

Critique selected definition of the term, "curriculum"	<p>Definitions of "curriculum"</p> <p>Course of study</p> <p>Arrangements of instructional materials</p> <p>The subject matter that is taught</p> <p>Cultural "training"</p> <p>Planned engagement of learners</p>	20 minutes	Name, Credentials	Lecture PowerPoint presentation Participant feedback	Group discussion: What does cultural training mean to you?
Hypertension	Diets for lowering blood pressure	5 minutes	Tim Davies, Nursing student	PowerPoint presentation	Questions for presenter
Fruit and vegetable consumption programs	Home gardening and homestead food production for an increase fruit and vegetable consumption	5 minutes	Tim Davies, Nursing student	PowerPoint presentation	Questions for presenter

Abstract Text:

This project looks into the population of adults in Nepal with hypertension or high blood pressure, and what can be done to combat their high blood pressure. Specifically, nutrition was looked at as the best

option to lower blood pressure. The background and significance of the amount of fruit and vegetables consumed by people in Nepal was researched by the Nepal Health Research Counsel, and some pertinent data is included. The DASH Diet was researched, along with the Harvard Healthy Eating Pyramid, and USDA MyPlate for their blood pressure lowering abilities. The research showed that all three diets looked at are effective in lowering blood pressure in individuals with hypertension, but the DASH Diet lowered blood pressure more than the other diets. If the DASH Diet could be encouraged and implemented in Nepal, then it would be expected to see a reduction in the number of hypertensive cases. Fruit and vegetable production and consumption programs were also researched and it was found that there are small scale programs already in effect in Nepal. Home gardening and homestead food production experimental programs are being tested in different hilly and Terai regions in Nepal. After being in place for multiple years, it is shown that the programs have increased production and consumption of home-grown fruit, vegetables and small livestock. The programs have been successful because they are focused on people growing their own food for consumption and for selling at the local market. This system gives the people food to eat and extra money to afford essentials for their home. The program would boost the economy and quality of living in the area that it is implemented in. The evidence shows that it would be beneficial to incorporate these types of programs all over the country of Nepal where crops can be grown.