

Isabella Bennett

Registered dietitian (PhD) with a solid research background, industry experience, and teaching portfolio. Interested in combining teaching and research while maintaining focus on public engagement with nutrition and STEM.

Work experience

Teaching Assistant

2021 – Present

SOAS University, London

Support teachers in lesson delivery, provide individual student assistance, manage classroom behaviour, grade assignments, supervise activities, and collaborate with staff. Supervise students' dissertations, assist with program development and student assessment, and deliver courses on the BSc Nutrition and Nutrition and Public Health program.

- Successfully assisted students in understanding complex nutrition concepts, conducting research, and applying their knowledge in practical settings.
- Created engaging and interactive learning environments by designing and delivering informative and stimulating nutrition lessons or workshops.

Additional experience

Summer school lecturer, Surrey University, 2021 & Guest lecturer, BSc Nutrition and Food Science, SOAS University, 2020

Education

Doctorate in Nutrition and Food Science

2020 – 2023

University of West London, London

- NHS/LJMU funded research entitled 'The role of parents and schools in the dietary choices of children aged 10-14' (summary in Appendix 1). Joint supervisors: Professor Alison LaMotte, Department of Food and Nutrition, LJMU and Dr Henling Strauss, Professor of Paediatrics, Chester University Hospital.

Bachelor of Science in Nutrition and Food Science(2:2)

2017 – 2020

Imperial College, London

- Notable courses: Nutrition and population health, trends in food research, and nutrition, metabolism and disease.
- Thesis: 'Food Flavourings – Physical and Psychological Effects on Children' based on research conducted as part of a Nutrition Society Summer Studentship.

Conferences & presentations

- British Nutrition Foundation Child Health Conference 2023 Workshop on 'The influence of parents on children's food choices.'
- Big Bang 2022 Professional talk on STEM Ambassadors.

Personal details

Name

Isabella Bennett

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Skills

Nutritional Research and Analysis
Quality Control
Nutritional Assessment
Nutrition Education

Academic publications

- Greenway M, Neill L, Smith J 'Apple or Biscuit: Children's food choices' (2022) Journal of Child Nutrition 20:934-939.
- Greenway M, Neill L, Smith J 'Mum, can I have something to eat: parents' role in children's eating patterns' Journal of Child Nutrition (2021) 16:723-728.
- Partrillo, V, Greenway M, 'How can schools help children with their food choices?' Primary Education (2020) 25:1029-1032.

Grants, scholarships, & awards

Nutrition Society Summer Studentship 2019.

Nutrition Society Student Award 2020 for BSc final-year dissertation.

Professional affiliations

Registered Associate Nutritionist (ANutr), working towards Registered Nutritionist (RNutr).

Nutrition Society Student Member and member of Student Council.