

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.

Total points possible: 100 points

Preparing the assignment

Follow these guidelines when completing this assignment. Speak with your faculty member if you have questions.

1. Identify target groups- your team will be assigned the specific type of facility menus to research. As a team, you will select two facilities which care for your population's demographic (age, culture). 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. The instructor may provide the team's assigned age group and the type of facility in which the clients receive care. Team size may vary, depending on class size. Three to five students per team is ideal.
2. Search for some differences between the facilities, such as urban versus rural, small versus large, or teaching versus non-teaching organizations.
3. Facilities and populations may include
 - a. Daycare center: Preschool-aged children
 - b. Elementary schools
 - *c. High schools (14-18 year-old) main focus ✓
 - d. College
 - e. Hospital
 - i. Visitor/employee menu
 - ii. Specific hospital units (postoperative, obstetrical, or medical)
 - f. Community Center
 - g. Meals on wheels
 - h. Daycare center: Geriatric adult
 - i. Senior center
 - j. Assisted living
 - k. Nursing home
4. 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 drobox, in addition to the copy submitted by the Team Leader in the next step.

pick
only
one

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- a. The team charter is in the Week 1 Explore section. A dropbox for submission is 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 first so that both documents can be checked for originality of content.
 - i. The team leader will inform team members of the originality index once received.
 - ii. If the match is high, the team leader will coordinate revisions with team members, resubmit the revised documents, and inform team members of the new originality index.
 - c. Remaining team members will submit the presentation and speaker's notes to the assignment dropbox after receiving the final originality index.
 - i. This delay in submission by team members assures that the submission of multiple copies of the
 - ii. team documents will not adversely impact the originality index.
5. 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.

Steps 1, 2, 8, and 9 will be scored the same for the entire team. Steps 3-7 should be completed separately by each student focusing on a different cultural group and/or specific dietary need. Each student will present their own slides.

- a. Title and Introduction (5 points/5%)

The title page/slide lists:

1. Type of facility
2. Cultural focus
3. Names of ALL team members

Presentation introduction includes the:

1. Purpose of the presentation
2. Cultural concentration
3. Age group

- ~~*b.~~ Current Menu Analysis (5 points/5%)

Analyze the menus that the team has selected based on the following criteria and provide rationales for your analysis:

1. Healthy/unhealthy menu selections with rationale
2. Appropriate for nutritional requirements of age group with rationale
3. The influence of cultural and regional food practice with rationale
4. Does the menu selected provide adequate amounts of protein, fats, carbohydrates, vitamins, and minerals?
5. Over the course of a full day and week, are individuals provided with a balanced diet?
6. Does this diet allow for differences in dietary patterns related to the culture or age?

- ~~*c.~~ Create Sample Menu (20 points/20%)

Create a single day's replacement menu providing healthier choices for each menu analyzed, including the following:

1. Breakfast, lunch, and dinner options.
2. Age considerations, potential health concerns, cultural influences, and regional patterns.
3. Nutritional components of your food choices.
4. Explanation of why the sample menus are better nutritional options for both facilities.
5. 2 reference citations that support your choices included on the slide or in the speaker's notes

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- d. Compare Menus (20 points/20%)
 1. Compare each original sample menu with its corresponding replacement menu
 2. Explain why the team's menus are better nutritional options for your two facilities.
 3. Provides at least two references that support your choices on the slide or in the speaker's notes
- e. Barriers (10 points/10%)
 1. Detail a barrier to optimal nutritional value of meal plans
 2. Detail a second barrier to optimal nutritional value of meal plans
 3. Detail a third barrier to optimal nutritional value of meal plans
 - a. 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
- f. Teaching points (10 points/10%)
 1. Select one identified barrier and present three client education points to assist the individuals responsible for meal planning create healthier options.
 2. Considers the cultural comorbidities that may be present
 3. Includes references to support key points
- g. Summary (10 points/10%)
 1. Summarizes key points from each section of the presentation
 2. Comment about what you have learned from the assignment
 3. Shares application for nursing practice
- h. Presentation Quality (10 points/10%)
 1. Accepted guidelines for presentations PowerPoint use color
 2. Accepted guidelines for presentations PowerPoint use graphics/visuals
 3. Accepted guidelines for presentations PowerPoint use appropriate use of text- no overcrowding
 4. Appropriate use of speaker notes (to avoid overcrowding of slides and communicate content).
- i. APA Format and Length (10 points/10%)
 1. References are submitted with assignment.
 2. Uses current APA format and is free of errors.
 3. Grammar and mechanics are free of errors.
 4. At least four to six (4-6) scholarly, nursing, peer reviewed, primary sources from the last 5 years, excluding the textbook, are provided.
 5. Citations are included on the slide when material from that source is included. Cited references are on the reference slide.

select three barriers from here.
 eg Socioeconomic challenges
 :::: } three key point
 ② Available food choices
 :::: } three key point
 ③ Geographic location
 :::: } three key point

For writing assistance (APA, formatting, or grammar) visit the [APA Citation and Writing Assistance](#) page in the online library.

Please note that your instructor may provide you with additional assessments in any form to determine that you fully understand the concepts learned in the review module.

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Grading Rubric: Criteria are met when the student's application of knowledge demonstrates achievement of the outcomes for this assignment.

Assignment Section and Required Criteria (Points possible/% of total points available)	Highest Level of Performance	High Level of Performance	Satisfactory Level of Performance	Unsatisfactory Level of Performance	Section not presented in paper
Title Page (5 points/5%)	5 points		4 points	2 points	0 points
Required criteria The title page/slide lists 1. Type of facility 2. Cultural focus 3. Names of ALL team members Presentation introduction includes the 1. Purpose of the presentation 2. Cultural concentration 3. Age group	Includes 6 requirements for section.		Includes 4-5 requirements for section.	Includes 1-3 requirements for this section	No requirements for this section present
Current Menu Analysis (5 point/5%)	5 points		4 points	2 points	0 points
Required criteria Analyze the menus that the team has selected based on the following criteria and provide rationales for your analysis: 1. Healthy/unhealthy menu selections with rationale 2. Appropriate for nutritional requirements of age group with rationale 3. The influence of cultural and regional food practice with rationale 4. Does the menu selected provide adequate amounts of protein, fats, carbohydrates, vitamins, and minerals? 5. Over the course of a full day and week, are individuals provided with a balanced diet? 6. Does this diet allow for differences in dietary patterns related to the culture or age?	Includes 6 requirements for section.		Includes 3 or more requirements for section.	Includes 1 or more requirements for section.	No requirements for this section present
Create Sample Menus (20 point/20%)	20 points	18 points	17 points	15 points	0 points

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Assignment Section and Required Criteria (Points possible/% of total points available)	Highest Level of Performance	High Level of Performance	Satisfactory Level of Performance	Unsatisfactory Level of Performance	Section not presented in paper
Required criteria Create a one-day replacement sample menu of meals with healthier choices for each original menu. Include: 1. Breakfast, lunch, and dinner options. 2. Age considerations, potential health concerns, cultural influences, and regional patterns. 3. Nutritional components of your food choices. 4. Explanation of why the sample menus are better nutritional options for both facilities. 5. 2 reference citations that support your choices included on the slide or in the speaker's notes	Includes 5 requirements for section.	Includes 4 requirements for section.	Includes 3 requirements for section.	Includes 1-2 criteria for section.	No requirements for this section present
Compare Menus (20 point/20%)	20 points		16 points	8 points	0 points
Required criteria 1. Compare each original sample menu with its corresponding replacement menu. 2. Explain why the team's menus are better nutritional options for your two facilities. 3. Provides at least two references that support your choices on the slide or in the speaker's notes.	Includes 3 requirements for section.		Includes 2 requirements for section.	Includes 1 requirement for section.	No requirements for this section present
Barriers (10 points/10%)	10 points		8 points	4 points	0 points
Required criteria 1. Detail a barrier to optimal nutritional value of meal plans 2. Detail a second barrier to optimal nutritional value of meal plans 3. Detail a third barrier to optimal nutritional value of meal plans a. Barriers may include: i. Geographic location ii. Health of the population iii. Culture of the population and surrounding	Includes 3 requirements for section.		Includes 2 requirements for section.	Includes 1 requirement for section.	No requirements for this section present

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Assignment Section and Required Criteria (Points possible/% of total points available)	Highest Level of Performance	High Level of Performance	Satisfactory Level of Performance	Unsatisfactory Level of Performance	Section not presented in paper
community iv. Socioeconomic challenges v. Available food choices vi. Other barriers, as identified vii. Include reference citations to support key points, as needed					
Teaching Points (10 points/10%)	10 points		8 points	4 points	0 points
Required criteria 1. Select one identified barrier and present three client education points to assist the individuals responsible for meal planning create healthier options. 2. Considers the cultural comorbidities that may be present 3. Includes references to support key points	Includes 3 requirements for section.		Includes 2 requirements for section.	Includes 1 requirement for section.	No requirements for this section present
Summary (10 point/10%)	10 points		8 points	4 points	0 points
1. Summarizes key points from each section of the presentation 2. Comment about what you have learned from the assignment 3. Shares application for nursing practice	Includes 3 requirements for section.		Includes 2 requirements for section.	Includes 1 requirement for section.	No requirements for this section present
PowerPoint Presentation Appearance (10 points/10%)	10 points	9 points	8 points	4 points	0 points
Required criteria 1. Accepted guidelines for presentations PowerPoint use color 2. Accepted guidelines for presentations PowerPoint use graphics/visuals 3. Accepted guidelines for presentations PowerPoint use appropriate use of text- no overcrowding	Includes 4 requirements for section.	Includes 3 requirements for section.	Includes 2 requirements for section.	Includes 1 requirement for section.	No requirements for this section present

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Assignment Section and Required Criteria (Points possible/% of total points available)	Highest Level of Performance	High Level of Performance	Satisfactory Level of Performance	Unsatisfactory Level of Performance	Section not presented in paper
4. Appropriate use of speaker notes (to avoid overcrowding of slides and communicate content).					
APA Style and Organization (10 points/10%)	10 points	9 points	8 points	4 points	0 points
1. References are submitted with assignment. 2. Uses current APA format and is free of errors. 3. Grammar and mechanics are free of errors. 4. At least four to six (4-6) scholarly, nursing, peer reviewed, primary sources from the last 5 years, excluding the textbook, are provided. 5. Citations are included on the slide when material from that source is included. Cited references are on the reference slide.	Includes 5 requirements for section.	Includes 4 requirements for section.	Includes 3 requirements for section.	Includes 1- 2 requirements for section.	No requirements for this section present
Total Points Possible = 100 points					