow as fast as the average for all occupations through the year 2014 because of the increased emphasis on:

- Disease prevention
- Growing and aging population
- Public interest in nutrition

SALARY

Median annual income of all RD's in the US who have been working in the field for 4 years or less is 52,000. This is effected by:

- Salaries and fees vary by region
- Different employment settings
- Scope of responsibility
- Supply of RD's
- Years of experience

“For trusted, accurate, timely and practical nutrition information, seek the advice of a registered dietitian. Through their education, knowledge and experience, RDs specialize in translating nutrition science into practical advice.”

-The Academy of Nutrition and Dietetics

Registered dietitians are the most valued source of food and nutrition services.

“There’s absolutely no evidence that a gluten-free diet promotes weight loss.”

Karen Ansel, MS, RD, CDN | US Weekly

“A registered dietitian can properly assess the overall balance of your body and whether you really need to lose a few pounds—or need help setting more appropriate goals.”

Jessica Crandall, RD, CDE | Prevention

“If you’re eating packaged food, like cereal, bread or pasta, check the ingredient list to verify that the first ingredient is in fact a whole grain.”

Marisa Moore, MBA, RD, LD | US News & World Report

“Properly planned vegan diets are healthy, nutritionally adequate and may provide health benefits in the prevention and treatment of many diseases.”

Vandana Sheth, RD, CDE | Everyday Health

“While there’s some concern that the body can’t absorb enough vitamin D from food sources alone, try to aim for foods such as fatty fish that are rich in the nutrient.”

Toby Smithson, RD, LDN, CDE | The Huffington Post

“One of the best things you can do to ensure a healthy baby is to make sure you are eating a healthy diet, with plenty of folate-rich foods, before you get pregnant.”

Bethany Thayer, MS, RD | Parents

Dietetics

“The healthy career choice”

The logo for 'eat right' features the word 'eat' in a bold, green, sans-serif font with a red dot above the 'a'. Below it, the word 'right' is in a similar font but with a pink dot above the 'i'. A vertical bar on the left side of the page is colored green at the top and grey at the bottom.

**Academy of Nutrition
and Dietetics**

Clinical Dietitians provide nutritional services for patients in institutions such as hospitals and nursing homes. On a typical day a clinical dietitian will:

- assess patients' nutritional needs, develop and implement nutrition programs, and evaluate and report the results
- confer with doctors and other health care professionals in order to coordinate medical and nutritional needs.



Management dietitians oversee large-scale meal planning and preparation in health care facilities, company cafeteria's, and schools. On a typical day a management dietitian will:

- hire, train, and direct dietitians and food service workers
- prepare records and reports
- budget for and purchase food, equipment, and supplies
- enforce sanitary and safety regulations



Community dietitians focus on improving the health of a population group. They work with public health agencies, community health centers, community projects, and non-profit/for-profit agencies. On a typical day a community dietitian will:

- evaluate community needs
- develop nutritional care plans
- instruct individuals, families, and community groups



Career Quiz!

1. You're hosting a dinner party. You're most likely to:

- a. prepare longtime favorites you can trust will come out just the way you like them.
- b. strategically place finger foods and cocktails to get the conversation flowing.
- c. peruse the farmers' market the day of the event to grab what's fresh and let it inspire the spread.
- d. ask guests to bring their favorite foods, come up with a menu on the spot, and engage everyone in group meal prep.

2. It's a workday. You're most likely to start your day with:

- a. the breakfast you planned out the previous night.
- b. coffee or tea and a small bite.
- c. yoga or blogging.
- d. whatever you feel like.

3. When you start college, you:

- a. will have your top three choices of dietetic internship programs scoped out.
- b. will go to campus mixers to meet people who can help you and those you can help.
- c. will join a handful of clubs and have a crush on your smartest teaching assistant.
- d. will found a club and recruit members.

4. If you were a Microsoft Office program, you'd be:

- a. Excel.
- b. Outlook.
- c. Word.
- d. PowerPoint.

5. Your idea of a dream vacation is:

- a. a week in the Bahamas at an all-inclusive resort.
- b. joining an organized group trip biking across the Italian-French border.
- c. a "stay-cation" during which you finally cross off some local hot spots you've neglected to visit.
- d. finding a last-minute trip to Amsterdam and figuring out a place to stay once you've landed.



6. You have an important deadline coming up and you want to turn in your best work. Your first step is to:

- a. research what others have done in the past.
- b. gather the smartest people you know to brainstorm.
- c. start the process solo, culling down the list of great ideas you have at your fingertips.
- d. get started right away by yourself or with a team.

7. You see an abandoned mailman's bag full of mail on the sidewalk near your home. Your first thought is to:

- a. trust that the postman will return shortly and head home as planned.
- b. head home and call the post office and the police to alert them.
- c. scope out neighbors' mailboxes and knock on doors to determine where the mailman was last.
- d. look inside the bag for the mailman's identification information.

8. Your best feature is your:

- a. hair.
- b. smile.
- c. mind.
- d. hands.

9. If you were on a desert island and were allowed one magazine, it'd be:

- a. *Real Simple*.
- b. *The Economist*.
- c. *The New Yorker*.
- d. *Food & Wine*.

10. If you were a winter Olympics event, you'd be:

- a. cross-country skiing.
 - b. speed skating.
 - c. figure skating.
 - d. snowboarding.
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