



## DIETETICS & HUMAN NUTRITION UNIVERSITY OF KENTUCKY

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Department of Dietetics and  
Human Nutrition Newsletter

November 2013

### Student Awards

### IMPORTANT DATES



**CONGRATULATIONS Emily Grimes!!**

Emily is a dietetic senior who has a passion for whitewater kayaking. She applied for and received a mini-grant to become a “Kids Eat Right” campaign member. With this grant she will give two educational sessions to members of her community. She has already given one presentation to a 5K training group on *Healthy Eating from the Ground Up*, and her next presentation will be given to a Girl Scout group on *Hunger in our Community*. After she graduates, Emily plans on applying to dietetic internships in the southeast (North Carolina, Tennessee, and Kentucky). She’d like to focus on medical nutrition therapy, and maybe down the road try to incorporate her dietetic experience with her love for whitewater.

#### November 2013

- **November 4-26** - Monday through Tuesday - Priority registration for the 2014 Spring Semester
- **November 27-30** - Wednesday through Saturday - Thanksgiving - Academic Holidays
- **November 30** - Saturday - Last day for filing an application for a May 2014 undergraduate degree online in myUK

#### December 2013

- **December 4-20** - Wednesday through Friday - Add/Drop for registered students for the 2014 Spring Semester
- **December 13** - Friday - Last day of classes
- **December 16-20** - Monday through Friday - Final Examinations

## AMAZING Study Abroad Opportunity Just for DHN Students!



**Dr. Sandra Bastin and daughter Victoria**

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

**May 12 to May 31, 2014**

(Save the date! More information in the  
October DHN Newsletter)



This three-week education and discovery program, which will be led by [Dr. Sandra Bastin](#), focuses on understanding the relationship between food and community health by following the Italian food chain from farm to table, while experiencing the diversity of old world history and culture in both rural (Tuscany and Emilia-Romagna) and urban (Florence, Rome and Venice) areas of Italy.

We'll spend time at Spannocchia, a sustainable working farm and estate, complete with the basics to produce olive oil, Pecorino cheese, honey, salt-cured meats, heirloom vegetables, and more. Food related tours and workshops will emphasize the social, cultural and environmental factors that have shaped dietary practices and nutrition patterns of the Mediterranean diet, making comparisons to our own American diets. We'll also observe innovative systems of local food production and marketing that continue to contribute to the Italian sustainable food chain. As we journey through the Renaissance city of Florence, the epic metropolis of Rome and the island city of Venice, we'll rediscover the classics of literature, history and moral philosophy that continue to shape our future. The Duomo in Florence, Venice's Doge Palace and the Coliseum in Rome set the stage for a debate in historic, social and economic diversity.

## Dietetics Administration Graduate Students Experience Summer Research Abroad

### **Beth Bronner and Whitney Asher** - Dietetics Administration Graduate Students

Beth Bronner and Whitney Asher, graduate students in dietetics, traveled to Ecuador as part of collecting data for their research theses. This summer Beth and Whitney went to Santo Domingo to explore the culture of the families they were researching to determine the nutritional issues that influence the growth and development of young children. Beth studied the children in an urban community while Whitney learned about the Tsachila, an indigenous group in a rural community.

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**College of Agriculture, Food & Environment Career Development**

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If you have questions about

- Majors and Career exploration
- Internships
- Study abroad
- Undergraduate Research
- Resume writing

Please contact Amanda Saha, Director of Career Development & Enrichment for the College of Agriculture, Food and Environment.

Amanda will be available to meet with Dietetics and Human Nutrition students on Tuesday, November 19 from 8am –Noon in 128 Erikson Hall and 1-4pm in 102A Erikson Hall. (SIGN UP FOR AN APPOINTMENT in the HES ADVISING RESOURCE OFFICE, RM. 112 ERIKSON HALL at the front desk or call 859/257-2855).

Or, if these times do not work for you, you may contact Ms. Saha directly at: 859/257-3468 or [Amanda.Saha@uky.edu](mailto:Amanda.Saha@uky.edu) to set up an appointment.