



# NUTRITION SCIENCE

with Dr Diana Obanda

## Talking points

### COMPREHENSION

1. How would you describe the gut microbiome in your own words?
2. What does it mean to say we live in symbiosis with bacteria?
3. Why is it better to have a highly diverse gut microbiome?
4. What effect does eating *Urtica dioica* have on weight gain in mice?

### ANALYSIS

5. Why was it important that every mouse in Diana's diet experiment was given the same number of calories?
6. What other factors would need to be controlled in these experiments?

### SYNTHESIS

7. Would you say the human body is better described as a single organism or as an ecosystem, and why?
8. Overall, what important messages do you think we learn about nutrition from this study?

### EVALUATION

9. On balance, how strong do you think the evidence is for the health benefits of nettles? Do you trust the lab results more or less than traditional knowledge on this?
10. Would you change any of your dietary habits after reading this article, and why/why not?

## Activity

### Cook up a nettle recipe

Use an online search engine or ask people you know to investigate the following questions:

- What needs to be done to avoid being stung when eating nettles?
- Are there any traditional nettle recipes from where you live?
- Where can you find nettles near you?
- When is the best time to pick nettles?

Find a recipe you like the look of, and make a plan in your diary to collect nettles and try making the recipe. If your classmates do the same, you could go together for foraging and compare tasting notes afterwards.

## More resources

- The University of Maryland College of Agriculture and Natural Resources participates in a campus wide Career's day. See their website [agnr.umd.edu](http://agnr.umd.edu) for more information on degree programmes, careers, scholarships and events.
- Teaching Expertise has set out 20 nutrition activities for high school students, including the Breakfast Brawl and the My Plate Quiz: [www.teachingexpertise.com/classroom-ideas/nutrition-activities-for-high-school](http://www.teachingexpertise.com/classroom-ideas/nutrition-activities-for-high-school)
- Science buddies also have some kitchen chemistry experiments, which enable you to discover the nutritional content of your food choices: [www.sciencebuddies.org/science-fair-projects/project-ideas/explore-nutrition](http://www.sciencebuddies.org/science-fair-projects/project-ideas/explore-nutrition)