

**Interviewee: Ellen Brennan**

### **Interview Questions for Nutrition Professionals**

**1. What is your educational background like?**

B.S. Foods and Nutrition

Army Dietetic Internship

M.S. Biology, minor in Nutrition

**2. What made you become interested in Nutrition?**

Ellen reported to originally want to be a nurse; until her mother informed her that she might not have the “emotional” make up to be a nurse. Her mother then suggested that she become a Registered Dietician and, at the time, Ellen did not know what that was.

**3. What was your first Nutrition-related job experience like?**

Ellen served in the Army as a Registered Dietician, worked at Brooke General Hospital, the Metropolitan Hospital as a certified Dietetic and then finally came to SAC as a Biology/Nutrition teacher, which has been her job for the past 34 years. She said she just found her “niche”.

**4. What is your favorite aspect of Nutrition?**

Ellen likes that Nutrition is constantly changing, extremely versatile, and people oriented. She also noted that because Nutrition is constantly changing, she fears retiring due to the possibility of not being up to date in the field of Nutrition anymore.

**5. Why do you feel that more people need to be educated about Nutrition?**

Ellen commented that “we all eat everyday; and I think it just behooves us to learn how to do it well”. Ellen also feels that anything we do on an everyday basis shapes us; and that people need to realize that what we take in, becomes who we are. Ellen stated that after seeing many people in the hospital, admitted for disease and illness that could have been prevented from nutrition, that she does not want that to happen to her, she wants to do what she can; “I want to take care of my body.”

**6. Is there anything else regarding Nutrition that you would like to comment on?**

Ellen feels that right now is a really exciting time to be in the field because the subject of Nutrition is truly starting to “blossom” and there are “glimmers of turnaround” for America in the aspect of Nutrition.