

Reflection report COIL

This couple of weeks (from 08-11 until 26-11) I have been busy with making the collaborate online international learning project (COIL). For this project have I been in contact with a student (Laura) from the University of Applied Sciences. So did we communicate on two separate occasions to prepare each other food diaries and to give each other advise on how to improve our feeding patron. This was a big learning experience for me and I can say I learned a lot of new things.

Thanks to this assignment, I found out that I can make myself reasonably understandable in English, but for further contacts it would be useful for me to build up more English knowledge with regard to nutrition and the terms that apply here. I want to do this by reading more English articles that relate to nutrition. By expending my English word power, I hope to be able to make more international contacts in the future that can help me in my future profession.

You may wonder why it is important for me to make international contacts for my future profession. Simply, by making contact with other countries, you can gain more knowledge and more knowledge about the profession can be shared. As a result, we are going to ask ourselves whether our way of thinking is the good way, or whether we can strive for better solutions. Because of this way of thinking we will continue to strive for better result so that we can continue to develop ourselves within our profession.

With this assignment I made the first steps in improving myself. Thanks to this assignment I became aware that the normal values within the diet of Dutch and English differences from each other, a few examples of this are as follow:

- Us Dutch people are required to receive a total of 1.5 to 2 liters of moisture, for English people this is slightly different. They are required to drink 1.5 to 2 liters of water in addition to the moisture they receive.
- The normal values for carbohydrates in the Netherlands are between 40 - 70%, with English people this is 50%. If you are above this percentage it is seen as too much.

These are some examples of differences in normal values that I was not aware of before the assignment. There are also small differences in the proteins and fats, but in general they are so similar that I did not find it necessary to mention them but I'm aware of them now.

There are also cultural differences that I have now become more aware of, English students often eat a warm lunch at school that often consist of beans, pastas, egg or bacon (this was in any case applicable to the student with whom I had contact). By becoming aware of the many different cultures in countries, you can better advise immigrants in the Netherlands about their feeding habits. Through applying there cultural food you will get better result because you use food that they are accustomed to. Thanks to this assignment, I have become more aware of this and I will certainly try to apply this in my further study and future profession.

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