

Stimulating Learning in Large Lecture Classes

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Food Issues and Choices

- 30 periods in semester
- 75-minute period Tuesday/ Thursday
 - 50-minute lecture
 - 25-minute discussion session
- Each period is self-contained with one issue and five choices



Techniques to stimulate learning

- Experiential sessions
- True-False-Depends
- Personal application
- Student choice



25-minute discussion session

- Graded discussions
- Games
- Guest speakers
- Tests



How reliable are health inspection grades for restaurants?

- Not reliable because health inspectors are easily bribed.
- Not reliable because the guidelines are easy to pass.
- Reliable because the inspections are rigorous and thorough.
- Reliable because the inspectors are well trained.
- Not reliable because inspections are announced ahead of time and too infrequent.



True-False-Depends

- Introduce current scientific dogma
- Confront popular myths and legends
- Demonstrate the difficulty of formulating scientific answers to popular questions
- Push students beyond black-and-white world
- Stimulate thoughtful students to challenge the wisdom of the instructor
- Rekindle student interest at the end of the period



Personal Application

- Personal product
- Assigned country
- Group-designed product concept



Personal Application

- Provides personal ownership
- Stimulates interest
- Specific application from general principles
- Peer instruction



Student Choice

- Lectures 25-27 from list
- Nomination of lecture issues and choices
- Voting on lectures 28-30



Student Choice

- Students value input
- Keeps lecture topics fresh and interesting to students
- Permits repackaging of less interesting topics
- Forces instructor to research new areas



Recent Topics

- Do certain foods we eat cause acne?
- Why do certain foods cause bad breath?
- What is the real reason students gain the “Freshman 15”?
- Is drinking wine better for us than beer?
- What is the best diet for losing weight?
- Are there any foods or drinks that are true aphrodisiacs?



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