

# **Book Review: Dr Phil**

## NFSC 470/L: Clinical Nutrition

**Skill Area:** Medical Nutrition Therapy

**Assignment Title:** Book Review: Dr Phil

**What I Learned:** This assignment taught me how to interpret and analyze a popular diet and provide appropriate feedback to a general audience in an understanding way, through both oral and written communication.

**Reflection to assignment:** This assignment was very beneficial to me in that it allowed me to analyze a major approach to dieting that is followed by many people. This book review gave me the opportunity to analyze a best selling diet as well as provide feedback on the pros and cons for the seven day diet plan provided. I also was given the opportunity to give an oral presentation on my analysis of the menu plan to an entire class and explain in detail what benefit's the diet might offer and other critical comments.

**Relevance to the profession:** Medical Nutrition Therapy is a very important component of Nutrition and Food Science as a profession. The analysis of this book has increased my knowledge and awareness of approaches to dieting that some clients may practice and has given me the opportunity to evaluate alternative ideas.