### Introduction

The U.S. Census Bureau (2015) projected that by the year 2044, more than half of all Americans will belong to a minority group. The nutritional implication of this shift in cultural predominance is that cultural competency will become increasingly important to nursing (Dudek, 2014). As a nurse, you will encounter clients of various cultural background therefore, an awareness of different food practices of various cultures and the impact on health and wellness will prepare you to provide more culturally sensitive care. The U.S. Office of Management and Budget (1977) identified the following cultural subgroups in the United States: American Indian or Alaska Native: People having origins in any of the original peoples of North and south America, including Central America, who maintain tribal affiliation or community attachment Asian: People having origins in any of the original peoples of the Far East, Southeast Asia, or the Indian subcontinent, including China, India, Pakistan, Thailand, Vietnam Black or African American: People having origins in any of the black racial groups of Africa Hispanic or Latino: People of Cuban, Mexican, Puerto Rican, South or Central American, or other Spanish culture or origin Native Hawaiian or Other Pacific Islander: People having origins in any of the original peoples of Hawaii, Guam, Samoa, or any Pacific Islands White: People having origins in any of the original people of Europe, the Middle East or North Africa

This WebQuest, assignment allows you to explore the relationship between culture, food and health. By the end of this assignment you will: 1. Identify the traditional food practices of one cultural subgroup in the United States 2. Describe the impact of culture on food choices 3. Demonstrate the traditional diets of selected cultural subgroups in the United States 4. Identify nutrition-related health impact of each subgroup 5. Recommend modifications to maximize nutrition-related health and wellness

### Tasks

For this assignment you will accomplish three tasks 1. A Poster Presentation (Group effort) 2. Sample Cultural Dish (Group effort) 3. Reflective paper (Individual paper)

Students will form groups representing one cultural subgroup in the United States (this information is already included in the introduction). Each group will prepare a poster with information describing traditional food practices and the impact on health and wellness. Students will also recommend strategies that can be used to modifying food practices. In addition, each group will bring samples of traditional food of the cultural groups they have studied. Individual students will submit a written reflection of the process at the end of the poster presentation.

### Process

The Poster: You will form groups of 6-7 persons and select a cultural subgroup for your project, this subgroup can be your own ethnic group or another. Completing an additional assignment about a different ethnic group can be a great way to learn about another culture. Conduct Research: Review information about the group that you chose. Use information from your assigned textbook, or the links provided. Feel free to conduct additional research or interview individuals from related cultural groups. In your research: Identify traditional foods eaten by your cultural subgroup- foods eaten for breakfast, lunch, dinner, desert and snacks. Foods eaten on special occasions. Describe how meals are prepared for example, fried, steamed, and the type of seasoning used. Describe the eating pattern for example, home cooked versus eating out. Describe how the food practices of this group impacts nutritional health and wellbeing. Identify recommendations to maximize health and wellness. After Your Research: Prepare your poster using the following headings: Introduction, Traditional Food Practices, Nutrition-Related Benefits Recommendations. These headings are suggestions, feel free to include additional content that will give clarity to your presentation. Each group will prepare a dish of their culture and bring to class. After Your Poster Presentation: You will write an individual reflection on the process and submit by 12 midnight the day after your poster presentation (2/27/18)
NURS 208: NUTRITION AND PHARMACOLOGY CULTURAL INFLUENCES ON FOOD AND NUTRITION: INDIVIDUAL REFLECTION

It is hoped that after conducting research and completing your poster presentation you developed additional awareness about the relationship between the food practices of various cultural groups and health and wellness. It is also hoped that your awareness will result in the demonstration of respect and tolerance for the cultural differences in food practices among individuals in your area and encounter.

Please respond to the following statements in a reflective paper (20 points):

1. How did you feel about completing this assignment?
2. Describe the most valuable lessons learned.
3. Explain how the lessons that you learned will influence your patient care practices.
4. How helpful were the resources that were provided and how can this Web Quest be improved?
5. What suggestions do you have for other students who may be completing similar assignment?

Nurses today are challenged with caring for a more diverse patient population. But, how can we prepare nurses to provide cultural competence care? One strategy is to incorporate real life cultural experiences in the classroom experiences. This WebQuest was completed over a seven week course period. Feedback from students will be used to support addition review of the assignment.

Standards

This assignment served to fulfill the following Student Learning Objectives of the NURS 208 Course: Nutrition and Pharmacology for second year students in a Traditional BSN nursing program. As a result of completing this Webquest, students were able to:

- Apply the nursing process to provide patient-centered, evidence-based, clinically competent, contemporary professional nursing care.
- Apply critical thinking skills to support excellence in nursing practice and to provide comprehensive, compassionate, evidence-based nursing care across the life span.
- Promote healthy lifestyles through health education, health promotion strategies and population-focused interventions.
- Exercise innovative inquiry in the use of information and patient care technology with knowledge based on research for the improvement in patient outcomes.


Credits

Work Cited

Other

This is a fun but educational project. I consider it a practical learning experience where students have the opportunity to enjoy learning.