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Questions/Answers

Q 2) Provide a short summary of the concepts or topics you learned about today" (minimum 300 characters)

A 2) Today I learned that nutrition education and counseling help people improve their health by understanding food choices, dietary habits, and lifestyle behaviors. I also learned the importance of communication, goal setting, weight management, preventing deficiencies, supporting special populations, and using evidence-based ethical practices.

Q 3) What is the most important concept(s) that you gained for today's Live Class? (minimum 300 characters)

A 3) The most important concept I gained is that nutrition counseling is not simply telling someone what to eat. It requires active listening, building trust, assessing current eating habits, understanding personal challenges, and respecting the client's lifestyle and culture. Effective counseling helps clients set realistic, achievable goals that support long-term healthy behavior change.

Q 4) How would you apply what you learn today to improve your life of work? (minimum 300 characters)

A 4) I can apply what I learned by making healthier food choices and communicating more effectively when discussing nutrition with students, lecturing, and interacting with others. I can also set realistic goals, avoid nutrition myths, and use evidence-based information to improve my personal health, work habits, and ability to support others.

Q 5) Independent Research: AIU Live Classes are a starting point for further learning beyond the class. Search similar content either online or in the AIU online library and review it then share the name or link here. If its from AIU Library copy the Source or ISSN, [show me how?](#) (can be a video, academic publication, web site. lecture or book) (minimum 10 characters)

A 5) https://www.who.int/health-topics/nutrition#tab=tab_1
