

Nutrition Education Project 1 and 2

To date, this was and still is one of my favorite projects I have worked on because I was able to work with, interview, help and learn from a lesser-known population. While I learned a lot from doing this project, the part where I learned the most was the post work I completed with Dr.D, to adjust and modify my project. I was able to learn so much from this group of workers, but it also taught me a very valuable lesson, and that is everyone has their own unique history that creates who they are today and to be able to work with a patient or group you must understand this. The biggest challenge when looking back, was that I did not account for this at first but through the help from Dr.D, I think the result was a great project. When I look back from my time during my SEL's or other coursework, I think my interaction with Dr.D about this project, really helped me understand this and not only will I keep growing but the clients I will have in the future will be grateful for this experience.