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Search:

[HOME](#)
[STUDY PLANNING & IMPLEMENTATION](#)
[FUNDING & OPPORTUNITIES](#)
[RESEARCH DISSEMINATION](#)
[EDUCATION & TRAINING](#)
[STUDY PARTICIPANT INFORMATION](#)
[ABOUT US](#)



» [home / students study science of healthy food](#)

Students Study Science of Healthy Food

Students participating in the course "The Science of Food for Health" came to The Ohio State University Medical Center Jan. 6, 2010 to learn about clinical research. Texas A&M University headed the course, with students from Ohio State and Iowa State participating.

The course, which was available to both undergraduate and graduates, incorporated students from many different majors, including genetics, food science, horticulture, and crop science.

Mark Davis, a senior studying nutrition from TAMU, said the class taught him how all of these aspects work together. They were taught things like how to make better food and what makes it better.

The class focused on fruits and vegetables, and taught students about chronic diseases such as cancer and cardiovascular disease.

Ohio State was the second stop for these students, who completed the course during the fall quarter through teleconferencing from the 3 universities, as well as the locations of guest lecturers. The course, which is funded by a USDA grant, allows students to visit each university for hands-on training.

"The goal of these visits was to give the students a comprehensive understanding of all that goes into the research of foods for health, from determining what compounds are present in a food (at TAMU) to how to run a clinical trial (OSU) to how to develop a food for health that people will consume (ISU)," said Sarah Patterson, the course coordinator at Ohio State.

Ohio State is the only university involved with an NIH-funded Clinical and Translational Science Award, which made it a great location to emphasize clinical research.

"We're teaching and training undergraduate and graduate students on clinical research as it relates to food and health," said Patterson.

Students were split into stations throughout the day and treated as research subjects. One of the first stations visited was the nurse's station. Nurses explained the procedures taken such as consent forms, blood pressure, and height and weight measurements when dealing with patients.

Each student had their blood drawn, which they used the next day to view cartenoid levels in their own samples.

Each group also had the opportunity to act as both the researcher and the patient in the metabolic kitchen. Researchers use the kitchen to create diets for their patients, depending on the study being conducted. The students compared soy protein smoothies to smoothies without soy protein, and discussed the challenges that occur with patient compliance. Another clinical aspect taught was the different ways to measure body composition, and the importance of measuring weight and body composition during research. Diane Habash explained the Bod Pod, a machine that assesses change in pressure to measure body composition.

The last training section for this course will take place at Iowa State, but the work does not end there.

Jessica Cooperstone, working on her Masters in food science at OSU, explained that a goal within the USDA grant is that the students involved learn how to communicate information to others.

"We do plan to develop a lesson plan to teach high school teachers about foods for health so they can then relay the message to their students," Cooperstone said. "It will likely happen during this quarter."

By [Samantha Smith](#), Friday, January 22, 2010

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Student experiences Bod Pod during course at the CRC

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OSU RESEARCH EVENTS

- October 11, 2010 - 9:00am — [CCTS Executive Committee](#)
- October 12, 2010 - 9:00am — [5th Annual DHLRI Research Day](#)
- October 18, 2010 - 12:30pm — [OSU College of Nursing Research Colloquia: "Smoking, alcohol use, and depression: Impact on bone and reproductive health during puberty in girls"](#)
- October 21, 2010 - 11:00am — [CCTS Program Director's Meeting](#)
- October 25, 2010 - 9:00am — [CCTS Executive Committee](#)
- October 25, 2010 - 1:00pm — [Neuroscience Seminar Series](#)
- October 27, 2010 - 12:30pm — [College of Dentistry's Distinguished Lecture Series: "A Look at Mechanobiology of the Bone-Dental Implant Interface: Macro, Micro, and Molecular Views"](#)
- November 1, 2010 - 12:30pm — [OSU College of Nursing Research Colloquia: "Effect of Early Experience on Autonomic Nervous System Function in Infants with Congenital Heart Defects"](#)
- November 15, 2010 - 11:30am — [OSU College of Nursing Research Colloquia: "Antisocial Behavior in Girls and HPA Axis Activity"](#)
- November 29, 2010 - 11:30am — [OSU College of Nursing Research Colloquia: "Integrating Molecular Genetics for the Advancement of Nursing Science"](#)
- November 29, 2010 - 3:30pm — [Neuroscience Seminar Series](#)
- December 6, 2010 - 12:00pm — [Neuroscience Seminar Series](#)
- December 20, 2010 - 12:00pm — [Neuroscience Seminar Series](#)
- January 10, 2011 - 12:00pm — [Neuroscience Seminar Series](#)
- February 28, 2011 - 12:00pm — [Neuroscience Seminar Series](#)
- March 21, 2011 - 1:00pm — [Neuroscience Seminar Series](#)
- April 4, 2011 - 4:30pm — [Neuroscience Seminar Series](#)
- April 11, 2011 - 1:00pm — [Neuroscience Seminar Series](#)
- May 9, 2011 - 4:30pm — [Neuroscience Seminar Series](#)
- May 16, 2011 - 1:00pm — [Neuroscience Seminar Series](#)

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