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Early Development of Professional Skills Benefits Students & Community Partners

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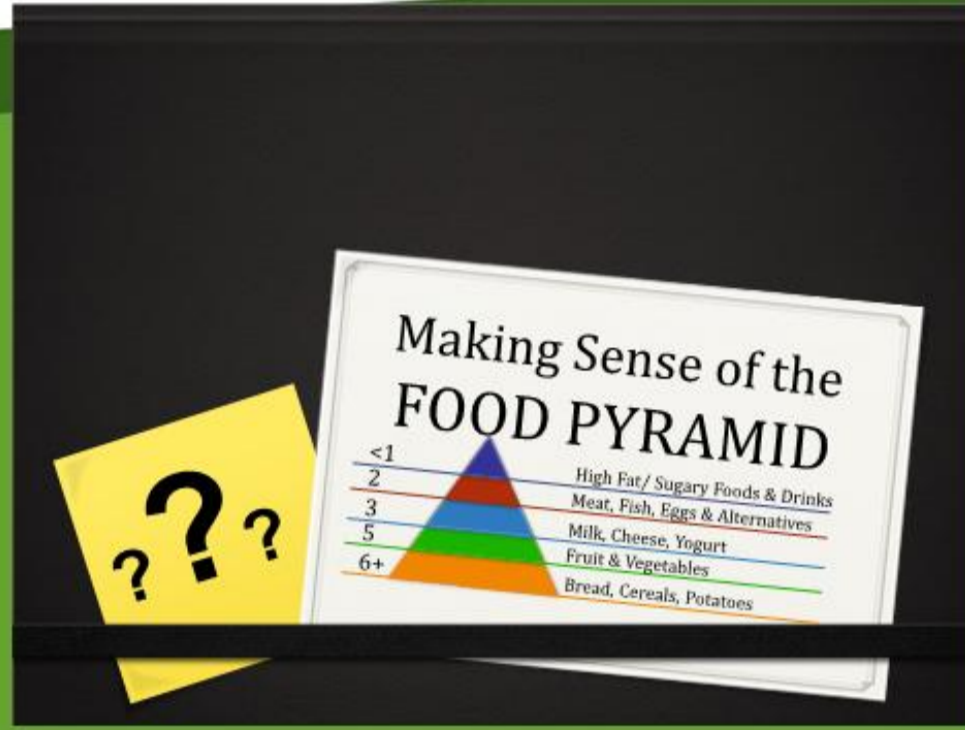


students learning with communities

Early development of professional skills benefits students & community partners



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What are we going to talk about today?

- Meal Patterns
- Vitamin D & Exercise
- Fluid & Fibre

Background

➤The BSc (Hons) Human Nutrition & Dietetics programme requires the early development of professional skills.

➤In the Stage 2 module, 'Professional Practice Studies', academic staff worked with Cathrina Murphy of Dublin City Council and SLWC to facilitate the development of these skills through working with older persons living in the North Central Dublin area.

Skills Development

➤Students were required to interview, develop evidence-based nutrition-related educational materials, and provide dietary advice for, older persons

➤Food price comparisons between different supermarkets, nutrition tips, leaflets, recipes and talks were prepared

➤A feedback session was held when the class articulated the learning achieved individually and collectively

➤The skills development was evaluated by means of a Professional Competence Examination

Feedback

➤Student feedback from evaluation forms (Q6A forms, 100% response) highlighted the value of the SLWC experience and their enjoyment of the process

➤The response of the older people was positive; they enjoyed the sessions, found them practical and useful and requested a further consultation/meeting with the same students in Autumn 2012 for evaluation of their progress with the dietary advice provided

➤A high level of student engagement and motivation was observed by academic staff teaching the 'Professional Practice Studies' module

Best Ways to Prepare Vegetables

- Steaming**
 - preserves the vitamins and is an excellent way to cook vegetables that fall apart easily (Broccoli)
- Pressure cooking**
 - a very quick method which also helps preserve the vitamins and flavour.
- Microwaving**
 - an excellent and very quick way to cook vegetables. Very little water is required so vitamins are preserved.

Milk: Fortified Vs UnFortified?

