

Podcast Outline – Peanut Butter & Nutrition

Introduction/Welcome

(5 marks)

Interesting point or fact (hook) + reference: *Did you know that peanuts are “nutritionally dense, [...] providing the highest protein content of all commonly consumed snack nuts?” (Davis & Dean, 2016, p. # - need to look up the page number).*

Introduce yourself and/or guests: *My name is Jen, I’m a professor and librarian at Georgian College, and I’m putting together a sample podcast outline to create a resource for students to use as a starting point for this assignment. I’ll be using a thesis and topic I started using several years ago – peanut butter – to demonstrate how this assignment might work.*

Expanded thesis from module 1: *Peanut butter is a staple food that promotes good nutrition in North America, Europe, and the developing world.*

Conclude or introduce first sub-topic: *Unless there’s an allergy in your family, there’s a good chance that you have peanut butter in your cupboard at home. You might find it tasty, but have you ever thought about it’s nutritional content?*

Segment 1 Topic: Peanut Butter consumption – North America

(5 marks)

Details & Example(s):

- A large majority of homes in Canada probably have peanut butter in their cupboard
- Peanuts can offer a significant amount of nutrition
- Peanut butter is considered a healthy food in the U.S., and is included in the WIC nutrition program

References/Research to use in this segment:

- Pelletier, J.E., Schreiber, L.N., & Laska, M.N. (2017). Minimum stocking requirements for retailers in the special supplemental nutrition program for women, infants, and children: Disparities across US states. *American Journal Of Public Health, 107(7)*, 1171-1174. doi:10.2105/AJPH.2017.303809
- Davis, J.P., & Dean, L.L. (2016). Chapter 11: Peanut composition, flavor and nutrition In *Peanuts*, 289-345. doi:10.1016/B978-1-63067-038-2.00011-3

Transition to next segment: *Peanut butter is widely consumed here in Canada, so it’s important to consider if this is also true in Europe.*

Segment 2 Topic: Peanut Butter consumption – Europe

(5 marks)

Details & Example(s):

- Need more research to determine if peanut butter is widely consumed in Europe
- Outline if this is true, or how it varies from Canadian use

References/Research to use in this segment

- Need an article that talks about consumption in Europe
- Davis, J.P., & Dean, L.L. (2016). Chapter 11: Peanut composition, flavor and nutrition In *Peanuts*, 289-345. doi:10.1016/B978-1-63067-038-2.00011-3

Transition to next segment: *While peanut butter is consumed widely in Canada and moderately* (needs fact check) in Europe, it's use for nutrition in the developing world really stands out.*

Segment 3 Topic: Peanut Butter consumption – Developing World (5 marks)

Details & Example(s):

- Discuss peanut butter's potential to treat malnutrition
- Compare peanut butter to other interventions
- Example from Niger

References/Research to use in this segment

- Enserink, M. (2008, October 3). Nutrition science. The peanut butter debate. *Science (New York, N.Y.)*, 322(5898), 36-38. Retrieved from <http://science.sciencemag.org/content/322/5898/36.full?rss=1>
- Simms, J.T. (2010). Ingenuity, peanut butter, and a little green leaf. *World Policy Journal*, 27(3), 75-77. Retrieved from <http://ra.ocls.ca/ra/login.aspx?inst=georgian&url=http://search.ebscohost.com.eztest.ocls.ca/login.aspx?direct=true&db=cmedm&AN=20976970&site=eds-live&scope=site>

Transition to conclusion/wrap up: It's clear that peanut butter has the potential to improve nutrition around the world, though it's use may look different depending on the geographic location you review.

Concluding Segment

(5 marks)

Summarize key points:

- Peanut butter is used as a staple, nutritious food in the US
- Peanut butter is eaten sparingly (*fact check) in Europe, but still contributes to good nutrition
- Peanut butter and related products are important to nutrition in developing countries such as Niger.

Restate thesis: *Peanut butter is nutritious, staple food that has a positive effect on nutrition different areas of the world, such as North America, Europe and the developing world.*

Concluding thoughts & wrap up: *While peanut butter definitely has disadvantages, including allergies, it has the potential to address nutritional challenges in many areas of the world.*