Prescribing Nutrition assignment

Assignment template. ***Please wait until you have finished all the other modules before completing the assignment****.*

Answer the ***four*** *questions below and over the page, using more space as required. Once complete, upload the document to the 'Assignment upload' module within the course in* ***Word or PDF format****. Please ensure answers are typed (not handwritten and scanned).*

If you are not currently seeing patients, feel free to speak with family members, friends, or fellow students for question two.

Full name:

1. List at least three different tools or techniques presented in the course that support nutrition conversations.

2. How might communication need to be modified for different patient groups?

3. Try using these tools or techniques when speaking to at least two patients about whole food plant-based nutrition. Ideally, conduct two discussions with each patient to track any changes in their dietary habits over time, and report back on these.

Be sure to undertake a rapid assessment of the patient's diet. Share how the nutrition conversations went. Please address all bullet points below. Aim for **400-500 words** for this question.

- What went well?
- What didn't go well?
- What will you do differently next time?
- Do you know if the patient made a nutrition change? If so, did they experience any positive or negative outcomes?
- Do not include patient identifiers in your response, however you may include biometric measurements if relevant.

4. What role do you see nutrition playing in your future care of patients?