

Meaningful Learning Experiences

Strategic Commitment	✓	Part of a large academy trust's curriculum strategy
Curriculum Provision	✓	GCSE Food Preparation and Nutrition
Employer Partnerships	✓	Part of an initiative to promote Allied Health Professions
Reflective Young People	✓	Developing a range of employability skills
Informed Career Choices	✓	Revealing a range of career paths related to the topic

Expert input provides 'different perspective' on food preparation and nutrition

As part of GCSE Food Preparation and Nutrition, students at Broadlands Academy in Bristol learn about the relationship between diet, nutrition and health and the major diet related health risks. The Head of Design Technology said: *'Students find it hard to associate the topics if they have had no experience of them. Students who have family members with a special dietary need, they are able to draw on their personal experiences of this, most students are not able to do this. When students are young, fit and healthy, they are not worried about what 'might' happen to them in the future.'*

An approach to the BDA – the association of UK dietitians – resulted in an introduction to an expert partner for the project who was Associate Dean and Senior Lecturer at Aston Medical School with an interest in outreach activities. He agreed to record a short series of informal video clips both at the University and at the BDA to talk about dietary aspect of diabetes, heart conditions, gluten, salt, fat, vegan and 'fad' diets – as well as introducing himself and talking about careers in Dietetics.

'Let me know when might be good to meet up. The video introduction and some short clips about things to think about could work well. Depending on your ideas, it could be that the videos are given to the students as they progress through the topic?'

These video clips were incorporated in the classroom resources over the 6-week unit of work, culminating in a practical session when students prepared recipes they had planned, considering the needs of people with specific needs. The university-based expert provided brief feedback, offering encouragement and posing specific questions.

Benefits for the Students

Teacher feedback indicated the project helps students to develop skills in Listening, Presenting, Staying Positive, Aiming High and Leadership.

The project helps me to *'understand how the subject relates to real life, see how this subject is used in the world of work, improve my subject skills and performance.'*

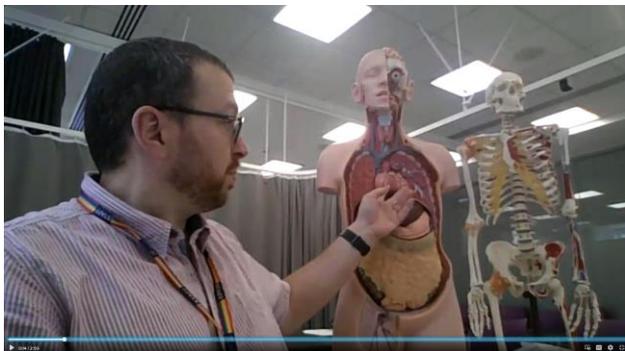
Benefits for the School

'I would be interested in repeating the project so we can delve deeper into nutrition and actual careers they could progress into. Students really benefit by seeing, that's why the videos were great for them to see a different perspective and person talking with experience about our chosen topic. It would be lovely to maybe have a live link during a lesson? A visit to the university? Hands-on experiences always solidify learning.'

Benefits for the Employer

The expert partner, a registered dietitian, is the Aston Medical School lead for Nutrition and Evidence Based Medicine. He is also the Associate Dean for Education (Quality Enhancement) in the College of Health and Life Sciences. where he supports innovative teaching practice alongside engaging students on the first steps of their careers.

'I am glad the videos worked ... The recipes look great! It was great to be involved in this and if we can do similar things and share these more widely.'



A university-based dietitian produced a series of half a dozen informal video clips from his workplace for students ahead of their preparation of meals for people with special dietary needs. Expert feedback was noted added alongside examples their work.



Chicken fajitas - lactose free diet

Commented [1]: This looks great, really nicely presented with a little garnish! Would be great to know how you pitched your flavours and spices for this recipe.

Beef curry and cauliflower rice - diabetic diet

Commented [2]: Good to see how things like cauliflower are being used to replace rice. Did you use anything to flavour the rice?

Sweet and sour chicken - gluten free diet

Commented [3]: That looks great, interested to know how you pitched the sauce without gluten. Did you use a different flour?

Prawn & vegetable tagliatelle - pescatarian diet

Commented [4]: The lesson adds a great flavour and allows for protein being it has chicken too much they use. Good to see vegetables mixed in with the prawns. Great work!