



On behalf of the Department of Food Science and Human Nutrition, we hope you are healthy and safe. Although COVID-19 has impacted how we operate, our faculty, staff, and students are working together to move education, research, and engagement forward. We remain committed to and excited about the future of our department and the positive impact we can make on society. Enjoy the newsletter!

Mike Pagliassotti, Department Head



SPOTLIGHT

Savanah Elliott, born and raised in Basalt, Colorado, is a graduating senior majoring in nutrition and food science. She was awarded the College of Health and Human Sciences Outstanding Senior Award for her accomplishments on and off campus.

Elliott has held many commendable positions during

her time as an undergraduate student. She was the president for the College of Health and Human Sciences Dean's Leadership Council and worked as a scholarship coordinator in the College's Office of Development. She traveled to India to lead educational seminars through The Invictus Initiative. She participated in research as a member of the Health Behaviors Lab, which focuses on nutrition and physical activity behaviors and environments in early childhood. Through her work in this lab, she presented her research poster at the Celebrate Undergraduate Research and Creativity Showcase, where she was awarded Best in Show in 2019.

Elliott will be continuing her education with a dietetic internship in order to become a Registered Dietitian. Graduating magna cum laude in Fall 2019, Elliott exemplifies outstanding work and achievement for the College of Health and Human Sciences.

[Read more about Savannah Elliott on CSU's SOURCE.](#)

COVID-19: A STUDENT'S VIEW

BY ELIZABETH HOLLAND



As a student living through the lockdown of COVID-19, a lot has changed. Online classes are the name of the game, and they come with their own set of difficulties. Virtual class means people are always apologizing for slow Wifi, technical difficulties, and/or they are scrambling to unmute themselves to answer a question the professor asked. You also don't have access to a printer, so using notes and diagrams from class becomes a challenge. When classes are over for the day, and you want to have a virtual hangout with your friends, you realize the time and effort your teachers have put into making everything accessible for you. Creating a virtual meeting can be harder than it looks.

School is not the same, and people who say different are wrong. However, the way that the school and even the country have come together to overcome the challenges of COVID-19 is admirable.

ACADEMICS



FTEC 110 offers flexibility at its finest. The course, entitled Food from Farm to Table, is a guide through the journey food takes from farm processes all the way to packaging and distribution. This class has been offered traditionally in person for the past ten years, but this spring semester, two new versions of the course were launched. Participants are now able to take this course online or choose a hybrid option to engage more with other students. Both the hybrid and online courses cover the same content, and both include online videos for each module of the class – including virtual tours of beer, cheese, and bread-making right on the CSU campus. While this course is only required for food safety and nutrition concentration undergraduates, it is open to students from any department, as well as faculty and staff. The online course would be suitable for anyone interested in a fun way to learn more about where their food comes from. Michelle Milholland and James Peth are instructors for the course and helped develop the new versions with help from CSU Online.

[Learn more about FTEC 110 on the CSU Online website.](#)

OUTREACH



The Kendall Reagan Nutrition Center is dedicated to improving the health of students, employees, and community members through nutrition counseling, programs, and classes. They offer a wide variety of services to educate and support people with varying nutritional needs, including weight management, diabetes, heart disease, allergies, and much more. The Diabetes Prevention Program is a year-long program designed for anyone with pre-diabetes and includes education, resources, and support for improving nutrition, physical activity, and weight management. Class topics include meal planning, stress management, positive thinking, goal setting, nutrition, physical activity, cooking, and more. DPP is not a diet program; it is a lifestyle behavior change program designed to set participants up for a lifetime of healthy habits.

[For more programs and services, visit the KRNC website.](#)

RESEARCH



Associate Professors Christopher Gentile and Tiffany Weir of the Department of Food Science and Human Nutrition were awarded an NIH grant this past year. The purpose of the grant is to understand why and how the gut microbiota may be linked to cardiovascular disease. Gentile says, “We’re testing the hypothesis that obesity causes changes to the gut microbiota that may increase cardiovascular disease risk.” To do this, they are using both human and animal models to determine if manipulating the gut microbiome could potentially prevent or even reverse cardiovascular disease.

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