

Syllabus

Course Name Course Number: HNSC-7740: Advanced Applied Human Nutrition II

(Winter 2024)

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# COURSE DETAILS

|  |  |
| --- | --- |
| **Course Title & Number:** | HNSC 7740: Advanced Applied Human Nutrition II |
| **Number of Credit Hours:** | 3 |
| **Class Times & Days of Week:**  | Mondays, 9:00am-12:00pm |
| **Location for classes/labs/tutorials:**  | Room 323, Education Building |
| **Pre-Requisites:** | Restricted to MAHN program students.  |

# Instructor Contact Information

|  |  |
| --- | --- |
| **Instructor(s) Name & Preferred Form of Address:** | Maria Baranowski, MSc, RD |
| **Office Location:** | n/a |
| **Office Hours or Availability:** | Office hours by appointment, please contact me.  |
| **Email:** | Maria.Baranowski@umanitoba.ca |

# Course Description

**General Course Description**

Advanced Applied Human Nutrition II (HNSC 7740) is a blended delivery model course. Lectures and critical reviews in topics related to the dietetics profession, embedded in nutrition care, food provision and population health promotion. Emphasis will be placed on knowledge related to sustainable food systems. This course will develop from concepts positioned in HNSC 7730. Restricted to students in the MAHN program. Pre-requisite HNSC 7730; Co-requisite with HNSC 7710.

# Course Goals

Many fields of employment require an understanding of the sustainable food systems.  Examining these systems through a wide array of perspectives provides a holistic view that is aligned with Indigenous perspectives. The creation of a final project allows you to apply the learning you have done to a specific context. Skills developed in the group discussion portion of the course have been transferable to both the workplace and to further research in the area.

# Course Learning Objectives

Building upon knowledge gained in HNSC 7730, through the readings and assignments implemented in this course, students should be able to:

1. Critically evaluate current evidence in the areas of nutrition care, food provision and population health, as it pertains to field of dietetics, towards new recommendations for practice guidelines.
2. Work within a collaborative framework to understand, analyze and critically evaluate the role of the dietitian within a sustainable food system framework.
3. Effectively communicate evidence-based messages related to human nutrition.
4. Create and deliver a food-skills cooking demonstration.

# Textbook, Readings, and Course Materials

**Required textbook**: No course text book is required. Readings will be assigned from peer-reviewed journal articles and/or other materials procured via the course instructor.

# Using Copyrighted Materials

Please respect copyright. We will use copyrighted content in this course. I have ensured that the content I use is appropriately acknowledged and is copied in accordance with copyright laws and university guidelines. Copyrighted works, including those created by me, are made available for private study and research and must not be distributed in any format without permission. Do not upload copyrighted works to a learning management system (such as UM Learn), or any website, uncles an exception to the *Copyright Act* applies or written permission has been confirmed. For more information, see the University’s Copyright Office website at <http://umanitoba.ca/copyright/> or contact um\_copyright@umanitoba.ca.

# Course Technology

Technical requirements for this course include: Computer with a working web rowswer, JavaScripted, Adobe Flash Player, internet access, speakers or headphones, and microphone.

We will also be using webconference via Zoom depending on lecture needs and students in their practicum placements.

All assignments and course materials can be accessed in UMLearn.

Use of technology (laptops, phones, and tablets) are permitted in class for learning purposes. Please be mindful and use these items respectfully, responsibly, and ethically.

# Expectations: I Expect You To

**Class Communication:**

You are required to obtain and use your University of Manitoba email account for all communication between yourself and the university. All communication must comply with the Electronic Communication with Student Policy: <http://umanitoba.ca/admin/governance/governing_documents/community/electronic_communication_with_students_policy.html>.

**Academic Integrity:**

Each student in this course is expected to abide by the University of Manitoba [Academic Integrity principles](http://crscalprod1.cc.umanitoba.ca/Catalog/ViewCatalog.aspx?pageid=viewcatalog&catalogid=300&chapterid=3762&topicgroupid=20190&loaduseredits=False). Always remember to reference the work of others that you have used. Also be advised that you are required to complete your assignments independently unless otherwise specified. If you are encouraged to work in a team, ensure that your project complies with the academic integrity regulations. You must do your own work during exams. Inappropriate collaborative behavior and violation of other Academic Integrity principles, will lead to the serious [disciplinary action](https://umanitoba.ca/sites/default/files/2020-02/um-ai-minimum-penalties-definitions.pdf). Visit the [Academic Calendar](http://crscalprod1.cc.umanitoba.ca/Catalog/ViewCatalog.aspx?pageid=viewcatalog&catalogid=300&chapterid=3755&topicgroupid=20145&loaduseredits=False), [Student Advocacy](http://umanitoba.ca/student/resource/student_advocacy/cheating_plagiarism_fraud.html), and [Academic Integrity](http://umanitoba.ca/academicintegrity/) web pages for more information and support.

Refer to specific course requirements for academic integrity for individual and group work such as:

1. Group projects are subject to the rules of academic dishonesty;
2. Group members must ensure that a group project adheres to the principles of academic integrity;
3. Students should also be made aware of any specific instructions concerning study groups and individual assignments;
4. The limits of collaboration on assignments should be defined as explicitly as possible; and
5. All work should be completed independently unless otherwise specified.

**Recording Class Lectures:**

Given the ease of audio and video recording and the tendency of some students to post the class lecture to the internet, the instructor should give some consideration as to whether or not they are comfortable with being recorded. A statement about copyright should be included here. Please note: if you are an UMFA member, you own your course content and, thus, the copyright to all your courses.If you are a sessional instructor ,the university owns the course content and the copyright to the course.

No audio or video recording of lectures or presentations is allowed in any format, openly or surreptitiously, in whole or in part without permission from the Instructor. Course materials (both paper and digital) are for the participant’s private study and research.

**Student Accessibility Services:**

The University of Manitoba is committed to providing an accessible academic community. [Students Accessibility Services (SAS)](https://umanitoba.ca/student-supports/accessibility) offers academic accommodation supports and services such as note-taking, interpreting, assistive technology and exam accommodations.  Students who have, or think they may have, a disability (e.g. mental illness, learning, medical, hearing, injury-related, visual) are invited to contact SAS to arrange a confidential consultation.

Student Accessibility Services

520 University Centre

Phone: (204) 474-7423

Email: Student\_accessibility@umanitoba.ca

# Expectations: You Can Expect Me To

Please do not expect email or phone message responses from me in the evening or on weekends. I will respond to all messages as promptly as I can during the week. Please use your UManitoba for all correspondence.

When it is necessary to cancel a class due to exceptional circumstances, I will make every effort to inform students via Umanitoba email (and/or using the preferred form of communication, as designated in this outline), as well as the Departmental Assistant and Chair/Dean so that class cancellation forms can be posted outside classrooms.

Assignments can be submitted on UMLearn and students can expect feedback within 1 week of submission.

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# CLASS SCHEDULE AND COURSE EVALUATION

**This course outline should be considered a guideline only.** Time constraints and other unforeseen factors may require that some of the above topics be omitted or covered in less detail than indicated. It is the student’s responsibility to keep themselves updated with new and emerging course information.

The details of topics to be covered and readings for each week are given below, however, the entire topic may not be covered in some cases. **The sequencing of topics and lectures may change.**

|  |  |  |  |
| --- | --- | --- | --- |
| Date | Class Content & Teaching Strategies  | Required Readings or any Pre-class Preparation | Evaluation |
| **Type of Assessment** | **Value of Final Grade** |
| Jan. 8 | Welcome, land acknowledgement, & Introduction to the course material |  |  |  |
| Jan. 15 | Food Sovereignty - Indigenous Perspectives |  | Reflective Journal Submission | 2.5% |
| Jan. 22 | Sustainability, Sustainable Food Systems and Sustainable Diets. |  | Reflective Journal Submission | 2.5% |
| Jan. 29 | Food Production/ Agri-Food Systems |  | Reflective Journal Submission | 2.5% |
| Feb. 5 | Sustainability, Food Systems and Dietetics  |  | Reflective Journal Submission | 2.5% |
| Feb. 12 | The Role of Dietitians in Sustainable Food Systems |  | Reflective Journal Submission | 2.5% |
| Feb. 19 | No class – Louis Riel Day |
| Feb. 26 | Public Health/Policy Perspectives in Sustainable Food Systems |  | Reflective Journal Submission | 2.5% |
| Mar. 4 | Institutional/Food Service Perspectives in Sustainable Food Systems/Diets   |  | Reflective Journal Submission | 2.5% |
| Mar. 11 | Food Skills live virtual culinary demonstration with Carol Harrison |  | Reflective Journal Submission | 2.5% |
| Mar.18 | Tour / virtual tour of Rainbow gardens  |  | Reflective Journal Submission | 2.5% |
| Mar. 25 | Tour / virtual tour of Farm and Food Discovery Centre |  | Reflective Journal SubmissionTraditional or Social Media Posts (5) | 2.5%10% |
| April 8 | Perform cooking demonstration with CanU |  | Final Paper | 35% |

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# Grading

Indicate your grading scale. A sample is given below that you can adjust to your course expectations.

|  |  |  |
| --- | --- | --- |
| Letter Grade | Percentage out of 100 | Final Grade Point |
| A+ | 90-100 | 4.5 |
| A | 80-89 | 4.0 |
| B+ | 75-79 | 3.5 |
| B | 70-74 | 3.0 |
| C+ | 65-69 | 2.5 |
| C | 60-64 | 2.0 |
| D | 50-59 | 1.0 |
| F | Less than 50 | 0 |

#

# Voluntary Withdrawal

March 20, 2024. Voluntary withdrawal courses will be recorded on official transcripts. Courses cannot be withdrawn from after this deadline, and if a course is not dropped by this date, it will be assigned a final letter grade. Refer to the [Registrar’s Office](http://umanitoba.ca/student/records/leave_return/695.html) web page for more information. If you are concerned about your progress and are considering withdrawing, please contact me before the deadline to discuss your progress and any alternative strategies you may have.

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# ASSIGNMENT DESCRIPTIONS

**Journal Reflections (2.5 x 10 = 25%)**

Each week you will be responsible for submitting a 500 word (maximum) journal reflection based on the assigned material for that week. Follow the '[What, So What, Now What](https://brocku.ca/pedagogical-innovation/resources/experiential-education/role-of-reflection/#1540495276176-eee449b6-832e)' framework to create your reflection.  Where appropriate references can be used to help define the concepts, although the focus should be on your personal reflection.  Each submission is worth 2.5% and there will be 10 in total for 25% of your final grade.

**Due date:** weekly prior to class.

**Marking rubric: (Total mark out of 10)**

* Introduction stating focus (1 mark)
* Concise and coherent discussion of selected specific issue (5)
* Statement to summarize argument (1 mark)
* Statement to provide implication for practice (1 mark)
* Use of professional writing style, no spelling errors (1 mark)
* Maximum 500 words (1 mark)

**Traditional or Social Media Post (2% x 5 = 10%)**

Throughout the course if you hear or say something that moves you to create a social media post and post to our discussion forum. Title the post with the social media outlet, i.e. Twitter, Facebook, Instagram. Get creative, use hashtags, "tag" people, pictures, etc.  Note: these are meant to be mock social media posts.  Please comment on and like your peers posts.

**Due date:** throughout the course submit 5 prior to the last day of the course.

**Marking rubric: (Total mark out of 10)**

* Concise and coherent post related to the specific issue (5)
* Clear logic (2 mark)
* Creativity (2 mark)
* Within media word limit (1 mark)

**Facilitate & Record/Present Discussion Breakout Group (10%)**

Each week a facilitator and recorder/present will be pre-assigned for each breakout group discussion.  You will receive a 5% grade as a facilitator and and another 5% grade as a recorder/presenter. Evaluated based on your level of preparedness and engagement.

**Due Date:** to be assigned during first week of class

**Marking rubric for facilitator: (Total mark out of 5)**

* Guide the discussion (1 mark)
* Ensure participants have an opportunity to contribute to discussion (2 marks)
* Prepare probing questions to facilitate the discussion (2 marks)

**Marking rubric for recorder/presenter: (Total mark out of 5)**

* Record comprehensive summary of discussion (3 marks)
* Concisely articulate key points of discussion (2 marks)

**Final Paper (35%)**

The final assignment will be a paper based on your reflective journal that you will write in a Word document and upload in the corresponding assignment folder. For the final paper, please write 3,000-3,500 words.  You are welcome to discuss your intended topic with the instructor and get feedback on a proposed outline in advance.

Your paper will be evaluated according to: analysis of the topic, integration of course material, personal perspective, coherence, logic, readability, and professional writing style/form.  A minimum of 10 references is required.

**Due Date:** See course schedule

**Marking rubric:** available on UM Learn

**Assignment Formatting:**

**•** Standard 8.5x11 paper with 1” margins.

• 1.5 line spacing.

• Legible font such as Arial, Times New Roman, etc.

• Size 12 font.

• Uniform and consistent citation style – Students are to  follow the latest version of the [APA Manual](https://libguides.lib.umanitoba.ca/c.php?g=298394) of style documentation.

• Submitted in .doc, .docx, or .rtf files.

• Title page is not expected but please include your name, student number, date, assignment title, and word count.

**CanU Cooking Demonstration (20%)**

Each student will plan and conduct a cooking demonstration.

**Marking rubric: (Total mark out of 20)**

* Demonstrate food preparation techniques (5 marks)
* Use of strategies to assist in the development of food skills (5 marks)
* Engagement with audience to build food skills (5 marks)
* Overall preparedness, organization and clarity (5 marks)

**Submitting Assignments:**

All written assignments must be uploaded to UM Learn.

**Late Assignments:**

Late assignments will be penalized 10% per day.

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# UNIVERSITY SUPPORT OFFICES & POLICIES

**Schedule “A”**

**Writing and Learning Support**

The Academic Learning Centre (ALC) offers services that may be helpful to you throughout your academic program. Through the ALC, you can meet with a learning specialist to discuss concerns such as time management, learning strategies, and test-taking strategies. The ALC also offers peer supported study groups called Supplemental Instruction (SI) for certain courses that students have typically found difficult. In these study groups, students have opportunities to ask questions, compare notes, discuss content, solve practice problems, and develop new study strategies in a group-learning format.

You can also meet one-to-one with a writing tutor who can give you feedback at any stage of the writing process, whether you are just beginning to work on a written assignment or already have a draft. If you are interested in meeting with a writing tutor, reserve your appointment two to three days in advance of the time you would like to meet. Also, plan to meet with a writing tutor a few days before your paper is due so that you have time to work with the tutor’s feedback.

These Academic Learning Centre services are free for U of M students. For more information, please visit the Academic Learning Centre website at: <http://umanitoba.ca/student/academiclearning/>

You can also contact the Academic Learning Centre by calling 204-480-1481 or by visiting 205 Tier Building.

**University of Manitoba Libraries (UML)**As the primary contact for all research needs, your liaison librarian can play a vital role when completing academic papers and assignments.  Liaisons can answer questions about managing citations, or locating appropriate resources, and will address any other concerns you may have, regarding the research process.  Liaisons can be contacted by email or phone, and are also available to meet with you in-person.  A complete list of liaison librarians can be found by subject: <http://bit.ly/WcEbA1> or name: <http://bit.ly/1tJ0bB4>.  In addition, general library assistance is provided in person at 19 University Libraries, located on both the Fort Garry and Bannatyne campuses, as well as in many Winnipeg hospitals. For a listing of all libraries, please consult the following: <http://bit.ly/1sXe6RA>. When working remotely, students can also receive help online, via the Ask-a-Librarian chat found on the Libraries’ homepage:[www.umanitoba.ca/libraries](http://www.umanitoba.ca/libraries).

**For 24/7 mental health support, contact the Mobile Crisis Service at 204-940-1781.**

**Student Counselling Centre**

Contact SCC if you are concerned about any aspect of your mental health, including anxiety, stress, or depression, or for help with relationships or other life concerns. SCC offers crisis services as well as individual, couple, and group counselling. *Student Counselling Centre:* <http://umanitoba.ca/student/counselling/index.html>

474 University Centre or S207 Medical Services

(204) 474-8592

**Student Support Case Management**

Contact the Student Support Case Management team if you are concerned about yourself or another student and don’t know where to turn. SSCM helps connect students with on and off campus resources, provides safety planning, and offers other supports, including consultation, educational workshops, and referral to the STATIS threat assessment team.

*Student Support Intake Assistant* <http://umanitoba.ca/student/case-manager/index.html>

520 University Centre

(204) 474-7423

**University Health Service**

Contact UHS for any medical concerns, including mental health problems. UHS offers a full range of medical services to students, including psychiatric consultation.

*University Health Service* <http://umanitoba.ca/student/health/>

104 University Centre, Fort Garry Campus

(204) 474-8411 (Business hours or after hours/urgent calls)

**Health and Wellness**

Contact our Health and Wellness Educator if you are interested in peer support from *Healthy U* or information on a broad range of health topics, including physical and mental health concerns, alcohol and substance use harms, and sexual assault.
*Health and Wellness Educator* <https://umanitoba.ca/student/health-wellness/welcome-about.html>britt.harvey@umanitoba.ca

**Live Well @ UofM**

For comprehensive information about the full range of health and wellness resources available on campus, visit the Live Well @ UofM site:

<http://umanitoba.ca/student/livewell/index.html>

All students are required to respect copyright as per Canada’s *Copyright Act*. Staff and students play a key role in the University’s copyright compliance as we balance user rights for educational purposes with the rights of content creators from around the world. The Copyright Office provides copyright resources and support for all members of the University of Manitoba community. Visit <http://umanitoba.ca/copyright> for more information.

**Your rights and responsibilities**

As a student of the University of Manitoba you have rights and responsibilities. It is important for you to know what you can expect from the University as a student and to understand what the University expects from you. Become familiar with the policies and procedures of the University and the regulations that are specific to your faculty, college or school.

The [Academic Calendar](http://umanitoba.ca/student/records/academiccalendar.html) <http://umanitoba.ca/student/records/academiccalendar.html> is one important source of information. View the sections *University Policies and Procedures* and *General Academic Regulations*.

While all of the information contained in these two sections is important, the following information is highlighted.

* If you have questions about your grades, talk to your instructor. There is a process for term work and final **grade appeals**. Note that you have the right to access your final examination scripts. See the Registrar’s Office website for more information including appeal deadline dates and the appeal form <http://umanitoba.ca/registrar/>
* You are expected to view the General Academic Regulation section within the Academic Calendar and specifically read the **Academic Integrity** regulation. Consult the course syllabus or ask your instructor for additional information about demonstrating academic integrity in your academic work. Visit the Academic Integrity Site for tools and support <http://umanitoba.ca/academicintegrity/> View the **Student Academic Misconduct** procedurefor more information.
* The University is committed to a respectful work and learning environment. You have the right to be treated with respect and you are expected conduct yourself in an appropriate respectful manner. Policies governing behavior include the:

**Respectful Work and Learning Environment**

<http://umanitoba.ca/admin/governance/governing_documents/community/230.html>

**Student Discipline** <http://umanitoba.ca/admin/governance/governing_documents/students/student_discipline.html>and,

**Violent or Threatening Behaviour** <http://umanitoba.ca/admin/governance/governing_documents/community/669.html>

* If you experience **Sexual Assault** or know a member of the University community who has, it is important to know there is a policy that provides information about the supports available to those who disclose and outlines a process for reporting. The **Sexual Assault** policy may be found at: <http://umanitoba.ca/admin/governance/governing_documents/community/230.html> More information and resources can be found by reviewing the Sexual Assault site <http://umanitoba.ca/student/sexual-assault/>
* For information about rights and responsibilities regarding **Intellectual Property** view the policy [https://umanitoba.ca/governance/sites/governance/files/2021-06/Intellectual Property Policy - 2013\_10\_01 RF.pdf](https://umanitoba.ca/governance/sites/governance/files/2021-06/Intellectual%20Property%20Policy%20-%202013_10_01%20RF.pdf)

For information on regulations that are specific to your academic program, read the section in the Academic Calendar and on the respective faculty/college/school web site <http://umanitoba.ca/faculties/>

Contact an **Academic Advisor** within our faculty/college or school for questions about your academic program and regulations <http://umanitoba.ca/academic-advisors/>

**Student Advocacy**

Contact Student Advocacy if you want to know more about your rights and responsibilities as a student, have questions about policies and procedures, and/or want support in dealing with academic or discipline concerns.

<http://umanitoba.ca/student/advocacy/>

520 University Centre

204 474 7423

student\_advocacy@umanitoba.ca

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# FOUNDATIONAL KNOWLEDGE CONTENT AREAS FOR DIETETICS EDUCATION

This course is designed to meet the Integrated Competencies for Dietetic Education and Practice (ICDEP, 2020, Version 3.0).  Following are the Practice Competencies and Performance Indicators that this course is designed to meet towards the ICDEP.

|  |  |
| --- | --- |
| **PRACTICE COMPETENCIES**  | **PERFORMANCE INDICATORS**  |
| **2. PROFESSIONALISM AND ETHICS: Dietitians use professional, ethical and client-centred approaches, to practice with integrity and accountability** |
| **2.09 Employ an evidence informed approach to practice** | c. Make **evidence-informed** decisions  |
|   |
| **2.10 Engage in reflective practice** | b. Critically assess approaches to practice |
| c. Develop goals and seek resources to improve practice |
| **2.12 Maintain comprehensive and current knowledge relevant to practice** | a. Use relevant terminology |
| b. Identify relevant sources of information  |
| c. Critically appraise information relevant to practice  |
| d. Identify emerging information relevant to practice |
| **2.13 Use information management technologies to support practice** | b. Use information management systems |
|   |
| **3. COMMUNICATION AND COLLABORATION: Dietitians communicate effectively and collaborate with others to achieve practice goals** |
| **3.01 Use appropriate communication approaches** | a. Identify opportunities for and barriers to communication relevant to context  |
| b. Use communication approaches appropriate to context  |
| c. Use language tailored to audience  |
| **3.02 Use effective written communication skills** | a. Write in a manner responsive to audience  |
| b. Write clearly and in an organized fashion  |
| **3.03 Use effective oral communication skills** | a. Speak in a manner responsive to audience  |
| b. Speak clearly and in an organized fashion  |
| **3.04 Use effective electronic communication skills** |   |
| b. Use electronic communication relevant to context  |
| **3.06 Engage in teamwork** |   |
| b. Contribute effectively to teamwork  |
| **4. MANAGEMENT AND LEADERSHIP: Dietitians use management skills and provide leadership to advance health, through food and nutrition** |
| **4.04 Undertake knowledge translation** | b. Reframe knowledge into a format accessible to others |
| **4.06 Foster learning in others** | b. Identify opportunities for learning |
| c. Assess learning needs and assets |
| d. Develop learning outcomes |
| e. Implement educational strategies |
|  | f. Evaluate achievement of learning outcomes |
| **4.07 Foster development of food literacy in others** | b. Identify strategies to assist the development of foodliteracy |
| c. Engage in activities to build food literacy |
| **4.08 Foster development of food skills in others** | h. Demonstrate food preparation techniques |