

Meaningful Learning Experiences

Strategic Commitment	✓	Part of a pilot supported by a large academy trust
Curriculum Provision	✓	Year 7 English - Speaking and Listening
Employer Partnerships	✓	Part of an initiative to promote Allied Health Professions
Reflective Young People	✓	Developing 'Listening', 'Creativity' and 'Staying Positive'
Informed Career Choices	✓	Broadening understanding about careers in the NHS

Year 7 use English skills to speak out about fad diets, with help from dietitians

A scheme of work in English studies for year 7 students in schools across the Academies Enterprise Trust helps them learn, '*... how to effectively use linguistic conventions in their spoken language and be able to listen with the intention of evaluating the content of that spoken language.*' The brief for the project stated that, '*... the team were particularly keen to gain a context that felt real for preparing formal speeches/presentations etc, as this so often very artificial in the classroom.*'

The project was one of a series involving Allied Health Professions within the NHS. Discussions with specialists within the British Dietetic Association (BDA) led to looking at 'fad diets' as a topic that was currently being actively addressed by the organisation. The BDA's Chair, a Registered Dietitian, had written to the Prime Minister about this important matter.

Based on information from the BDA's website, students were presented with a briefing paper with a summary about five of the diets, including 'Fat Shaming' and 'Glacce Amethyst Bottles'. They were told, '*The BDA deal with hundreds of requests relating to food and nutrition from the media each year, as well as working with many more patients and clients who ask them about the latest celebrity or social media diet trend. Some of them are laughable, while others are potentially dangerous.*'

Students were asked by the BDA, '*How would you get the message across in a 2-3 minute spoken presentation, along with an visual representation, that is aimed at an audience of young people?*'

The organisation launched the challenge with a short, informal video message from a practicing dietitian and promised to showcase the best of the students' work through social media.

Benefits for the Students

The achievement I am most proud of as a result of this experience is:

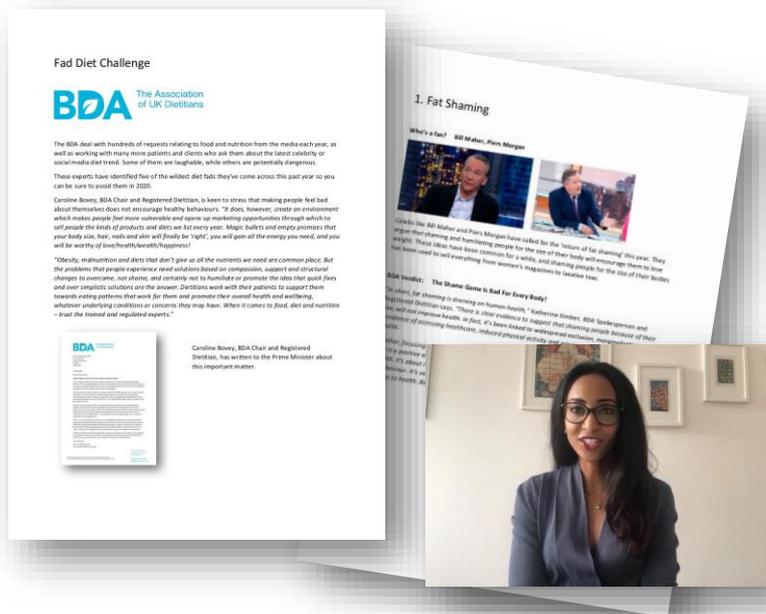
- '*Learning that ... it's good to be different and to support anyone who needs it.*'
- '*I have learnt that dieting can mean a lot to people.*'
- '*I really wanted to know what a dietitian is and what a fad diet is.*'
- '*I wrote two full slides.*'
- '*Recording myself.*'
- '*Learning which diets are healthy and which are unhealthy.*'
- '*How I am able to know exactly how much I want the job I am hoping to get.*'

Benefits for the School

- Tamworth Enterprise Academy was the first of the schools in the multi-academy trust to use the project resources, which are being shared with other English teams.
- The project was one of a series selected by the academy trust where, ‘... *subject expert teams have identified some suitable units/topics which they feel would really benefit from this real-life, careers approach. They are very excited by the possibilities!*’

Benefits for the Employer

- Dietitians are among the 14 Allied Health Professions the NHS wishes to promote to young people. The project presented a positive message and encouraged further research about working in this profession.
- The project explored a real, current issue that is of particular relevance to young people and has created a resource that will be shared across other schools in the academy trust.



Year 7 students were challenged by the British Dietetic Association to use their spoken language skills to tell other children about the risks associated with fad diets – one of the issues about which the BDA is currently campaigning.

Even though they were studying at home during the Covid-19 health crisis, students submitted scripts, PowerPoint slides and video recordings.

