

## Time-Ordered Agenda for

### OT & Nutrition: Bridging the Gap in Picky Eater's Health

Instructor: Karen Mountjoy, MEd, RD, LD, CLC

| <b>Time (Minutes)</b> | <b>OT-Specific Content to be Covered</b>                               | <b>Instructional Methodologies (e.g., lecture, case study, discussion, demonstration)</b> |
|-----------------------|--|---|
| 5                     | Intro to Picky Eating  | Lecture   |
| 15                    | Identify how Picky Eating affects health                               | Lecture   |
| 5                     | Strategies for helping to create a positive eating environment         | Lecture   |
| 30                    | Identify common nutritional deficiencies and possible foods to address | Lecture   |
| 30                    | Collaboration with other professionals                                 | Lecture, case studies, discussion   |
| 5                     | Q&A  | Discussion  |
| <b>90</b>             | <b>TOTAL RUN TIME</b>  |   |