**NUTR 150: W09 Assignment – ACT Project Reflection**

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Elder Robert D. Hales taught, “that use of our agency determines who we are and what we will be” (“To Act for Ourselves: The Gift and Blessing of Agency”, Ensign, May 2006, 4-8). During your ACT project, you used your agency and chose to “act” or work on implementing a nutrition recommendation to decrease a particular nutrition-related health risk. In this assignment, you will have the opportunity to reflect on this experience, what you have learned, and how it may impact your future action.

**ACT Project Summary**

1. **ACT Project Summary** *(8 points).*After completing your individual 5-Day ACT Project (see Assignment 8-Health Genogram for directions), answer the following questions.

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| A. Which **one (1)** nutrition-related health condition did you choose for this activity? | |  |
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|  | Hypertension (High Blood Pressure) |  |
|  | |  |
| B. What nutrition recommendation or ACTion did you select to decrease your risk for the above nutrition-related health condition? *Remember: exercise and sleep are not nutrition recommendations.* | |  |
|  | |  |
|  | Increase calcium and vitamin D |  |
|  | |  |
| C. Describe how you implemented your nutrition ACTion. Give at least **two (2) specific, detailed examples,** to illustrate how you chose to take “action” in this project. | |  |
|  | |  |
|  | I plan to have a shake including 1 cup of yogurt, and 2 cups spinach each day to raise my calcium levels. This will be had after my workouts. With Vitamin D, my vitamin supplement provides 50% of the DV. I will need more than that though, and will add in a cup of Almond Milk and a cereal of some sort to raise it. Almond milk provides 25% of the DV for vitamin D. |  |
|  | |  |
| D. Identify at least **one (1) life skill, or “soft skill”** (examples include: communication, problem-solving, adaptability, time-management, and self-motivation) you developed or used in this project. Give at least **one (1) specific example** of how you developed or used this life skill during your project. | |  |
|  | |  |
|  | self-motivation |  |
|  | |  |

**Reflection**

1. **Reflection**.
   * Reflect on your thoughts and experiences of completing your ACT Project. Think about what went well, what was difficult, and what you would do differently if you were to do the project again.
   * Then answer **three (3)** of following six (6) reflection questions below.

**Grammar and Spelling** *(3 points)*.Correct spelling, grammar, and punctuation is a requirement for NUTR 150 assignments. Please spell/grammar check your reflection answers and then re-read your responses to make sure you catch and correct errors. (Note: Microsoft Word does highlight some of your spelling and grammar errors. Make sure you click on those highlighted errors and correct them).

**Choose 3 of the 6 reflection questions to answer** *(9 points total)*:

1. **Biggest Challenge** *(3 points)*.
   * In **1-2 paragraphs**, describe what your biggest challenge was in completing this activity and how you overcame it.
   * Include at least **one (1)** specific example to support your answer.

*The biggest challenge for me was the follow through on having a shake each day plus milk and cereal. I followed it exactly the first two days, but quickly grew tired of the cereal. I’m not a huge cereal person. In order to fix this, I realized I kept putting water into my shake, and had an idea to use the almond milk instead. By doing this, I made the shake tastier, more filling, and it made life simpler. It also aided in my energy levels after the workout, because my body had everything it needed to repair.*

1. **Take-Away** *(3 points)*.
   * In **1-2 paragraphs,** describe what you learned or what you are “taking-away” from this experience.
   * Include at least **one (1)** specific example to support your answer.

*Type reflection here . . .*

1. **Improve Learning/Understanding** *(3 points)*.
   * In **1-2 paragraphs,** describe how this activity improved your learning and/or understanding of nutrition.
   * Include at least **one (1)** specific example to support your answer.

*Type reflection here . . .*

1. **Continuation of ACTion** *(3 points)*.
   * In **1-2 paragraphs,** describe how you plan to continue implementing this ACTion.
   * Include at least **one (1)** specific example to support your answer.

*I plan to continue this shake combo I’ve created. It’s a really well-balanced shake in terms of nutrients it contains due to its inclusion of protein and fruit. However, that won’t fix the whole problem. I still need to increase my calcium and vitamin D levels. So, I plan to incorporate a glass of milk at dinner, and have my son enjoy the same. Through this experience, I noticed how little calcium and vitamin D everyone has in this family and plan to help this.*

1. **Motivation for ACTion** *(3 points)*.
   * In **1-2 paragraphs,** describe what prompted you to make the decision to implement the recommendation.
   * Include at least **one (1)** specific example to support your answer.

*What prompted me to make this decision of change was the shocking discoveries of my health genogram. The last time I asked about my family’s health history (during my pregnancy), I was told nothing was in our bloodline to take note of. However, this time I asked a different family member. This family member was very informative, and even knew what stage of life they had these diseases. It was an eyeopener to me mostly because I had thought I didn’t have anything.*

*The high blood pressure was interesting for me to hear about, because I had noticed a pattern. My great grandmother, grandma, and mother have all had high blood pressure before their sixties. It seems like most women on my mom’s side have had high blood pressure, and its not surprising now that I had high blood pressure when I was pregnant. This lead me to educate myself on the matters of high blood pressure by going to this site from the CDC:* <https://www.cdc.gov/pcd/issues/2005/apr/pdf/04_0134_01.pdf> *There, I learned that I have a strong history of high blood pressure, and that I’m more at risk for high cholesterol, high body fat, being sensitive to salt(for raising blood pressure), heart disease and stroke. I know we have covered the risks of high blood pressure in the study materials, but they didn’t become real until this. From this, I decided to increase my calcium because it was one area that needed the most change on the 2-day nutrition journals we did.*

1. **Impact on Learning** *(3 points)*.
   * In **1-2 paragraphs,** explain how applying nutrition recommendations (such as in this ACT Project) affect what you are learning in this course.
   * Include at least **one (1)** specific example to support your answer.

*Type reflection here . . .*

**W09 Bonus Code Word Submission *(Optional)***

After attending the “Weekly Instructor Review” or watching the recording, complete this section to earn 2 bonus points.

* Complete this on your own without help from another person.
* Please be sure to spell and enter the code word exactly as it was given to receive credit.

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| **W09:** Type in the bonus code word: | | | | |
|  |  | Bioavailability |  |  |
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