

## Chapter 9

### Cultural Competence

#### **Student assignments and activities designed to enhance learning and stimulate critical thinking.**

1. Use the Internet to research Community Health Workers (CHW) and answer the following questions:

- A. What is the definition of a CHW?
- B. What are some job titles that CHWs may have?
- C. What services to CHWs provide? In what types of settings do CHWs serve?
- D. Is there a standardized training and credentialing program for CHWs? If yes, describe the program. If no, what might be the reasons that such a program does not exist?
- E. What are the benefits of utilizing CHWs? What are the drawbacks?

2. Discuss your view on the issue presented in Box 9.3 (page 246).

3. Using the list of multicultural skills in Box 9.5 (pages 249-250), list the top 3 that you need to improve upon. What steps can you take to go about meeting each of these 3 competencies?

4. You have been asked to teach a nutrition in-service to a group of low-literacy adults. Develop a 10- to 15-minute lesson plan, one teaching material (visual aide), and one handout to teach one of the following topics:

- Portion size education
- Increasing fruit and vegetable consumption
- How to read a food label
- How to use MyPyramid

Use Box 9.7 (page 251-252) to help you.

5. Read the excerpt from Anne Fadiman's book, The Spirit Catches You and You Fall Down (<http://www.spiritcatchesyou.com/bookexcerpt.htm>). Answer the following questions:

- A. How do traditional Hmong and American birth practices differ?
- B. Describe the role of food in the traditional Hmong birth experiences. How does this differ from American practices/beliefs?
- C. As a nutritionist working in clinical care, what questions would you ask a Hmong woman that was referred to you by her OB/GYN?

6. Make a list of foods listed in this chapter that you are not familiar with. Pick 5 and research them. Describe what they are, how they are usually prepared, and what nutrients they provide. Be sure to state the cultural group(s) that typically consume these foods. Include any additional information you think is important or interesting. Use the following questions to help you:

- Where is the food from?
- What is the best time/season to purchase this food?
- How long does it take this food to grow?
- Can this food be eaten raw? If not, how can one cook this food?
- How long can this food be stored?
- How should this food be stored?
- What other foods are typically eaten with this one?

7. You are a Health Manager in a health resource agency. Ambassador and diplomatic wives from 6 of the *United Nations* countries decided to come visit your agency. They are very interested in American culture. Describe a typical American diet, the ethnic groups living in your community, and any ethnic foods available in your community.

List the 6 countries where these wives are from. Make sure they are from different regions of the world. Choose the countries they are from through the *List of Member States* at <http://www.un.org/Overview/unmember.html>. What are the staple foods, spices, and recipes used in these 6 countries? What foods are similar to the typical American diet? What foods are different?