

NR228 Nutrition, Health and Wellness

RUA: Nutritional Assessment (Team Project) Guidelines

PURPOSE

To evaluate, compare, and analyze menus from different agencies and suggest revisions for healthier food choices based on the cultural and age group. Students in a cultural concentration will use that specific cultural focus to complete this assignment. Those students in a cultural concentration (such as the Hispanic concentration) should be grouped together for this assignment. However, should the groups be mixed (with students in the cultural concentration and students not in the cultural concentration), the RUA must explore the cultural concentration (e.g., Hispanic).

COURSE OUTCOMES: This assignment enables the student to meet the following course outcomes:

- CO1. Assess whether nutritional intake provides basic nutrients for optimal health and wellness. (POs 1 & 2)
- CO2. Describe nutritional needs for optimal health and wellness throughout the lifespan. (POs 1 & 2)
- CO3. Discuss the psychological, sociological, economical, and cultural implications of food on nutritional status. (POs 1 & 2)
- CO4. Describe evidence based practice interventions and modifications in nutrition therapy that can positively influence the outcome of disease and illness. (POs 1 & 8)

DUE DATE: Your faculty member will inform you when this assignment is due. The Late Assignment Policy applies to this assignment.

POINTS POSSIBLE: 100

IDENTIFYING TARGET GROUPS

- Your team will be assigned the specific type of facility menu to research. As a team, you will select two facilities which care for your population's demographic (age, culture, medical condition). For teams with one or more members enrolled in a cultural concentration option, the entire team should select facilities which care for that population's demographic.
- Search for some differences between the facilities, such as urban versus rural, small versus large, or teaching versus non-teaching organizations.
- Facilities and populations may include
 - Daycare center: Preschool-aged children
 - Elementary schools
 - High schools
 - College
 - Hospital
 - Visitor/employee menu
 - Specific hospital units (postoperative, obstetrical, or medical)
 - Community Center
 - Meals on wheels
 - Daycare center: Geriatric adult
 - Senior center
 - Assisted living
 - Nursing home

PREPARING THE ASSIGNMENT

INFORMATION ABOUT THE TEAM CHARTER

1. The instructor will assign teams and provide the team's assigned age group and the type of facility in which the clients receive care.

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- a. Team size may vary, depending on class size. Three to five students per team is ideal.
2. All team members must complete and sign the Team Charter Form. A copy of the form is then submitted by each student to their individual dropbox, in addition to the copy submitted by the Team Leader in the next step.
 - a. The team charter is located in the Week 1 Explore section. A dropbox for submission is located in the Week 2 Explore Section.
 - b. Select one student to be Team Leader. This individual is responsible for submitting the presentation and accompanying outline of the speaker's notes to the designated Team Discuss Thread, as directed by your faculty member.
 - i. NOTE: Both documents will be submitted to TurnItIn for originality of content evaluation.
3. All team members will receive the same grade for each deliverable unless it is determined that a team member did not participate in the planning and completion of the assigned portions of the project.

CREATING THE PRESENTATION

The presentation is to be created using Microsoft PowerPoint 2007, 2010, or higher. Length is 10-18 slides, not including the title and reference pages.

REQUIREMENTS

1. Title Page (2 points/2%)
 - a. The title page/slide lists
 - i. Type of facility
 - ii. Cultural focus
 - iii. Names of ALL team members
2. Introduction (3 points/3%)
 - a. Presentation introduction includes the
 - i. Purpose of the presentation
 - ii. Cultural concentration
 - iii. Age group
3. Current Menu Analysis (5 points/5%)
 - a. Analyze the menus that the team has selected based on the following criteria. Provide rationales for your analysis.
 - i. Identify
 1. Healthy/unhealthy menu selections
 2. Appropriate for nutritional requirements of age group
 3. Influence of cultural and regional food practices
 - ii. Consider
 1. Does the menu selected provide adequate amounts of protein, fats, carbohydrates, vitamins, and minerals?
 2. Over the course of a full day and week, are individuals provided with a balanced diet?
 3. Does this diet allow for differences in dietary patterns related to the culture or age group selected?
4. Create Sample Menu (20 points/20%)
 - a. Create a single day's replacement menu providing healthier choices for each menu analyzed, including the following.
 - i. Breakfast, lunch, and dinner options
 - ii. Age considerations
 - iii. Potential health concerns
 - iv. Cultural influences
 - v. Regional patterns
 - vi. Nutritional components of your food choices
 - vii. Two references that support your choices included on the slide or in the speaker's notes
5. Compare Menus (20 points/20%)

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- i. Compare each original menu with the corresponding replacement and explain how the replacement menu offers better nutritional options while still reflecting specific cultural choices
 - ii. Include two references that support your choices on the slide or in the speaker's notes
6. Barriers (20 points/20%)
 - a. Identify three barriers that may prevent the provision of optimally healthy meals for the select population.
Barriers may include
 - i. Geographic location
 - ii. Health of the population
 - iii. Culture of the population and surrounding community
 - iv. Socioeconomic challenges
 - v. Available food choices
 - vi. Other barriers, as identified
 - vii. Include reference citations to support key points, as needed
7. Summary (10 points/10%)
 - a. Summarize key points
 - i. What have you learned about the population and their nutritional needs?
 - ii. How will completing this assignment influence your nursing practice?
8. Presentation Quality
 - a. The presentation's content and appearance
 - i. Adhere to accepted guidelines for presentations (use of color, graphics, space, and other visuals)
 - ii. Includes speaker notes to communicate content without overcrowding slides
9. APA Format and Length
 - a. Four to six scholarly references, excluding the textbook, are used
 - i. Citations are included on the slide when material from that source is included
 - ii. Cited references are included on the reference slide
 - b. Uses appropriate APA format (6th ed.) and is free of errors
 - c. Grammar and mechanics are free of errors
 - d. Presentation is 10-18 slides, excluding title and reference slides

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GRADING RUBRIC

Criteria are met when the student's application of knowledge within the paper demonstrates achievement of the outcomes for this assignment.

Assignment Section and Required Criteria (Points possible/% of total points available)	Outstanding	Good	Acceptable	Poor	Criteria not Present
Title Page (2 points/2%)	2 points		1.5 points	1 point	0 points
Required Criteria <ul style="list-style-type: none"> • Type of facility • Cultural focus • Names of ALL team members 	Includes all required criteria		Includes two of the required criteria	Includes one of the required criteria	Introduction not present
Introduction (3 points/3%)	3 points		2 points	1 point	0 points
Required Criteria <ul style="list-style-type: none"> • The purpose of the presentation • The cultural concentration • Age group focus 	Includes all required criteria		Includes two of the required criteria	Includes one of the required criteria	Introduction not present
Current Menu Analysis (5 point/5%)	5 points		3 points	1 point	0 points
Required Criteria Analyze the menus that the team has selected based on the following criteria and provide rationales for your analysis: <ul style="list-style-type: none"> • Healthy/unhealthy menu selections with rationale • Appropriate for nutritional requirements of age group with rationale • The influence of cultural and regional food practice with rationale 	Includes all three criteria and rationales		Includes two criteria and rationales	Includes one criteria and rationale	Current menu analysis not present
Create Sample Menus (20 point/20%)	20 points	18 points	16 points	15 points	0 points
Required Criteria Create a one-day replacement sample menu of meals with healthier choices for each original menu. Include: <ul style="list-style-type: none"> • Breakfast, lunch, and dinner options. • Age considerations, potential health concerns, cultural influences, and regional patterns. • Nutritional components of your food choices. • Explanation of why the sample menus are better nutritional options for both facilities. • 2 reference citations 	Includes no fewer than five criteria	Includes no fewer than four criteria	Includes no fewer than three criteria	Includes no fewer than two criteria	Includes one or no criteria
Compare Menus (20 point/20%)	20 points		16 points	15 points	0 points
Required Criteria <ul style="list-style-type: none"> • Compare each original sample menu with its corresponding replacement menu • Explain why the team's menus are better nutritional options for your two facilities. • Provides at least two references 	Includes all three criteria		Includes two criteria	Includes one criteria	Comparison of menu not present
Barriers	20 points		16 points	15 points	0 points

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(20 points/20%)					
<p style="text-align: center;">Required Criteria</p> <ul style="list-style-type: none"> Includes three or more barriers to optimal nutritional value of meal plans 	Includes no fewer than three barriers	Includes no fewer than two barriers	Includes one barrier	Barriers not present	
Summary (10 point/10%)	10 points	8 points	7 points	0 points	
<p style="text-align: center;">Required Criteria</p> <ul style="list-style-type: none"> Summarizes key points from each section of the presentation Comment about what you have learned from the assignment What you will apply as nurses. 	Includes all three criteria	Includes two criteria	Includes one criteria	Summary not present	
PowerPoint Presentation Appearance (10 points/10%)	10 points	8 points		0 points	
<p style="text-align: center;">Required Criteria</p> <p>Quality of the professional presentation and visual appearance of PowerPoint adhere to:</p> <ul style="list-style-type: none"> Accepted guidelines for presentations PowerPoint use (color, graphics, and other visuals are allowed). Appropriate use of speaker notes to avoid overcrowding of slides and communicate content. 	Includes all criteria	Includes one criteria		PowerPoint presentation appearance criteria missing	
APA Style and Organization (10 points/10%)	10 points	9 points	8 points	7 points	0 points
<p style="text-align: center;">Required Criteria</p> <ul style="list-style-type: none"> APA formatting is used with the four to six references. The textbook is not used as a reference. In-text reference citations are found on the slides where they are referenced Information is included and match the reference listing on the reference slide. Grammar and mechanics are correct. Length should be no less than 10 or greater than 18 PowerPoint slides, not including title and reference page 	Includes all five criteria	Includes four criteria	Includes three criteria	Includes criteria	APA format and length of presentation includes one criteria are not addressed