



# The Evolution of Nutrition: Past, Present and Future

*Complimentary Webinar Presentation, 1 CPEU  
Created and narrated by Dr. Robert Murray MD, FAAP  
Professor of Human Nutrition, The Ohio State University*

This is a three-part series with a total viewing time of 52 minutes. Dr. Murray will walk participants through changes in food and agriculture throughout history and the important role our diet plays in our overall health and in creating a healthy society, now and in the future.

## **“The Evolution of Food and Agriculture”**

*Viewing time: 16 minutes*

### **Objectives:**

- *Identify and describe the significance of the Neolithic Revolution, the Gene Revolution, and the Green Revolution.*
- *Describe changes in American farming practices from the 1800s to 2000s.*
- *Discuss agricultural challenges in the 21st century.*

## **“Nutrients and Nutrition: Translating Them to Quality Food for Public Health”**

*Viewing time: 19 minutes*

### **Objectives:**

- *Describe correlations between diet, disease, and health.*
- *Explain controversies about the Seven Countries Study.*
- *Define the process for creating Dietary Guidelines for Americans.*
- *Use concepts about diet quality to improve food intake patterns.*

## **“Nutrition in Brain Development, Bone Health, and Aging”**

*Viewing time: 17 minutes*

### **Objectives:**

- *Explain the role of nutrition in brain development, bone health, and aging.*

Visit [MilkMeansMore.org/the-evolution-of-nutrition](http://MilkMeansMore.org/the-evolution-of-nutrition)  
to access videos and continuing education certificate.



### Performance Indicators

**8.1.2** Applies knowledge of food and nutrition as well as the biological, physical and social sciences in practice.

**8.1.4** Demonstrates knowledge of nutrient requirements throughout the life span and their role in health promotion and disease management.

### Learning Codes

**5130:** Bone diseases, osteoporosis

**4030:** Dietary guidelines, DRIs, Choose My Plate, food labeling

**4190:** Elderly nutrition

**2000:** Science of food and nutrition

## About the Presenter



Dr. Bob Murray spent over 20 years in the field of Pediatric Gastroenterology and Nutrition. He is a professor in Human Nutrition at The Ohio State University. Bob has focused on pediatric obesity prevention, particularly in the areas of primary care and school policy. During his career, Bob worked as pediatric medical director at Abbott Nutrition and as director of the Center for Healthy Weight and Nutrition at Nationwide Children's Hospital, offering medical and surgical weight management. Dr. Murray served for ten years on, and is the past chair of, the American Academy of Pediatrics' Council on School Health. He is the immediate past president of the Ohio Chapter.

---

# MILK MEANS MORE

---

© 2019 United Dairy Industry of Michigan

