

INCORPORATION OF SERVICE LEARNING IN DIET AND NUTRITION ASSESSMENT MODULE

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Abstract. This paper presents the incorporation of service learning in one of the modules in the Diploma in Nutrition, Health and Wellness (DNHW) curriculum: CP7013 Nutrition and Diet Assessment.

Each of the three Year 2 Stage B classes was assigned to conduct nutritional check and nutrition education activity for a specific community. The participants were asked for their feedback towards the end of the activity session. The students were then asked to reflect on this hands-on activity and answer the student feedback form about service learning and this activity.

100% of the students agreed that the activity was a very good learning experience for them and that service learning is a good way of enhancing the teaching and learning experience of DNHW students. Based on the students' feedback, the top three skills that they have learned from this activity are communication skill, enhanced/improved technical skill and time management skill; while the top three modules they think that are related to this activity are Nutrition and Disease, (basic) Nutrition, and Speaking Skills for Wellness Professionals.

Results from the community's feedback showed that in general, they were satisfied with the nutritional check and nutrition education session provided for them. Most of them are willing to undergo the same check to monitor their nutritional status after six months. Generally, they were pleased and gave positive comments and sensible suggestions to the students.

In conclusion, service learning can be considered as an effective tool in teaching and learning CP7013 module, as well as inculcating personal and civic responsibility among DNHW students. It also benefits the community that is being served.