

Learning Record: Group # ___ Date _____ County _____

Pearl's Health Concern: Data Sheet

Pearl has been living with osteoarthritis for five years. Three months ago, Pearl had a benign lump removed from her breast. Because Pearl's sister died of breast cancer, this has caused her to become concerned about her risk of getting cancer. She has also noticed lately that her arthritis is getting worse. Recently, she read an article in the newspaper that said eating foods high in omega-3 fatty acids might be beneficial for both arthritis and cancer. Pearl does not want to take any more medication for her arthritis and would like to try these foods to see if they are helpful, so she asks you to help her plan some menus that are high in omega-3 fatty acids.

Plan and record three days of menus for Pearl on the back of this form.

Information requests

What things did you consider when planning menus for Pearl?

Identify some facts you learned by studying about Pearl's problem.

What new questions have been raised by your study of this situation?

Please circle the number that most closely agrees with your opinion.

I learned a lot	1	2	3	4	5	I learned very little
I would like to study more topics using this small group format	1	2	3	4	5	I prefer to use another method to study this topic
I found this learning format enjoyable	1	2	3	4	5	The format was <u>not</u> enjoyable to me

Comments:

Please mail to Barbara Lohse Knous, Kansas State University, 203 Justin Hall, Manhattan, KS 66506.

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Menu Planning Sheet

Meal	Day 1	Day 2	Day 3
Morning meal			
Mid-day meal			
Afternoon snack			
Evening meal			
Evening snack			