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Department of Dietetics
and Human Nutrition
Newsletter
December 2013

The Italian Table:
An Exploration of the Heritage of Sustainable Food and Cultural Diversity



Arno River in Florence, Italy

The Italian Table: An Exploration of the Heritage of Sustainable Food and Cultural Diversity is an education abroad program slated for May 12-May 31, 2014.

The applications are now open for completion at:

http://abroad.ad.uky.edu/index.cfm?FuseAction=Programs.ViewProgram&Program_ID=12676#DATES. As completed applications come in Dr.

Sandra Bastin will be accepting people into the program, hoping the 15 slots are filled by January 15, 2014 so we can proceed with purchasing airline tickets. At least 15 slots must be filled for the program to go.

Additional slots may open after that time.

We will have an information meeting sometime in January with additional details.

Attached to this email is a tentative itinerary.

If you have additional questions, please contact Dr. Bastin at sbastin@uky.edu. She is excited to be leading the program and hopes you can join her in May.

Taking time to help others during the holidays



Emily Rogers, Dr. Tammy Stephenson, and Joy Vaught with the DHN Thanksgiving baskets. DHN undergrads, graduate students, and faculty/staff all participated and our baskets turned out great, full of goodies!

Are you ready for FINALS?????

It's almost the end of the semester and that means finals week is here! There are different ways to prepare for—and survive—finals. Here are a few tips from your DHN faculty, staff, and grad students:

1. Eat a healthy breakfast...Dr. Sandra Bastin
2. Get 8 hours of sleep each night...Mr. Aaron Schwartz
3. Construct a to-do list and prioritize each day. Take one day at a time so as not to get overwhelmed, and check off your accomplishments...Professor Amy Williams
4. Take one hour per day to meditate and relax...Dr. Hazel Forsythe
5. Get organized—class notes, projects, whatever you need to review to get ready for finals...Dr. Janet Mullins
6. Keep healthy snacks and beverages on hand; don't get hungry...Ms. Debbie Clouthier
7. Stay hydrated: drink plenty of water...Ms. Hollie Anderson
8. Do not rely on caffeinated beverages, such as energy drinks, to stay up long hours studying. Too much caffeine can make it difficult to sleep and lead to heart palpitations and headaches. Instead, exercise for energy - a short walk can do wonders to clear your mind and give you energy so you can focus when studying...Dr. Tammy Stephenson
9. Only study with a group if it makes sense- meaning there are some topics that are more suited to studying alone and there are some topics that are better for studying with a group. Choose wisely ☺...Professor Liz Combs