

**CASE WESTERN RESERVE UNIVERSITY
EAST CLEVELAND PUBLIC SCHOOL DISTRICT
PROVOST SCHOLARS
Intensive University Seminar
Session Nine – Fall 2015
Thursday, December 3, 2015, 2:30pm-5:00pm
Guilford House, 11112 Bellflower Road, Cleveland, OH 44106**

Purpose

The university seminar will highlight the new nutritional guidelines from the Food and Drug Administration (FDA) and provide the Provost Scholars with steps to a healthier lifestyle.

Presenter Biography



Mary Beth Kavanagh, MS, RDN, LD, FAND, is a registered dietician and an instructor at Case Western Reserve University (CWRU). She teaches NTRN 437, a graduate level course entitled “Evaluation of Nutrition Information for Consumers”; NTRN 360, “Guided Study in Nutrition Practice”; NURS 201, the “Applied Nutrition for Nursing Majors”; and, DEND 379, “Applied Nutrition for Dental Students.” Ms. Kavanagh is also the president and owner of a private practice of medical nutrition therapy, and developed a weight management program which she directed through Lakewood Hospital. Outside of Lakewood Hospital, she has worked as a clinical dietician in both hospitals and physician offices. She received her Bachelor of Science degree in Nutrition and Dietetics from Kent State University, and her Master of Science degree in Nutrition from Case Western Reserve University. Her dietetic internship was completed at University Hospitals Case Medical Center. For more information, please visit <http://www.case.edu/med/nutrition/fac/primary/kavanagh.html>.

Objectives

The Provost Scholars will...

- (1) Review the new FDA food and nutrition guidelines and the distinctions between the ‘food pyramid’ and the newer ‘food plate’
- (2) Learn how to make healthier eating choices including portion control, reducing sugar and saturated fat consumption, and limiting foods high in sodium
- (3) Discuss the types of foods that are nutrient dense and provide healthier benefits

Agenda

2:30 p.m. – 2:40 p.m.: Hors d’oeuvres will be served

2:40 p.m. – 3:30 p.m.: Tutoring Hour

3:30 p.m. – 3:45 p.m.: Brief Intermission

3:45 p.m. – 4:45 p.m.: Seminar speaker, Ms. Mary Kavanagh

4:45 p.m. – 5:00 p.m.: Wrap up and Questions

Faculty & Staff

- Dr. Faye Gary
- Katrice Williams, Master’s Student, Program Manager
- CWRU Step Up and Undergraduate Tutors

Guest

- Ms. Mary Kavanagh, MS, RDN, LD, FAND
- Marven Cantave, a Graduating Senior at CWRU majoring in Nutrition

Word of the Week: Nutriment. What does it mean? Any substance or matter that, taken into a living organism, serves to sustain in its existence, promoting growth, replacing loss, and providing energy.

Concierge and Matre’D

- Provost Scholars Octavia Taylor, Marquease Lundy and Kevin Oliver