



What's the Story?

Group Guide for Nutritionists

Students, throughout this Exploration, your student groups will take on the roles of Nutritionists making observations and collecting then analyzing data. You will spend five class periods over the next three weeks on this activity.

A Nutritionist is a health professional with special training in nutrition who can offer help with the choice of foods a person eats and drinks. In this exploration, you will act as a Nutritionist focusing on people's daily *diets*. While collecting data and making observations, keep in mind the changes in what Americans eat and how eating patterns have changed over the years using the following questions as a guide.

1. What changes have occurred in foods/diets over time?
2. What has occurred in society to cause changes in foods/diets?
3. What environmental factors have caused changes in foods/diets?
4. What conclusions can be drawn about the role of diet in the American's epidemic of being out of shape?

Resources

Before conducting any kind of field experiment or survey, researchers first explore what *other* researchers know and have learned. With your group, conduct research using the following resources:

- Animation: [*Portion Distortion Trends*](#)
- Animation: [*Interactive Timeline*](#)
- Animation: [*U.S. Obesity Trends Map*](#)
- Article: [*Community Redesign*](#)
- Article: [*Are America's Youth Moving Less?*](#)
- Article: [*Eating at the Family Table*](#)
- Article: [*Smart Snacks: Vending Machines in Schools*](#)

Summarize Research Findings

Using the *Nutritionists' Presentation Template*, complete the first 4 slides, summarizing what you have learned during your research.

Select a Survey to Conduct Field Research

Scientists don't always design *experiments* to find out information. Oftentimes, they can learn a lot about something by simply observing how something *is*. They perform a *survey*, making notes about an environment, or a subject's behavior.

Your group will select one of the following three surveys to do over the coming week.

- *Nutritionists' Survey 1 – Assessing Snack Foods*
- *Nutritionists' Survey 2 – Assessing Fruit and Vegetable Foods*
- *Nutritionists' Survey 3 – Assessing Beverages*

Summarize Survey Findings and Prepare Presentation

With your group, conduct the Survey analysis activities at the end of the survey. Using the presentation you created in which you summarized the research, complete your presentation. Decide what roles each person in the group will take when making the presentation to the class.