

NDFS NEWS

• Brigham Young University • Department of Nutrition, Dietetics and Food Science • S-221 ESC • Provo, Utah • 84602 •

Message from the Department Chair



The reinvention of the College and Department is moving into the final stages with expected implementation in the Fall of 2003. A visible change is our new name. We are officially the Department of Nutrition, Dietetics and Food Science. Dietetics, the largest of the three undergraduate programs, now has a place in the department name.

The College of Biology and Agriculture will be composed of five departments. Other departments in addition to ours are Plant and Animal Sciences, Microbiology and Molecular Biology, Physiological and Developmental Biology and Integrative Biology. A selection of core courses has been proposed to eliminate redundant teaching of some biology topics such as genetics and molecular biology. A Biology Major, administered by the college, has

been proposed to appropriately provide a starting place for pre-professional students and a good degree for those that choose to remain in that major. Nutritional Science and Food Science will be promoted as excellent pre-professional majors.

The three existing undergraduate programs offered in our department will remain. Food Science, Nutritional Science and Dietetics have been approved by the College Curriculum Committee. Curriculum has been carefully reviewed to remove redundancy, minimize credit hours and assure that students learn all essential material. Courses are being re-evaluated and modified to use outcomes based objectives. The Dietetics Program is leading the way in using outcomes based measures.

With the reinvention comes an emphasis on mentored experiences for undergraduate students. All undergraduates have a mentored experience and some have several. Many have a research experience in which they will participate in original research. The mentored product development capstone experience is mandatory for all Food Science Students and a mentored capstone special problem is mandatory for all Nutri-

tional Science students. The Quality Assurance and Sensory Laboratories give many students a mentored practical experience appropriate for careers in industrial quality assurance and product development. In Dietetics, mentored experience in community nutrition is part of their undergraduate program. Didactic students who wish to become Registered Dietitians must have an internship.

The quality of our students is manifest in the quality of alumni who are successfully contributing to their professions.

Staying in touch. Everyone whose email addresses are known to us will be receiving this newsletter electronically. **We encourage, yes beg, you to log on to our Department Web Site <fsn.byu.edu>, go the Alumni page and enter or update your information.** We really want to know where you are and to be able to more easily spread news and benefit from your suggestions.

Lynn V. Ogden
Dept. Chair



Food Science Alumnus Heads Research and Education at USDA

Rod Brown, who earned his BS in Food Science from BYU in 1972, was called to Washington last February to serve as Deputy Undersecretary for Research, Education and Economics at the United States Department of Agriculture. Rod received his M.S. in Nutrition and Food Science from Utah State University and his Ph.D. from North Carolina State University. He served as the Chair of the Department of Nutrition and Food Science and then as Dean of the College of Agriculture at Utah State University. About the Food Science Major, Dr. Brown said, "A degree in Food Science provides a solid base in a group of disciplines including math, chemistry, physics, microbiology and engineering. This set of tools is then applied to food as it passes from harvest to consumption. The demand for people with this kind of preparation is almost limitless."



Michelle Lloyd writes Church News Food Storage article

In case you missed it, the Church News for the week ending December 29, 2001 had a well-written article on food storage, prepared by Michelle Lloyd. Michelle is currently the supervisor of the BYU Food Quality Assurance Laboratory (formerly called the Benson Lab) and is a graduate student in Food Science. The Church News contacted our department asking for an article on food storage for an issue focused on various

aspects of preparedness. In the article, Michelle described each of the following suggestions to promote preparedness:

- Start with the basics
- Learn to cook with your food storage
- Store foods properly
- After storing the basics, expand your storage
- Develop a plan to meet your needs
- Store water
- Store non-food items
- Do not go into debt for food storage
- Grow a garden so you can

- have fresh produce
- Learn to preserve food

The department has determined to develop an area of research focused on the long-term preservation and storage of food. In a sidebar to the article, Michelle invited Church members to donate dehydrated food for this research and the response was gratifying. Michelle also presented a poster at IFT in Anaheim, California this summer entitled "Quality attributes of dried milk products packaged for long-term storage."

Research Focus: Long-term Food Preservation and Storage

This past fall, the department received funding to establish a research focus in the area of long-term food preservation and storage. The Food Science faculty wrote the funding proposal. The overall objective is to meet the domestic and international needs of individuals, the food industry, governmental agencies, and the Church regarding food storage issues and questions. Efforts to reduce hunger have traditionally focused on increasing agricultural productivity by the use of pesticides, improved fertilization practices, ge-

netics and biotechnology. However, it is estimated that as much as 50% of food produced in developing nations is wasted because of improper preservation and storage. Further, recommendations made by researchers often do not provide for cultural limitations to food preservation techniques, storage methods and utilization. Research will be conducted in such areas as: surveying and cataloging cultural practices regarding food preservation, determination of food shelf-life, development of computer software to simplify use of food storage recommendations, and development of a food storage internet site. Publications and internet information resulting from this research is intended to establish BYU as the place to fund research regarding long-term food preservation and storage.

Vital Statistics

Ana and Ken Mitchell are the proud parents of a brand new baby boy!



Talmage Dean Mitchell
March 6, 2002
21" long, 8 pounds 15 ounces

Dr. Robert Davidson To Join NDFS Faculty



Dr. Robert T. Davidson will join our faculty April 15, 2003. Robert received his B.S. degree in Chemistry and M.S. degree in Nutrition and Food Science from Utah State University. He continued his studies in a Ph.D. program at the University of Wisconsin-Madison. Studying

under Dr. John W. Suttie he showed that, contrary to previous thought, gut bacteria do not provide vitamin K to the body. After completing his Ph.D. Degree in 1998, he took a Post-Doctoral position at the UW in the Kinesiology Department investigating the effects of calorie restriction on insulin signaling mechanisms. He is currently at Colorado State University in his second post-doctoral position computer modeling the toxicology of jet fuel compound mixtures. He and his wife Kim are the parents of five children.

Faculty on Missions

Clayton Huber was called to serve as Mission President of the Hartford Connecticut Mission. He and his wife Beth began their term in June 2002. Dr. Huber came to BYU in 1976 after earning a Ph.D. Degree from Purdue University and working 8 years in industry. He directed research programs for food and packaging systems for space flight at the Johnson Space Center, Houston, Texas. He worked for several food corporations and has been a consultant for food processing projects in several foreign countries. He served as Chair of the

Department of Food Science of Nutrition for 12 years and as Dean of the College of Biology and Agriculture for 10 years. He has served as a Bishop, Stake President and as an Area Authority Seventy in the Utah South Area.

Mark Rowe is serving as President of the Omaha Nebraska Mission. Mark served as Chair of the Department for nine years from 1988 to 1997. He was Associate Dean of the College of Biology and Agriculture when he was called as Mission President in 2000. He will return to BYU in July of 2003.

FSN Department's Missionary Force

Missionaries Serving:

Elder Isaac Christensen, Mexico, Mexico City East Mission, Spanish speaking. Jan. 2001– Jan. 2003. Merrill & Diane Christensen.

Elder Daniel Christensen, Russia Moscow Mission, Russian speaking. March 2001– March 2003. Merrill & Diane Christensen.

Elder Nathan Christensen, Argentina Bahia Blanca Mission, Spanish speaking. July 2002–July 2004. Merrill & Diane Christensen.

Elder Robert McGuire, San Jose, California Mission, Spanish speaking, May 2001– May 2003. Diana & William McGuire.

Elder Joseph Pike, South Korea, Seoul Mission, Korean speaking, Jan. 2001 – Jan. 2003. Oscar & Stephanie Pike.

President and Sister Mark Rowe. Omaha, Nebraska Mission President. July 1, 2000– June 30, 2003

President and Sister Clayton Huber. Hartford, Connecticut Mission President. July 1, 2002–June 30, 2005.

Dr. and Sister Johnson, Humanitarian Aid Mission, Syria. Jan. 2002– April 2002.



Dietetic Internship Placement

2002 Dietetic Internship Placement

Dietetic Internship placement rates continue to climb. This year, 22 out of 23 current and former students were placed in internships.

Elizabeth Bates	UC San Francisco San Francisco, CA
Maryellen Foisy	Brigham Young University Provo, UT
Natasha Busby	Yale-New Haven Hospital New Haven, CT
Zeke Christensen	Utah State Univ Extension Clearfield, UT
Heather Dahle	Carondelet St. Mary's Hosp Tucson, AZ
Jared Dahle	United States Air Force San Antonio, TX
Jan Heninger	Univ of Michigan Hospitals Ann Arbor, MI
Janae Kraus	Mount Auburn Cambridge, MA
Wan Yu Kwong	Baylor Univ Medical Center Dallas, TX
Brittany Macdonald	Brigham Young University Provo, UT
Cory Meeder	Hines Veterans Adm Hosp Hines, IL
Kimberly Passmore	Brigham Young University Provo, UT
Wendy Stubbs	Brigham Young University Provo, UT
Becky Steele	Brigham Young University Provo, UT
Karidee Thomas	Porterville Developmental Cntr Porterville, CA
Laura Whitmore	Utah State Univ Extension Clearfield, UT
Rachel Young	ARAMARK Healthcare Kansas City, MO

Previous Years

Elena Felin	Univ of Utah Coord MS Salt Lake City, UT
Meredith Fillmore McKinnon	Utah State Univ Extension Austin, TX
Alesha Stringham	Univ of Utah Coord MS Salt Lake City, UT
Elaine Nisonger	Univ of Alaska Anchorage, AK

NACUFS Internship

The National Association of College and University Food Service (NACUFS) Internship provides eight weeks of supervisory and management experience in the university dining hall setting. Students from BYU have participated in the program for many years. Placements for 2001 and 2002 are:

2002

Hollie Barnhurst	Syracuse University, New York
Kelly Buhler	University of Richmond, Virginia
Sarah Davies	Montana State University
Allison Earnshaw	University of Wisconsin
Christine Faucett	Ohio State University Columbus, OH
Michelle Johnson	Stanford University, CA
Lisa Morris	St Lawrence University New York

2001

Amy Jensen	University of Richmond, VA
Wan Yu Kwong	Pennsylvania Sate University, PA
Cory Meeder	Harvard University, MA

2002/2003 Scholarships & Awards

With thanks and appreciation for the generosity of our loyal and dedicated donors

Scholarships

William & Elsie Bancroft

Beryl Hamilton Bennion

Ara O. Call Scholarship

Adelle Davis Foundation

Food Science & Nutrition Dept.

Jessica Carlson

Becky Tew

Jorge Saltos

Lilon Bunn

Maryellen Boyce

Cristy Campbell

Chardell Christensen

Heather Christianson

Julie Farmer

Brittany Macdonald

Anna Mokhova

Anna Naegle

Lena Stum

Jenelle Thompson

Amber Dahle

Christine Faucett

Lisa Morris

Aram Sloan

Wendy Stubbs

L. Reed Freeman Scholarship

Paul McFarland Agricultural Pioneer Scholarship

Woodward/Ritewood Scholarship

Jocelyn Herrington

Michael McEwan

Susan Andersen

Erica Bendixen

Kelly Buhler

Brady Camp

Kenneth Duffy

Anna Ellsworth

Lindsay Jensen

Amber Ogarek

ADA National Scholarship 2002

Mary Brown

Kristina Gowen

Brittany Macdonald

IFT Scholarship

Airy Zamora



In addition to Department Scholarships, 18 of our students received College Scholarship Awards.

Dietetic Notes

The fourth class of Dietetic Interns completed their program on June 21— three are already employed and the other three will start looking in earnest now. This class of interns had the once in a lifetime experience of spending three weeks with the Salt Lake Olympic Com-



Interns at Olympics (l-r): Sunny Wilson, Marissa Michael, Kirsten Maughan, Mary Della Brown, Kristina Hatch, and Jennifer Jacobsen.

mittee foodservice operations. Two interns were at Soldier Hollow for the Nordic events, two were at Seven Peaks for ice hockey, one was at the Olympic Village with the athletes, and the other was in Park City with the snow boarders and Alpine events. It wasn't all glamour and fun, though one intern did see the Prince and Princess of Norway at her venue. Training sessions actually began last summer, before the internship started, and the interns spent quite a bit of extra time in preparation for the Olympics. The type of management experience varied from venue to venue (and manager to manager), but the interns had a unique rotation that doesn't show up on every curriculum!

Nine junior students and a few seniors also worked in various

foodservice volunteer positions. Some of them were actually supervised by our interns.

In Fall 2002 a Clinical Assessment Lab will be added to the undergraduate curriculum. The block lab experience will be taught by Diana McGuire and Susan Fullmer, assisted by the Dietetic Interns, to the senior students. Students will gain hands-on experience in the ABCD's [anthropometric, biochemical, clinical and dietary] of assessment, including use of the indirect calorimeter, hematocrit and cholesterol testing, infant and adult measurements, bioelectrical impedance, and interviewing theater students who will "perform" according to specific roles. The lab has been in the planning process for several years and should strengthen students' clinical skills significantly.

SPOTLIGHT

Alison Lemon



We are pleased to welcome a new member to our Nutrition Science faculty. Alison Lemon recently received her doctoral training at U.C. Davis in International Nutrition. Her dissertation topic is malabsorption of vitamin B12 in Latino elderly and vitamin B12 status and homocysteine as predictors of cognitive function.

During her time at U.C. Davis she also worked with a re-

search team investigating similar issues among Guatemalan school children. Prior to this Alison received her B.S. in Dietetics and M.S. in Nutrition from Utah State University. Her master's thesis was an evaluation of a summer nutrition and fitness program for Ute Indian youth. She wrote the original curriculum and taught during the first two years of the program. This was the beginning of an interest in the social and cultural influences on health and nutrition.

Following this experience Alison worked as a clinical dietitian at Castleview hospital in Price, Utah. During her time in Price and while living on the Ute Reservation Alison enjoyed teaching introductory nutrition at the USU Uintah Basin campuses in Roosevelt and Vernal.

Alison is a native of Brigham City, Utah. She is interested in art and frequently takes her sketchbook on vacations and hik-

ing trips. During her stay in Davis she even experimented with ceramic and bronze sculpture. She has frequently told friends that if nutrition doesn't work her second career choice is to be a wild flower artist in Switzerland. This would combine her interests in drawing and travel, and her love for outdoor activities. She lists Yosemite National Park and the canyons of Southeast Utah among her favorite places.

Alison's current research interests revolve around nutrition issues in developing countries. Interests include the impact of food production, preservation, and storage in homes and villages on nutrition status and food security in developing countries; nutritional adequacy and cultural acceptability of nutrition interventions; and interactions among micronutrient deficiencies such as iron and vitamin A deficiency.

Changes in Nutritional Science Curriculum

The University Administration continues to encourage Departments to limit the required number of credit hours for majors, unless a convincing case can be made for an exemption. The NS faculty is in the process of reevaluating the curriculum. We have already made some changes in the requirements and in options for electives. In addition, we are reexamining the core courses (100, 200, 305, and 435) - what is taught in each, and how each builds on the previous one. To help us with this process, we are conducting a survey of bachelors and masters graduates since 1999. Responses received to date have provided useful feedback and suggestions. Thanks to those of you who have responded.

Updating FSN 100

FSN 100 is undergoing a facelift. We are adopting a new textbook (Judith E. Brown's Nutrition Now, 2002, Wadsworth) starting in Fall 2002. This entails changes in lectures, quizzes, tests, homework assignments, learning packet materials, etc. We expect to use the web-based BlackBoard platform for students to access some course materials and to take open-book quizzes before they come to class. We have a team of faculty and part-time faculty collaborating on this project, so stu-

dents taking the course through Continuing Education, the Salt Lake Center, BYU-Idaho, as well as on campus will have a comparable (but not necessarily identical) FSN 100 experience. Enrollment in this General Education Natural Science Elective course, which also serves majors in our Department, is about 2000 students per year, so we continue to invest considerable time and faculty resources in the course. In Fall 2002 we will add an additional section, making a total of five, to accommodate student demand.

Alumni and Friends of the Department



We are excited about our venture into the Internet world. We now have an alumni page linked to our departmental page that will allow all of you to input current information regarding your careers and where you are! Along with providing this information we hope to be a resource where you can come to find former colleagues and friends. To make this work we need all of you reading this to get online at <http://fns.byu.edu/alumni>

and fill out the requested information. We also need your help in spreading the word to not only NDFS alumni, but friends of the department as well. Encourage them to register and make this site a place to go to keep in contact with those you shared time with here at BYU. The page allows for searches so you can hopefully find those with whom you have lost contact. However, we need you all to fill out the short form so it may serve as a resource for us all. We hope in the future this will be the list that we can email newsletters, job announcements, etc. Thank you for making the department what it is today and what it can be in the future.

ALUMNI NEWS

(We'd love to hear from you! Please write or email—let us know what you're doing.)



- **Kerrie Davis** (1999). Having a great time with my boys Kenton (2 1/2) and Merrill (6 weeks). Husband, Neal, is in 3rd yr of med school at U of U.
- **Venecsa (Cook) Gasaway** (1999). Working as Domestic Engineer. Garret Blair Gasaway born Oct. 29, 1998 is now 3 years old. New Arrival: Brett Randall Gasaway, born Feb. 14, 2001.
- **Renee Cook** (1994). Clinical dietitian at Boulder City Hospital. Has three boys ages 2, 4, & 6. Husband is teaching Spanish & History in Las Vegas.
- **Mariwilla Shippey Tindell** (1983). Out-patient Nutrition Manager at Tallahassee Memorial Hospital. Married David Tindall. One 5-yr-old son Morgan.
- **Mary Slaughter Abbott** (1979). Nutrition Instructor, Zayed University, Abdu Dhabi, United Arab Emirates, during the 2000—2001 school year. Currently employed part-time as Nutrition Assistant at the University of Nebraska Cooperative Extension.
- **Amy Lee Valentine Corbin** (1971). Retired July 2000 after 11 1/2 years as a WIC Nutritionist. My husband, Colin, & I are Stake Employment specialists in the Fountain, Colorado Stake.

Student Dietetic Association News



The Student Dietetic Association got off to a great start in 2001, with a membership drive that totaled 91 members, the largest ever. We launched our year with a Western Barbeque at Brittany MacDonald's home, and despite a little bad weather, everyone had a great time. In October, the club members went Trick or Treating for canned goods to donate to the food bank. They also participated in the Homecoming Parade with the College of BioAg's float. We baked

pumpkin pies as a fundraiser in November, and in December we had a pizza party during our study time for finals. In January, we made sack lunches for the Food and Care Coalition. February was our Potato Panel, where we had a chance to both eat and ask our "more experienced" dietetic students for their advice. March was National Nutrition Month, which meant health fairs and booths in the Cannon Center, Pendulum Court, Morris Center, and the Wilkinson Center (in conjunction with Bioag Week). Our closing social in April was a variety show, with games, door prizes, and a PowerPoint Presentation honoring the seniors.

Combined with our on-going

activities, such as brown bag luncheon speakers, other health fairs, presentations to community groups, spotlighting students, and letter-writing for fundraising, it was a fun and involved year. Thanks to all of the officers for all of their hard work in making this one of the best clubs on campus. And check out our website at <http://sda.byu.edu/>, you might see your picture there!!



SDA Service with a Smile!

Nutrition, Dietetics and Food Science Dept.
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Alumni Questionnaire – Please take a moment and let us know where you are and what you are doing.

Name: _____

News (items of interest):

Degree: _____

Year of Graduation: _____

Address: _____

Phone: _____

Email: _____

Employer: _____

Position: _____

Future editions of the NDFS Newsletter will be available online. Please check which you would prefer.

Electronic edition and paper copy

Electronic edition ONLY