

CAROLYN M. BEDNAR, Ph.D., RD/LD, CFCS

- EDUCATION:** Doctor of Philosophy in Nutrition
with emphasis in Institutional Administration,
University of Nebraska, Lincoln, NE. Aug 1989.
- Bachelor of Science in Elementary Education,
Peru State College, Peru, NE, May 1978.
- Master of Science in Home Management, Equipment and Family Economics
with minor in Finance,
University of Tennessee, Knoxville, TN. Aug 1968.
- Bachelor of Science in Vocational Home Economics,
University of Nebraska, Lincoln NE. June 1957

PROFESSIONAL CERTIFICATION/LICENSURE:

- Registered Dietitian #723480
Licensed Dietitian (Texas) #DT03812
Certified Family & Consumer Scientist #126034
Certificate of Training in Childhood & Adolescent Weight Management
March 2005

- EMPLOYMENT:** Professor (2002-present), Dept of Nutrition & Food Sciences, TWU
Chair (1997-2006), Dept. of Nutrition and Food Sciences, TWU
Associate Professor (1997-2002); Assistant Professor (1991-1997),
Dept. of Nutrition and Food Sciences, TWU

- DISSERTATION:** Nitrate and Nitrite: Dietary Occurrences and Health Implications for Humans.
Major advisor: Dr. Constance Kies.

TEACHING

Undergraduate Courses Taught at TWU, 1999 to present

- NFS 3041 Food Protection Management
NFS 3713, Quantity Food Production and Service
NFS 3722, Quantity Food Production and Service Laboratory
NFS 3744, Principles of Foodservice Systems
NFS 4101, Computer Use in Nutrition and Food Service Management
NFS 4953, Cooperative Education

Graduate Courses Taught at TWU, 1999 to present

- NFS 5331 Seminar in Nutrition
NFS 5713, Human Resources Management in Nutritional Care
NFS 5721 Seminar in Institutional Administration
NFS 5733, Productivity and Quality Improvement in Foodservice Systems
NFS 5763, Food Safety & Foodborne Illness
NFS 5773, Organization & Management for Foodservice Systems
NFS 5793, Computer Applications for Food Systems Administration

NFS 5901, Special Topic: Food Labeling
 NFS 5901, Special Topic: HACCP for the Food Industry
 NFS 5901, Special Topic: Research Methods in Food Systems Administration
 NFS 5903, Special Topics: Facility Design & Management for
 Foodservice Systems
 NFS 5903, Special Topics, Food and Nutrition Issues for Educators
 NFS 5953 Cooperative Education
 NFS 5973 Professional Paper
 NFS 5983 and NFS 5993, Thesis
 NFS 6983 and NFS 6993, Dissertation
 NFS 6173, Professional Practicum

Doctoral Dissertations:

Jill Killough – Effect of consuming a highly fortified breakfast cereal on vitamin e and calcium status, (in progress), **member.**

Anne Utech – Body weight and development of cancer cachexia: Role of common medications and nutritional supplements in lung cancer patients (in progress), **member.**

Mary Katherine Hines – Exploring the possibility of family and consumer science (FCS) teachers providing classroom nutrition education for Local Wellness Policy programs at secondary school level, (in progress), **chair.**

Kim Lower – A comparison of instructor and student perceptions of distance education instructional tools, communication methods, and assessment tools and relationship to preferred student learning styles in graduate nutrition programs, (in progress), **chair.**

Crystal Whitten – The effects of D-β-OH-butyrate on electrophysiological correlates of neuronal excitation and synchrony in a cell culture model of epilepsy 2010, **member.**

Peggy Pratt – The importance of technology in child nutrition programs: Assessment of child nutrition program directors' perceptions of the benefits and needs of technology and software programs, 2010, **chair.**

Tina Crook – Relationship of dietary factors and physical activity to body fat in 3 to 5 year old children, 2009, **chair.**

Lana Frantzen – Association between breakfast consumption patterns and micronutrient intakes with body mass index, 2009, **member.**

Margaret W. Kihato - Usefulness of instructional components, communication methods, and evaluation methods of online food and nutrition courses: student and instructor perspectives, 2004, **chair.**

Elizabeth Solis – Relationship of leptin concentrations with insulin, glucose, lipoproteins, cholesterol, triglycerides, and body mass index in obese children in Monterrey, Mexico, 2004, **member.**

Jo Cassell – Fifty years of food habits of college women, 2001, **member.**

Lacye Osborne – Determination of impact of an interactive learning module created on the Internet on food safety knowledge and habits of college students in an introductory nutrition course, 2001, **member.**

Teresa Pangan - Advancing use of computer applications and the Internet among the dietetic profession, 2000, **chair.**

Diane Rollins – Comparison of bone mineral density of healthy thin/underweight and heavier normal weight premenopausal women in relationship to lifestyle habits and body composition, 2000, **member.**

Master's Theses:

Janet Baca – Investigating waste management programs in school foodservice organizations, (in progress), **chair.**

Jennifer Brown – An assessment of perceived changes in school nutrition programs by school nutrition directors as a result of following the HealthierUS School Challenge Program, (in progress), **chair.**

Lisa Reid – Effect of point-of-decision nutrition labeling in initial military training dining facilities, (in progress), **chair.**

Jordan Staats – Physician compliance with Registered Dietitian recommendations in total parenteral nutrition patients, 2010, **member.**

Tynisha Williams-Taylor – Healthcare foodservice workers' perceptions of supervisors' role modeling and enforcement behaviors as related to food safety, 2010, **chair.**

Tyler Johnmeyer – Food safety training in Texas school foodservice facilities in relationship to the implementation of a HACCP program, 2009, **chair.**

Sockju Kwon – Investigating food waste management in college and university foodservice operations, 2009, **chair.**

Siew-Lan Ng – Perceived benefits and challenges of farm-to-market programs: A survey of college and university foodservice directors, 2009, **chair.**

Melissa Strohl – Relationship between assisted living facility foodservice theme and residents' satisfaction and health status, 2009, **chair.**

Andrea Chiarichiaro – Effectiveness of a parent and child multidisciplinary weight reduction program: survey of Fit/N Fun program participants, 2008, **member.**

Vahista Bharucha – A comparison of for-profit, non-profit, and public schools' efforts to promote healthy eating behaviors, 2008, **chair.**

Darelle Linzer – Policies and practices regarding food sold to Texas middle school students: a survey of foodservice directors, 2008, **chair.**

Cara Edlund Johnson – Comparison of nutrient content and affordability of reimbursable school lunches and home packed lunches, 2007, **chair.**

Michele Murphy – Incentive programs and labor turnover in hospital foodservice, 2007, **chair.**

Saunya Bright – Foodservice directors' current views on benchmarking, 2006, **member.**

Jenicia Campos – Parental attitudes toward child nutrition and dietary changes before and after a school-based nutrition intervention, 2006, **member.**

Allison Rachelle Fowler - Labor productivity standards in Texas schools, 2006, **chair.**

Tamara Futrell - Nutrition knowledge and attitudes toward nutrition education of elementary school teachers in Texas, 2006, **member.**

Jullea Stolsky – Functionality and stability of omega-3 (fish oil) ingredient in 2% white and chocolate milk over shelf life, 2006, **member.**

Dhara Durgampudi – Temperature retention effectiveness of three packaging materials for selected hot food products, 2005, **chair.**

Katie Dayoc Laye – Evaluation of a nutrition education program focusing on increasing fruit and vegetable intake: Tests of knowledge increase of students in grades K-2, 2005, **member.**

Hosne Parvin – A blend of lovastatin, 8-tocotrienaol and genestein synergistically suppress the proliferation of human caco-2 colon carcinoma cells, 2005, **member**

Angie Rye Merriman – Comparing and contrasting different thermal oil processes using subjective and objective evaluation, 2005, **member.**

Marsha Edwards – Effective recruitment and retention strategies of school foodservice personnel, 2004, **chair.**

Sharon Lemons – The effects of training on the knowledge of school food service employees about food allergies, 2004, **chair.**

Komhla Pleth-Suka - Impact of farnesyl O-acetylhydroquinone ether on the growth of implanted B16 melanoma in mice, 2004, **member.**

Christina Fleetwood – Effect of body image on food selection and eating disorders, 2003, **chair.**

Susan Tanner – Food safety of low-income consumers related to hand washing, grocery shopping, and uses of sponges and dishcloths, 2003, **member.**

Amber Smith Wilson – Consumer food safety: An assessment of knowledge and behaviors of a low-income high-risk population, 2003, **member.**

Carrie E. Hess - Use of the Internet for purchasing in school foodservice operations, 2002, **chair.**

Cecilia Zhao - Factors influencing trayline accuracy at long-term care facilities that use tray menus and disposable tray cards, 2001, **chair.**

Melissa Witten - Influence of an incentive program on handwashing practices and handwashing

prevalence among university foodservice workers, 2001, **chair.**

Caroline Carter - Unintentional weight loss in the institutionalized elderly, 2000, **chair.**

Tom Garabrant - A case study on the feasibility of using an automated labor management program in a health care facility, 2000, **chair.**

Tina Smith - Comparison of employee education levels and accuracy of menu data input for automated diet office programs at hospitals, 2000, **chair.**

Larisa Taras - Nutrient content of lunches in Russian elementary schools, 2000, **chair.**

Master's Professional Papers & Writing Project:

Kelli Wilmes – A pilot study: Foodservice managers' knowledge, attitudes, and awareness of food allergies in the restaurant industry in north Texas, 2008, **member/chair.**

Neha Mutta – Risk Management of food allergies by Texas school foodservice operations, 2007, **chair.**

Aditi Prabhavalkar – An assessment of food selection, consumption, and nutrient intake of elementary school children in grades K-2, 2006, **member.**

Swapna Chaparala – Dietary selenium and cardiovascular disease: A critical review, 2006, **chair.**

Srikanth Nallercheru – Effect of antioxidant vitamins on serum levels of C-reactive protein and coronary artery disease, 2005, **chair.**

Laura Brannon – A comprehensive review of the dietary effects, cardiovascular disease risk and labeling regulations of trans fatty acids, 2005, **member.**

Maria-Paula Carrillo – The effects of pecans and soy nuts on serum fatty acids in adults: A comparative analysis, 2005, **member.**

Lorene Carroll – Acrylamide formation in processed foods: Research issues and their impact on food science research, 2004, **member.**

Laura Lopez – The effect of g-tocotrienol and lovastatin on tumor growth, 2004, **member.**

Uthona Shelton – Surgical treatment for morbid obesity, 2004, **member.**

Divya Sood – The effects of vegetarian diet combined with exercise on breast cancer in women: A review and update, 2004, **member.**

Christina Williams-Smith – The effects of nicotine and soy nut consumption on risk factors of cardiovascular disease: A review and update, 2004, **member.**

Jennifer K. Brown - Effectiveness of serving temperature and packaging on temperature retention of hot and cold foods included in take-out meals, 2002, **chair.**

Kasey Gamble - Steps taken to implement NuMenus by school districts in Texas, 2002, **chair.**

Diep Nguyen - Evaluation of dietitian business web sites on web design, interest and value, and quality of information. [writing project] 2002, **chair**.

Other Scholarly Teaching, Mentoring, and Curricular Achievements

Mentoring of adjunct/visiting faculty and graduate teaching assistants (2003-present)

Fall 2009

NFS 3713 Quantity Foods, 1 graduate teaching assistant (K. Davis)
NFS 3722 Quantity Foods Lab, 2 graduate assistants (N. Mutta; May Ng)

Fall 2008

NFS 3722 Quantity Food Lab, 2 faculty members (K. Davis; C. Longley)

Spring 2008

NFS 1301 Food Preparation Lab, 1 graduate assistant (S. Kwon)

Fall 2007

NFS 1301 Food Preparation Lab, 1 graduate assistant (S. Kwon)
NFS 3722 Quantity Foods Lab, 2 graduate assistants (T. Fong; F. Silva)

Spring 2007

NFS 1301 Food Preparation Lab, 2 graduate assistants (N. Fernandes, B. Soza)
NFS 3722 Quantity Foods Lab, 2 graduate assistants (A. Browning, N. Mutta)

Fall 2006

NFS 1301 Food Preparation Principles & Lab
3 graduate assistants (N. Fernandes, B. Soza, B. Malone)
NFS 3722 Quantity Food Production Principles & Laboratory
2 graduate assistants (N. Mutta, B. Soza)

Spring 2006

NFS 1302/1301 Food Preparation Principles & Lab
3 graduate assistants (K. Hines, C. Edlund, M. Murphy)
NFS 3722 Quantity Food Lab
4 graduate assistants (B. Soza, N. Mutta, J. Sepulveda, S. Wallace)

Fall 2005

NFS 1302/1301 Food Preparation Principles & Lab
E. Christian, adjunct faculty, and 4 graduate assistants (Deverson, Hines, Murphy, and Son)
NFS 3713/3722 - Quantity Food Production and Service & Laboratory
A. Coleman, adjunct faculty, and graduate assistant J. Sepulveda

Spring 2005

NFS 1302/1301 Food Preparation Principles & Lab
E. Christian, adjunct faculty, and 2 graduate assistants (L. Brannon, K. Hines)
NFS 3713/3722 - Quantity Food Production and Service & Lab
3 graduate assistants (A. Chiarchiaro, M. Montalbano, L. Brannon)

Fall 2004

NFS 1302/1301 Food Preparation Principles & Lab
E. Christian, adjunct faculty, and 2 graduate assistants (L. Brannon, K. Hines)
NFS 3713/3722 - Quantity Food Production and Service & Laboratory
J. Vogelzang, visiting faculty, and graduate assistants (A. Chiarchiaro, M. Montalbano)

Spring 2004

NFS 1302/1301 Food Preparation Principles & Lab

E. Christian, adjunct faculty, and 2 graduate assistants (E. Essery, M. Kihato)

NFS 3041 – Food Protection Management, J. Vogelzang, adjunct faculty

NFS 3173 – Culture & Food, J. Vogelzang, adjunct faculty

NFS 3722 - Quantity Foods Lab, 2 graduate assistants (M. Kihato, D. Linzer)

NFS 5033 – Eating Behaviors & Eating Disorders, Annetta Ramsay, adjunct faculty

Fall 2003

NFS 1302/1301 Food Preparation Principles & Lab

E. Christian, adjunct faculty, and 2 graduate assistants (E. Essery, M. Kihato)

NFS 3722 - Quantity Foods Lab, 2 graduate assistants (D. Linzer, M. Kihato)

Spring 2003

NFS 1302/1301 Food Prep Principles & Lab

E. Christian, adjunct faculty, and graduate assistant M. Kihato

NFS 3722 – Quantity Foods Lab, 2 graduate assistants (L. Brannon, L. Lopez)

NFS 3041 – Food Protection Management, J. Vogelzang, adjunct faculty

NFS 3173 – Culture & Food, J. Vogelzang, adjunct faculty

Curriculum Development:

Submitted a 9-page proposal that the M.S. in Institutional Administration program be approved as a Distance Learning Degree Program. December 2005. The proposal was approved by the TWU Board of Regents in February 2006.

SCHOLARSHIP/CREATIVE ACHIEVEMENTS

Refereed Publications or Other Creative Achievements:

Articles:

Ng SL, Bednar CM, Longley C. Challenges, benefits and strategies of implementing a farm-to-cafeteria program in college and university foodservice operations. *J Foodservice Mgmt & Education*, 4(1), 22-27.

Kwon S, Bednar CM, Kwon J, Bush R. An investigation of college and university foodservice administrators' perceptions of food waste reduction activities and food waste disposal methods. *J Foodservice Mgmt & Education*, 4(1), 16-21.

Johnson C, Bednar C, Kwon J, Gustof A. Comparison of nutrient content and cost of reimbursable school lunches and home packed lunches. *J Child Nutr & Mgt*. Fall 2009, 33(2). Available at: www.schoolnutrition.org/content.aspx?id=12471.

Mutta N, Bednar C. Management of student food allergies in school foodservice operations. *TAFCS Research Journal*. 2009; 1: 41-43.

Bright S, Kwon J, Bednar C, Newcomer J. Institutional foodservice benchmarking: Survey of administrators' attitudes and practices. *J Foodservice*. 2009;20:123-132.

Sherrin AR, Bednar, C, Kwon J. Labor productivity standards in Texas school foodservice operations. *J Child Nutr & Mgt*. Spring 2009, 33(1). Available at:

www.schoolnutrition.org/content.aspx?id=12471

Kwon J, Wilson ANS, Bednar C, Kennon L. Food safety knowledge and behaviors of women, infant, and children (WIC) program participants in the United States. *J Food Protection*. 2008;71(8):1651-1658.

Kihato MW, Bednar C. Student perceptions of components of online food and nutrition courses: Impact of age and enrollment status. *Int J Ed Research*. 2007;2(1): 29-37.

Bednar CM., Kwon J, Kennon LR. Assessment of food safety education needs of low income families. *TAFCS Research J*. 2007;2(2): 29-31.

Bednar C. Mexican/American exchange for cross-cultural nutrition education. American Dietetic Association Foundation. 2005. Available at: <http://webdietitians.org/public/7772.cfm>

Kennon LR, Bednar CM. Analysis of food safety in the distribution system of home delivered meals in Texas. *TAFCS Research Journal* 2005; 1(10): 41-43.

Kihato M, Bednar C. Usefulness of instructional components, communication methods and evaluation methods of online food and nutrition courses. *TAFCS Research Journal*. 2005;1(10): 51-52.

Connors P, Bednar C. Promoting a calcium initiative in school cafeterias. *J Child Nutr & Mgt*. 2002;2. Available at: [ww.asfsa.org/childnutrition/jcnm](http://www.asfsa.org/childnutrition/jcnm)

Bednar CM, Edwards ML. Consumer attitudes and preferences concerning peanuts and peanut products. *TAFCS Research J*. 2002;1(7):16-18.

Heetderks-Cox JE, Alford BB, Bednar CM, Heiss CJ, Tauai LA, Edgren KK. CD-ROM nutrient analysis database assists self-monitoring behavior of active duty Air Force personnel receiving nutrition counseling for weight loss. *J Amer Diet Assoc*. 2001;101:1041-1046.

Pangan T, Bednar C. Dietitian business Web sites: a survey of their profitability and how you can make yours profitable. *J Amer Diet Assoc*. 2001;101:399-402.

Connors PL, Bednar CM, Klammer S. Cafeteria factors that influence milk-drinking behaviors of elementary school children: Grounded theory approach. *J of Nutr Ed*. 2001; 33(1): 31-36.

Non-Refereed Publications or Other Creative Achievements:

Books: Assistant editor of *Food: A Handbook of Terminology, Purchasing & Preparation*. 11th ed. American Association of Family and Consumer Sciences: Alexandria, VA. 2006.

Assistant editor of *Food: A Handbook of Terminology, Purchasing & Preparation*. 10th ed. American Association of Family and Consumer Sciences:

Alexandria, VA. 2001.

Videotapes & Computer Modules:

Bednar CM, Kwon J, Kennon LR. *Food Safety for Families*. (21 minutes videotape on consumer food safety produced in English and Spanish). Distributed nationally to all WIC agencies January 2004.

Bednar C. *Safety in the Kitchen*. Videotape training session (30 min) produced for Primedia Healthcare, Carrollton, TX, June 2000.

Kennon LR, Bednar CM. *Food Safety for Seniors* (16 min video on consumer food safety). 1996.

Presentations at Professional Meetings (Published Research Abstracts, Peer-Reviewed):

Strohl MS, Bednar CM, Vogelzang JL, Longley C. Relationship of assisted living foodservice theme to resident satisfaction and health status. *Suppl to J Amer Diet Assoc*. 2010;110(9):A-34.

Kwon S, Bednar C, Kwon J, Butler K. An investigation of college and university foodservice administrators' attitudes and barriers to sustainable food waste management. *Suppl to J Amer Diet Assoc*. 2010;110(9):A-67.

Johnmeyer-Sullivan T, Bednar C. Food safety training in Texas school foodservice in relationship to the implementation of a HACCP program. *J Child Nutr & Mgmt*. 2010;34(2). Available at: <http://www.schoolnutrition.org/Content.aspx?id=14761>

Pratt P, Bednar C, Kwon J. Technology use in child nutrition programs. *J Child Nutr & Mgmt*. 2010;34(2). Available at: <http://www.schoolnutrition.org/Content.aspx?id=14761>

Crook T, Bednar C, Badger T, DiMarco N, Imrhan V, Andres A. Relationship of dietary factors and physical activity with percent body fat in young children. *Suppl to J Amer Diet Assoc*. 2009;109:A-101.

Bharucha V, Bednar CM, Kwon J, Connors P, Raman P. Comparison of efforts to promote healthy eating behaviors in public and private middle schools in Texas. *J Child Nutr & Mgmt*. 2009;33(2). Available at: www.schoolnutrition.org/Content.aspx?id=13195

Mutta N, Bednar C. Management of student food allergies in school foodservice operations. *J Child Nutr & Mgmt*. 2009;33(2). Available at: www.schoolnutrition.org/Content.aspx?id=13195

Johnson CM, Bednar C, Kwon J, Gustof A. Comparison of nutrient content and cost of home packed and reimbursable school lunches. *Suppl to J Amer Diet Assoc*. 2008; 108:A-90.

Murphy M, Bednar C, Kwon J, Rew M. Employee incentive programs and labor turnover in hospital foodservice. *Suppl to J Amer Diet Assoc.* 2008;108:A-69.

Linzer D, Bednar C, Kwon J. Policies and practices regarding foods sold to Texas middle school students: a survey of foodservice directors. *J Child Nutr & Mgmt.* 2007;31(2).

Kihato M, Bednar C. Student perceptions of components of online food and nutrition courses: Impact of age and enrollment status. *International Academy of Business and Public Administration Disciplines Conference Proceedings.* 2007; 4 (2):662-671.

Fowler AR, J Kwon, Bednar CM. Labor productivity standards in Texas school foodservice operations. *J Child Nutr Mgmt.* Fall 2006;30 (2).

Kwon J, Bednar C, DiMarco N. Impact of a school-based coordinated nutrition intervention on selection and consumption of fruits and vegetables of students K-2. *J Child Nutr & Mgmt.* 2006;(2)

Rye-Merriman A, Sangha H, Bednar C, King C. Comparing different thermal oil processing methods of potatoes for acrylamide formation, sensory and nutritional attributes. *Proceedings of the 97th American Oil Chemist Society Annual Meeting.* 2006.

Laye SK, Kwon J, Bednar, CM, DiMarco N. Evaluation of a nutrition education program focusing on increasing fruit and vegetable intake: knowledge tests for children in grades K-2. *Texas Dietetic Association Food & Nutrition Conference Proceedings.* 2006:169.

Kwon J, Bednar C, DiMarco N. Children's selection and consumption of food items served in a North Texas elementary school cafeteria: an observational study for children in grades K-2. *Suppl to J Amer Diet Assoc.* 2005;105:A-51.

Kihato M, Bednar C. Impact of age and enrollment status on food and nutrition students' perceptions of online course components and overall educational experience. *Amer Assoc Fam Con Sci Proc.* 2005.

Kwon J, Bednar C, DiMarco N, Sanborn CB. Understanding fruit/vegetable consumption of K-2 children: findings from parent focus groups. *Amer Assoc Fam Cons Sci Proc.* 2005.

Kihato M, Bednar C. Importance of online course components: a survey of instructors and students. *Suppl to J Amer Diet Assoc.* 2004;104:A-40.

Fleetwood C, Bednar C. Effect of body image on food selection and eating disorders. *Texas Dietetic Association Food & Nutrition Conference Proceedings.* 2004:175-177.

Kihato M, Bednar C. Usefulness of instructional components, communication methods, and evaluation methods of online food and nutrition courses. *Texas Association of Family & Consumer Sciences Annual of Refereed Papers*. 2004:11-12.

Bednar C, Kwon J, Baker M, Kennon L. Survey of food safety education needs for low-income consumers. *Suppl to J Amer Diet Assoc*. 2003;103:A-55.

Edwards M, Bednar C. Effective recruitment and retention of school foodservice personnel. *Suppl to J Amer Diet Assoc*. 2003;103:A-96.

Hutson JB, Bednar CM, Kwon J, Kennon L. Effectiveness of serving temperature and packaging on temperature retention of hot and cold foods included in take-out meals. *Suppl to J Amer Diet Assoc*. 2003;103:A-98.

Lobb K, Bednar C, Kwon J. Steps for successful implementation of NuMenus in school foodservice operations. *Suppl to J Amer Diet Assoc*. 2003;103:A-97.

Bednar CM, Daugherty MB, Kandalaft R. Perceptions, attitudes, and preferences of elderly consumers concerning peanuts and peanut products. *American Peanut Research and Education Society 2003 Proceedings*.

Bednar CM, Kwon J, Kennon LR. Food shopping, storage, preparation, and safety practices of low-income consumers. *American Association of Family & Consumer Sciences Conference Proceedings*. 2003.

Bednar C, Kwon J, Kennon L. Food safety education needs of WIC Participants. Conference on Food Safety Education. Orlando, FL. Sept 2002.

Bednar CM, Daugherty MB, Kandalaft R, Kwan M. Perceptions of consumers and culinary professionals concerning peanuts and peanut products. *American Peanut Research and Education Society 2002 Proceedings*.

Bednar CM, King CC, Daugherty MB, Kihato M. Comparison of sensory characteristics and nutritional components of Texas, Virginia, and Georgia peanuts. *American Peanut Research and Education Society 2002 Proceedings*.

Kihato M, Bednar C, Mercer P. Customer satisfaction: A survey of university food service customers. *American Association of Family and Consumer Sciences Conference Proceedings*. 2002.

Hess C, Bednar CM, Kwon J, Wantland R. Use of the Internet for purchasing in school foodservice operations. *Texas Dietetic Association Conference Proceedings*. 2002:233.

Zhao C, Bednar CM, Kwon J, Sudderth A. Factors influencing trayline accuracy at long-term care facilities that use disposable tray cards. *Texas Dietetic Association Conference Proceedings*. 2002:209.

Bednar C, Kihato M. Comparison of traditional and Internet versions of a beginning food preparation course. *Texas Association of Family and Consumer Sciences Annual of Refereed Papers*. 2002:1-2.

Carter CS, Bednar CM, Grossie B, Wedgwood-Stauch A. Unintentional weight loss in institutionalized elderly. *Suppl to J Amer Diet Assoc*. 2001;101:A-58.

Reagan JJ, Bednar CM, Rew M, Worley M. Benchmarking in health care foodservice operations. *Suppl to J Amer Diet Assoc*. 2001;101:A-28.

Witten ML, Bednar CM, Kwon J, Butler K. Influence of an incentive program on practice and prevalence of handwashing among university foodservice workers. *Suppl to J Amer Diet Assoc*. 2001;101:A-21.

Bednar CM, Sheaffer J, King CC. Peanut processing practices by U.S. food manufacturers. *2001 Proceedings of the American Peanut Research & Education Society*. 2001;31.

Taras LE, Bednar CM, Connors PL. Nutrient content of lunches in Russian elementary schools. *Abstracts of the 2001 American School Food Service Association Poster Session*. 2001.

Bednar CM, King CC, Sheaffer J, Kihato MW, Edwards M. Investigation of flavor characteristics and components of peanuts grown in west Texas. *2001 IFT Annual Book of Abstracts*. 2001;73G-24:196.

Bednar CM, Sheaffer J, Edwards M. Consumer attitudes and preferences regarding consumption of peanuts and peanut products. *Texas Dietetic Association Conf Proc*. 2001:161.

Pangan TA, Bednar CM. Study investigating dietitian business web sites: development, promotion and profitability. *Suppl to J Amer Diet Assoc*. 2000;100:A-17.

Heetderks-Cox JE, Alford BJ, Bednar CM, Heiss CJ, Edgren KK. Effectiveness of a CD-ROM nutrient analysis database on self-monitoring behavior of active duty Air Force personnel receiving nutrition counseling for weight loss. *Suppl to J Amer Diet Assoc*. 2000;100:A-18.

Smith T, Bednar CM, Rew M, Moffit K. Menu data entry practices related to use of automated diet office programs at hospitals. *Suppl to J Amer Diet Assoc*. 2000;100:A-42.

Bhuta BH, Bednar CM, King CC, Christian EW, Narins DC. Development of an optimum reduced fat pre-fry method for French fry potatoes. *2000 IFT Annual Meeting Book of Abstracts*. 2000;86C-2:217.

Connors PL, Bednar CM. Let's talk about milk: what school foodservice managers hear versus what children ask. *2000 IFT Annual Meeting Book of*

Abstracts. 2000; 86D-2:218.

Kennon LR, Bednar CM. Temperature and packaging procedures used in home delivered meal operations. *2000 IFT Annual Meeting Book of Abstracts*. 2000; 51B-1:95.

Bednar C, Bharvi B, Lu J. Fat and moisture content of commercial French fry potato products. *Texas Dietetic Association Program*. 2000;17.

Kennon L, Bednar C. Food safety training for volunteers assisting with home delivered meal operations. *American Association of Family and Consumer Sciences Research Abstracts*. 2000;16.

Other Presentations at Professional Meetings

Bednar C, Woods C. SNA's Internship Program: Developing Future Directors. Oral presentation at School Nutrition Association Conference in Las Vegas, Nevada, June 29, 2009.

Sepulveda J, Malone B, Bharucha V, Bednar C. Review of the Tarrant Area Food Bank Backpack Menus. *Texas Dietetic Assoc Conf Proc*. 2007:169.

Bednar CM. Measuring productivity in foodservice. Oral presentation at North Texas Dietetic Association Meeting. October 2006.

Deverson PH, McCullough PA, Tapp E, Bednar C. Analysis of typical emergency food provisions offered by a community food center. *Texas Dietetic Assoc Conf Proc*. 2006:129.

Fernandes N, Soza B, Smith S, Mutta V, Bednar C. Use of plate waste study to measure food consumption of residents on regular and modified diets at a long term care facility. *Texas Dietetic Assoc Conf Proc*. 2006:133.

Bednar CM. Service learning projects for dietetic graduate students. *Suppl J Amer Diet Assoc*. 2004;A-44.

Boyd AR, Bednar C. Work improvement process; streamlining procedures and establishing production standards for the wrapping of hot sandwiches in a school food service operation. *Texas Dietetic Association Annual Conference Proceedings*. 2004:163-165.

Coleman AD, Reitz JE, Tribble JR, Bednar C. Using visual observations to perform a plate waste study at a long-term care facility in north Texas. *Texas Dietetic Association Annual Conference Proceedings*. 2004: 215-217.

Hines K, Radcliffe J, Bednar C. Caught in the carb conflict? Check out couscous, the choice of champions. *Texas Dietetic Association Annual Conference Proceedings*. 2004: 231-233.

Bednar CM. What consumers need to know about food labeling. Oral presentation at national meeting of American Association of Family and Consumer Sciences. Dallas, TX. June 2002.

Bednar CM. Development of a consumer food safety education program for WIC participants. Oral presentation at International Association of Food Protection annual meeting. San Diego, CA. July 2002.

Pangan TA, Connors PL, Bednar CM. Writing and designing effectively for a Web audience. Oral presentation (90 min) at annual American Dietetic Association meeting in Denver, CO, Oct 2000.

Bednar C. Health claims on food labels: Changes and implications for dietetic practice. Oral presentation (45 minutes) at the North Texas Dietetic Association meeting. Jan 26, 2000.

Honors:

Outstanding Faculty Award, TWU Office of International Education, 2008
 Texas Dietetic Association Distinguished Scientist Award, April 2006
 TWU Distinction in Service Award, April 2006
 Wimpfheimer/Guggenheim Award, American Dietetic Association Foundation, 2005 (for essay on international exchange project in nutrition, dietetics, or management)
 TWU Chancellors' Research Fellowship (Mentor), 2004-2005, \$2,000.
 TWU Chancellor's Research Fellowship (Mentor), 2003-2004, \$1,500.
 American Association of Family & Consumer Sciences Leaders Award, 2001.
 Texas Association of Family & Consumer Sciences, Leader of the Year Award, 2001

Grants:

Connors P, Kennon L, Davenport B, Bednar C [Co-PI]. Testing a food choice innovation for middle school cafeterias. USDA Economic Research Service. 2010-2011. \$29,593.

Ryu D, Zottarelli LK, Bednar CM [Co-PI], Baumert JL. Integrated strategies to reduce foodborne illness and food allergic reactions associated with independently operated restaurants. USDA-NIFSI, 2010-2013. \$600,000.

Bednar C, Kwon S. Investigating food waste management in college and university foodservice operations. Foodservice Systems Management Education Council. 2008-2009. \$2,000.

Bednar C, Essery E. Development of an online nutrition certificate course for SEAFast Project. (a subcontract with Texas A & M for services to Bogor Agricultural University of Indonesia). 2006. \$6,900.

Bednar C, Hines K. Investigating the role of family and consumer sciences teachers in nutrition education to support local wellness policy in secondary schools. American Association of Family & Consumer Sciences. 2006-2007. \$1,000.

Bednar C. [PI] Exploring the possibility of family and consumer science teachers providing classroom nutrition education for Local Wellness Policy programs at secondary school level. Human Nutrition Research. 2005-2006. \$3,000.

Kwon J, Bednar C. [Co-PI] Development of a comprehensive coordinated nutrition education program to reduce obesity risk of Hispanic children. Minority Health Research and Education Grant Program, Texas Higher Education Coordinating Board. 2004-2005, \$128,062.

Bednar C. [PI] Factors that influence student success in undergraduate online food and nutrition courses offered at 4-year universities. Human Nutrition Research. 2003. \$5,500.

Bednar CM. [PI] Perceptions and preferences of elderly consumers and school foodservice directors concerning peanuts and peanut products. National Peanut Producer's Board. \$13,233. 2002-2003.

Bednar CM, Kwon J, Kennon LR. [PI] Development of a consumer food safety education program for WIC participants. USDA Cooperative State Research, Education, and Extension Service. 2001-2003. \$131,054.

Bednar CM, King CC. [PI] Investigation of quality and flavor characteristics of Texas peanuts and appropriate processing methods. Texas Food and Fibers Commission. 2001-2003. \$60,000.

Bednar C, King C. [PI] Perceptions and preferences of consumers and culinary professionals concerning peanuts and peanut products. National Peanut Producer's Board, 2001-2002. \$13,000.

Bednar C, King C. [PI] Investigation of flavor characteristics of Texas peanuts. Texas Food & Fibers Commission. 1999-2001. \$50,000.

PROFESSIONAL SERVICE

Governance and Other Professionally Related Service

Council of Chairs, chair, 2000-2002.

TWU Graduate Council, member, 1998-2001

Membership Committee, member 1998-1999; chair 1998-1999

Academic Standards Committee, 1998-2001; chair, 2000-2001.

Executive Council, member 2000-2001

Service Activities for the University, College, or Department:

University: Committee to Evaluate Food Contractor Bids, 2009

Research Committee to Evaluate Summer Research Proposals, member 2008

Ad Hoc Committee (University) on Undergraduate Advising, member, 2007

Council of Chairs Committee, Administrative Assistants, chair, 2005-2006
 Council of Chairs Committee, Senior Secretary/Admin Assistant, member, 2005
 Nutritious Week Committee, member, 2005
 Student Code of Conduct committees (2), member, 2004, 2005
 Ad Hoc Committee on Adjunct Faculty, member, 2004
 Ad Hoc Committee on Salary Compression Issues, chair, 2002-2003
 SACS Steering Committee, member, 2000-2002
 Student Appeals Committee (1), chair, 2001
 Foodservice Bid Committee, member, 1999
 Ad Hoc Committee on Role of Department Chairs, chair, 1998-1999.
 Research Support Committee member, 1998-1999.
 Phi Upsilon Omicron, chapter adviser, 2006-present

College of Health Sciences:

Student Retention Committee, member, 2005
 Search Committee (chair and faculty) for Dental Hygiene, member, 2004-2005
 Future Directions Committee, member, 2004

Department of Nutrition & Food Sciences:

Search Committee for Assistant Professor, chair, 2009 to present
 Committee to Evaluate PhD Qualifying Exam, 2008-present, chair 2009
 Coordinator for School Nutrition Specialist Internship, Dallas ISD Food & Child Nutrition Services, 2008-2009
 – Negotiated contract and supervised 3 graduate student interns
 Coordinator for Professional Sanitarian Internship, Division of Food Protection, City of Dallas, 2008 and 2009
 – Negotiated contract and supervised 3-4 undergraduate student interns
 Peer Review Committee, member, 2007-2009
 Search Committee for Assistant Professor, chair, 2008
 Graduate Admissions Committee, chair, 2008, member 1992 to 2008
 Culinary Program Committee, 2007
 Search Committee for Assistant Professor, chair, 2006
 Denton Dietetic Internship Selection Committee, 2007, 2000-2001, 1992-1996
 Self-Study for M.S. Institutional Admin Committee, chair, 2005-2006
 Self-Study for M.S., Ph.D. Nutrition Committee, co-chair, 2005-2006
 Criteria for Annual Evaluation, chair, 2005-2006
 Strategic Plan for NFS Department, chair, 2005
 Coordinator for Mexican Exchange Program, 2003, 2005
 Institutional Effectiveness for Undergraduate Programs, chair, 2004-2006
 Institutional Effectiveness for Graduate Programs, chair, 2004-2006
 Co-Faculty Advisor for the NFS Graduate Club, 1995 to 2006.
 Search Committee for Food Science Faculty, chair, 2004
 Scholarship Committee, member, 2002
 Ph.D. in Nutrition Committee, chair, 2001
 Graduate Faculty Criteria Committee, chair, 2000
 Non-Thesis Option Committee, member, 2000
 NFS Space Allocation Committee, member, 2000 to 2006
 Food Product Development Advisory Committee, member, 1999 to 2005

Other University Components:

Invited oral presentation on “Healthy Eating” to TWU Residence Hall Association, Nov 2008.
 Oral presentation on “Information on NFS Graduate Programs” to Nutrition & Food Sciences Graduate Club October 2008
 Invited oral presentation (45 min) to TWU Nurses’ Group. Dec, 2004 on “Online food and nutrition courses: Research findings”.

Professionally Related Service**Membership, Offices, and Committees:**

American Dietetic Association, member
 Texas Dietetic Association, member
 Food & Nutrition Conference Planning Committee, 2008-2009
 Texas Dietetic Association Foundation
 Director 2003-2004; Director-Elect, 2002-2003; Executive Board 2002-2005
 North Texas Dietetic Association
 President, 2007-2008; 1995-96
 President-elect, 2006-2007; 1994-95
 Nominating Committee 2002; Fund-Raising Committee 1997, 1998
 Secretary 1992-94
 American Association of Family & Consumer Sciences, member
 Membership Committee 1998-2000
 Vice-chair, Division of Nutrition, Health & Food Management, 2002-2005.
 Texas Association of Family & Consumer Sciences, member
 Chair, University, College & Research Section, 2001-2003
 Vice President, Academic Affairs, 1999-2001
 Vice President, Member Relations, 1997-1999
 Chair, Nutrition, Health & Food Management Section, 1996-98
 American Society of Hospital Food Service Administrators, DFW chapter member
 School Nutrition Association, member
 Research Committee, member 2007- present
 Texas Association for School Nutrition, member
 Association of Nutrition Departments and Programs
 Chair 2004, Vice-chair 2003
 Foodservice Systems Management Education Council
 Nominating Committee, member, 2003-2005
 International Association of Food Protection, member
 Phi Kappa Phi
 Vice-president, TWU chapter, 2005- 2010
 Sigma Xi
 Phi Upsilon Omicron
 Chapter advisor, Alpha Alpha chapter, 2006 to present
 Kappa Omicron Nu

Service as Editor/Reviewer:

Judged Best Practices posters at School Nutrition Association Conference in Dallas, June 2010.

Outside reviewer of faculty application for promotion at Iowa State University, July 2010.

Outside reviewer of faculty application for promotion for Syracuse University, Syracuse, NY August 2009

Associate editor, *Family and Consumer Sciences Research Journal*. Dec 2006 to present.

Reviewer of articles for *Journal of Nutrition Education & Behavior*. 2009.

Reviewer for ADA Position Paper: Food and nutrition professionals can implement practices to conserve natural resources and support ecological sustainability. Dec 2006.

Reviewer of abstracts and articles, *Texas Association of Family & Consumer Sciences Research Journal* and annual meeting poster presentations each year 1992-1998, 2002, 2004 to present..

Reviewer of articles, *Journal of Child Nutrition & Management*, 2002 to present

Reviewer of articles, *Family and Consumer Sciences Research Journal*, 2000 to present.

Reviewer of proposals for presentations at annual meeting of American Association of Family & Consumer Sciences, 1997, 2000, 2002, 2003 to 2008.

Reviewer of brochures for Texas Cooperative Extension Service, 2001.

Editor, *Texas Association of Family and Consumer Sciences Research Journal*, 2000 and 2001.

Editor of *Texas Association of Family and Consumer Sciences Annual Program of Refereed Papers*, 2000 and 2001.

Reviewer/advisor for the Gemini research project, Institute of Women's Health, Texas Woman's University, 2000-2001.

Other Professional Related Service:

Panel moderator for 2-hour "Diet Panel" presentation at American Association of Family and Consumer Sciences national meeting, Minneapolis, MN, June 24, 2005.

Community Outreach Achievements:

Assisted with TWU Health Fair April 1, 2009

Assisted with Christian Community Action Health Fairs at Lewisville, TX 2009-2010

Co-presenter of Healthy Cooking Demonstration to residents of Dish, TX, Dec 20, 2008

Assisted with Health Fair, Morse Street Baptist Church in Denton. April 2007 & 2008.

Bednar CM, Hines MK. Update on food and nutrition (Food Pyramid, child and adolescent weight management, food labeling). In-service (2 hours) for family science teachers. Presented at Hebron High School, Aug 9, 2005. Bednar CM.

Holiday cooking for diabetics. Oral presentation (30 min) to senior citizen diabetics group. Nov 29, 2004, at Lewisville Senior Center.

Judge for Denton State School Christmas Decorating Contest, 2004.

TWU University Club, president, 2002-2004.

Bednar C. Food and nutrition issues for educators (Dietary Guidelines and fat in the diet). In-service (2 hours) for home economics teachers. Presented at Hebron High School Feb 21, 2000.

Global Interact (organization for international students)

Assist each year with Thanksgiving Dinner and Spring Picnic for international students, 1996 to present

Sponsor of two students from Kenya, 1995 to 2003.