

## **University of Vermont, Master of Science in Dietetics Program Required Activities & Assignments: School Nutrition**

### **General Information**

Below is a list of all activities and assignments that must be completed in the school nutrition supervised practice experience concentration area. Students will be evaluated on each of these learning activities at the conclusion of their rotation experience.

In the event that a student is unable to complete one or more of the assignments at a particular rotation site, the student and or preceptor must contact the UVM MSD Program Director to discuss a comparable alternative activity or assignment.

Note that, at a minimum, students must complete these activities and assignments to satisfy MSD program requirements. Time permitting, preceptors may request or require that students participate in or complete additional activities and assignments. In this case, the appropriate CRDN must be added to the competency evaluation form.

Beyond the activities and assignments outlined here, students are expected to spend a significant portion of their time in these rotations shadowing and engaging with foodservice and management professionals. Where possible and relevant, students are encouraged to observe and engage with other professionals at the facility. This may be in the form of shadowing staff, or attending talks, conferences, or other special events.

### **Required Activities & Assignments**

1. Review school wellness policies and guidelines as they pertain to nutrition and health. Discuss the school wellness policy with the food service director and school nurse. Assess the level of implementation of the wellness policy. Prepare a written summary of your assessment.  
*CRDN 1.1*
2. Conduct a 3-5 day observational analysis of factors that influence the school nutrition environment. With guidance from preceptor select 3-5 factors (e.g., time waiting in line, time available to eat, students bringing bagged lunch vs participating in school lunch, the influence of cafeteria set up and staffing, student dynamics, food waste, etc.) to analyze and report on. Summarize findings and prepare a written report for the school nutrition director.  
*CRDN 1.5, 1.6*
3. Spend 2-3 days working in all aspects of food production and service with food service staff and food service manager. Become familiar with federal regulations and rules related to school nutrition, menu planning, development and production, food safety, food procurement, serving and other aspects of program delivery. Comply with all safety and sanitation requirements of the food service program. Interact with students while they are eating their meals to assess satisfaction.

Then, create a visual depicting how the school nutrition program represents the principles of a sustainable food system, or opportunities for how the program could support the principles of a sustainable food system. Visual should include identification of the factors that are influencing each sector in the system.

*CRDN 2.1, 2.3, 2.11, CH&N 1*

4. Meet with preceptor to select nutrition topic to teach to specific group of students. Develop, teach, and evaluate an age-appropriate, culturally sensitive lesson plan that includes an interactive element and hand-out or other tangible item to take away. Prepare a written reflection of the process

*CRDN 3.3, 3.4, 3.5*

5. Select and prepare a new recipe to serve in the cafeteria that embodies the principles of a sustainable food system. Recipe selection must be influenced by food cost, cultural appropriateness, staff skill, kitchen equipment, ingredient availability, and comply with NSLP nutrition requirements. Solicit customer feedback. Summarize feedback and prepare a written reflection.

*CRDN 3.9, 3.10, 4.3*