Field Experience Site Description  
University of New Hampshire

<table>
<thead>
<tr>
<th>Placement Site:</th>
<th>Phillips Exeter Academy</th>
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<tbody>
<tr>
<td>Primary Mentor:</td>
<td>Pam Stuppy, MS, RD, CSSD, LD</td>
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<td>Possible Foci:</td>
<td>Nutrition Consulting in a private boarding school and private practice</td>
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<td>Duration</td>
<td>Typically Semester Long : 2 credit-4-6 hrs/week</td>
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**Description:**
The field experience will include projects, information sessions, and case study discussions related to nutrition for adolescents living away from home and in a private practice setting. Topics might include (but not be limited to) sports nutrition, vegetarian eating, food allergies, medical conditions, eating disorders, etc. Some past projects have included creating a bulletin board and/or handouts, presenting part of a group discussion for athletes or vegetarians, reading a book on a topic of interest and writing a book review, reviewing/comparing various diets, creating material for table tents or web site information, etc. Some projects have also pertained to activities that are related to dining services. The student may also be asked to investigate current research on topics related to the dietitian’s private practice or of special interest to the student.

Upon completion for the rotation, the student will:

- Understand the nutritional needs of adolescents
- Be more aware of the possible eating obstacles for students living away from home
- Have an increased knowledge about eating disorders/disordered eating
- Have a basic understanding of a wide variety of medical issues and possible nutrition interventions
- Be able to provide basic sports nutrition information to adolescent athletes
- Be able to suggest healthy food options for vegetarians, that meet their nutritional needs
- Know about more resources available on a variety of nutrition topics
- Be more confident about presenting to groups
- Understand why it is important to base nutrition recommendations on sound, credible, up-to-date research
- Be more attentive to matching appropriate nutrition information to the target audience
- Understand the responsibilities of school dining service in providing for the nutritional needs of adolescents
- Understand possible ways to market nutrition information
- Have expanded their professional skills