

## Dietetics & Nutrition Program

Department of Health,  
Physical Education and Wellness

Bronx Community College/CUNY

# Newsletter

## Spring 2007

### Community/School Health Education Program

#### Faculty

Dr. Michele Stern, Chairperson  
718-289-5273, AG 300  
Prof. Charmaine Aleong, Coordinator  
718-289-5100 ext. 5048, Loew 307  
Ms. Nancy Damus  
718-289-5900, Loew 302  
Ms. Janet Heller  
718-289-5902, Loew 308  
Prof. Ann Kelemen,  
718-289-5899, Loew 304

### DEPARTMENT NEWS

The Department of Health Physical Education and Wellness is pleased to announce that the new curriculum, Dietetics and Nutrition is off to a great start! Many students, interested in nutrition have asked about the requirements for the new program. The best advice I have as the program coordinator, is for you to see me Professor Charmaine Aleong, for a personal evaluation of your college credits. You may already have many of the courses required for the 60 credit Associates degree. You can also pick up the Dietetics and Nutrition Curriculum brochure from the health office in room 306 Loew Hall or in the Department of Health Physical Education and Wellness office in the alumni gym AG 300.

Many students appreciate the value of this new curriculum for several reasons. One reason is that upon completion of this AS degree at BCC you will automatically be accepted into Lehman College's Bachelor of Science degree in Dietetics Foods and Nutrition. Students at Lehman College can choose to become a Clinical Dietitian or concentrate on food service and nutrition. The Clinical Dietitian works in hospitals and at community health settings educating individuals and groups about nutrition. Emphasis is placed on the role of nutrition and health maintenance, disease prevention and therapeutic diets. Clinical dietitians' must take and pass an exam to become an RD or registered dietitian. Graduates with a bachelor's degree in food service and nutrition may seek professional careers in food service corporations such as restaurants, schools and community food-service.

### FUTURE PLANS

Many students have asked about the job availability of graduates with an Associates degree in Dietetics and Nutrition. Many students plan to work while studying for their Bachelor's degree in Nutrition at Lehman College. In the coming weeks students interested in this new program will have the opportunity to meet with members of the professional staff of the Career Development office. The staff will demonstrate how to use the computer to conduct a major specific job search. I will also be posting a list off various job opportunities as they arise.

### VOLUNTEERS NEEDED



The Cookshop Program is looking for volunteers to be trained to provide nutrition workshops in local schools for more information please call Daniella Leifer at 212-894-8094 ext. 8061. The commitment is for one day a week for 2 hours. The Cookshop curriculum will focus on classroom cook experiences and the growing of plants. Training will be provided. This work experience will strengthen your ability to work as part of a teaching team.

### UPCOMING EVENTS

## Join us for tea!



Dietetics and Nutrition majors and those interested in this AS Degree are invited for tea and snacks. Place and time to be announced! This meeting will provide an opportunity for us to get to know each other, network and share our experiences.

### HEALTHFUL HINTS

Did you know that?

- Adding fresh herbs such as oregano, parsley and thyme can add significant antioxidants to your meals.
- Cooking in cast iron pots increases the iron content of many foods. Toddlers, teenagers, dieters, premenopausal women and vegetarians are at risk for iron deficiency anemia.
- Eating plenty of fresh fruits and vegetables as part of a calorie controlled diet is a healthy way to lose weight. The fibers in these foods keep you feeling full and helps reduce the bad cholesterol (LDL) in the Bloodstream.