

Teaching about cultural humility:

We discussed thinking of culture in a broad way beyond race and nationality to socioeconomic groups, ability/disability, gender and orientation, age, religion, eating styles/preferences, etc.

Karen shared using the book *The Urgency of Awareness* and commented on the useful activities included: <https://www.amazon.com/Urgency-Awareness-Unlocking-Individual-Organizational/dp/1635052904>

Chapter 13 in *Communicating Nutrition* covers this topic and on page 209 is a self-assessment. I will attach other materials from the ancillaries that go with this chapter.

Bri shared an activity with their interns revolving around a guest speaker speaking on the topic of cultural awareness and humility. Prior to the session the interns work in small groups to learn about a population group and then after the speaker they reflect on their biases and what they learned.

We discussed the importance of hearing from others about their lived experiences. I will attempt to share links to a couple of videos we used in a FNCE session in 2021 covering the topic of implicit bias.

Diversify Dietetics is a resource: <https://www.diversifydietetics.org/>

Other resources shared: <https://implicit.harvard.edu/implicit/selectatest.html>

<https://www.accelevents.com/e/ndc2022> - MSU Denver has an annual nutrition diversity conference next month.

Neils shared about several class activities from a food and culture class. One was visiting a local ethnic restaurant, talking with the owner and writing about the experience. Another was each student picking a culture to learn about, prepare a dish from that culture and share in a class potluck. Another was having her friend who lives in France share via video a “day in the life” followed by a Zoom call with Q&A.

We discussed ideas for a diversity themed bulletin board. One idea was posing questions for students to answer that reflect on cultural “differences” and experiences as well as what we share in common. Another idea was to illustrate a variety of cultural foodways. Resource: <https://oldwayspt.org/>

The group discussed the challenge of teaching about bias and the need for resources and ideas. This is one of the new standards. Chapter 13 includes some helpful content. Rachel shared a link to a video around age bias that her students really responded well to:

<https://www.youtube.com/watch?v=IYdNjrUs4NM>