

As a relatively understudied demographic, international exchange college students from Asian countries are faced with various stressors stemming from immigration, academics, mental health, and personal factors. The purpose of this directed project is to create a nutrition education program for international students from East Asian countries to provide educational resources and support to mitigate the factors contributing to food-related acculturative stress. Utilizing social cognitive theory to guide lesson plans shall improve the nutrition education intervention's efficacy. A four-lesson nutrition education curriculum was created with topics such as foundational nutrition knowledge, nutrition fact label analysis, food environment familiarity, and kitchen skills. An expert review panel of five professionals who are familiar with the target population and/or curriculum creation were recruited to review and provide feedback.

- The first lesson focused on _____ where the students learned about MyPlate, meal composition, and creating their own meal based on nutritional guidelines and personal nutrition goals.
- The second lesson incorporates the _____ construct when the students are developing skills in identifying components of the nutrition label and practicing on an item they brought from home.
- The third lesson focuses on looking at the _____ with being newly independent, planning meals, and grocery shopping.
- The fourth lesson is an _____ of the previous lessons where students will make simple meals that maintain cultural flavors with produce available in the United States. Proper cooking and sanitation skills will be demonstrated so students are observationally learning and then performing the skills themselves.

I recruited four registered dietitians and one international student advisor to be a part of my external review panel to provide feedback on my curriculum. They were provided a copy of my curriculum and an evaluation form to be completed in two weeks. The feedback was compiled and utilized to revise