

## FNH 480 Self-Directed Learning - Resources

### Learning Preference Resources:

- Explanation of Learning Preferences  
<https://www.engr.ncsu.edu/wp-content/uploads/drive/1WPAfj3j5o5OuJMiHorJ-lv6fON1C8kCN/styles.pdf>
- Quiz to determine your learning preference:  
<https://www.webtools.ncsu.edu/learningstyles/>

### Practice Resources:

- VCH Patient Health Education Materials (<https://vch.eduhealth.ca/en>)
- PEN (<https://www.pennutrition.com/index.aspx>)
- A.S.P.E.N. Adult/Pediatric Nutrition Support Core Curriculum
  - Adults:  
<https://portal.nutritioncare.org/bookstore-details?id=499140f5-27c8-431d-b1db-fe504e27a42d>
  - Pediatrics:  
<https://portal.nutritioncare.org/bookstore-details?id=90ea43d1-dae3-4914-baf7-47fb51528b48>
- A.S.P.E.N. EN/PN Handbooks
  - EN:  
<https://portal.nutritioncare.org/bookstore-details?id=a3a70926-9a80-4601-bb60-9ca43c006e3f>
  - PN:  
<https://portal.nutritioncare.org/bookstore-details?id=9c8a6b20-5f45-48e7-8d7e-892a615886ff&index=26>
- UBC Library (<https://www.library.ubc.ca/>)
- Dietitians of Canada (<https://www.dietitians.ca/>)
- BC Dietitians (<https://www.bcdietitians.ca/>)
- Journal subscriptions:

- The American Journal of Clinical Nutrition (<https://academic.oup.com/ajcn>)
- Advances in Nutrition (<https://academic.oup.com/advances>)
- Journal of the Academy of Nutrition and Dietetics  
(<https://www.jandonline.org/>)
- ... and more!
- Research Databases (access via UBC Library)
  - Medline (Ovid)
  - PubMed
- Nutrient-medication interactions booklet
- Talk to preceptors and other professionals