

Examples of discussion prompts

Step 1.5

Share your learning goals and tips

- Comment below why you joined this course and share one thing you hope to gain from it. If someone shares your goals, you can reply to their comment instead of making a new one.
- Do you have any practical tips to share with other learners? Share them – and why they're useful – in the comments. Remember to like any tips you find helpful and reply with any further additions.

Step 1.9

Which food best reflects your culture?

60 comments

In the previous step, you explored the range of factors that potentially influence food choices.

Please discuss the topic of food choices with your fellow learners:

- What do you think are the strongest influences of food choice for you?
- How do you think your culture influences your personal food system?
- How has your food choice changed across your lifespan?

Step 2.8

How do your eating patterns affect your health?

27 comments

In light of the previous steps, we would like you to reflect on the knowledge you acquired and answer the following question :

- What area of your diet do you feel you need to change to improve your health?

Share your thoughts in the comments area below and don't forget to "Like" or "Reply" if you read an interesting comment

Step 3.18

What we would like you to do

In Week 1, we asked you: how can medical doctors become changemakers?

Now that you have acquired knowledge through the course, we would like to reflect on the same question and hear your views on how the role of medical doctors could evolve in the years to come.