

Curriculum vitae

PERSONAL DETAILS

Name **Isabella Wilson**

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PROFILE

Registered dietitian (PhD) with a solid research background, industry experience, and teaching portfolio. Interested in combining teaching and research while focusing on public engagement with nutrition and STEM. Proven ability to translate nutritional research into practical applications. Committed to fostering a holistic understanding of nutrition that integrates scientific knowledge with real-world applications to promote well-being.

WORK EXPERIENCE

2021 - Present **Teaching Assistant**

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.

EDUCATION

2020 - 2023 **Doctorate in Nutrition and Food Science**

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.

2017 - 2020 **Bachelor of Science in Nutrition and Food Science(2:2)**

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.

ADDITIONAL EXPERIENCE

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

SKILLS

Nutritional Research and Analysis

Quality Control

Nutritional Assessment

Nutrition Education

Clinical Data Analysis

Therapeutic Meal Planning

Research Methodology

Medical Nutrition Therapy (MNT)

Public Health

Food Safety and Hygiene

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.
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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.

LANGUAGES

English C2

French C1

German A2

ACADEMIC PUBLICATIONS

- *Isabella Bennett, Walker D, Turner S, 'The Impact of Cooking Skills Programs on Children's Dietary Choices' (2023) International Journal of Food Sciences and Nutrition 18:543-549.*
- *Mitchell P, Turner B, Isabella Bennett, 'Examining the Impact of Social Media on Teenagers' Food Choices' (2022) Journal of Youth Studies 21:446-452.*
- *Isabella Bennett, Martinez A, Turner S, 'The Association Between Family Meal Frequency and Nutritional Intake in Adolescents' (2021) Journal of Family and Consumer Sciences 23:789-794.*
- *Ward C, Mitchell P, Isabella Bennett, 'The Effect of School Wellness Policies on Student Nutrition Outcomes' (2021) Journal of School Health 17:549-554.*
- *Turner S, Harris M, Martinez A, 'Examining the Impact of Food Labeling on Adolescents' Food Choices' (2022) Journal of Nutrition Education and Behavior 20:421-426.*
- *Reed M, Davis M, Turner B, 'Impact of School Lunch Programs on Children's Overall Diet Quality' (2020) Journal of Nutritional Science 16:732-737.*
- *Hayes R, Stewart E, Isabella Bennett, 'The Influence of TV Advertisements on Children's Snack Preferences' (2023) International Journal of Advertising 19:123-128.*
- *Turner S, Martinez A, Isabella Bennett, 'Examining the Relationship Between Breakfast Skipping and Academic Performance in Elementary School Students' (2022) Journal of School Psychology 15:312-317.*
- *Jenkins M, Rodriguez S, Taylor L, 'Understanding the Role of Cultural Influences on Adolescents' Dietary Habits' (2020) International Journal of Cultural Studies 18:543-549.*
- *Isabella Bennett, Bennett C, Turner S, Hall E, 'Exploring the Relationship Between Family Socioeconomic Status and Children's Nutrition Knowledge' (2023) Journal of Social and Economic Studies 25:917-923.*
- *Mitchell P, Rodriguez S, Turner S, 'Investigating the Link Between Parental Stress and Children's Eating Behavior' (2022) Journal of Family Psychology 19:635-640.*
- *White J, Davis M, Isabella Bennett, 'The Impact of School-Based Nutrition Education Programs on Parental Involvement' (2019) Journal of Community Health 20:102-108.*
- *Isabella Bennett, Harris M, Turner S, Martinez A, 'The Influence of Peer Relationships on Adolescents' Fast Food Consumption' (2019) Journal of Youth and Adolescence 23:881-886.*
- *Scott R, Nelson H, Turner B, 'Investigating the Relationship Between School Physical Education Programs and Students' Physical Activity Levels' (2020) Journal of Sport and Exercise Psychology 16:723-728.*
- *Isabella Bennett, Baker R, Turner S, White J, 'The Role of Parental Monitoring in Shaping Children's Snacking Behavior' (2019) Journal of Child and Adolescent Behavior 14:312-317.*
- *Isabella Bennett, Greenway M, Neill L 'Exploring the Impact of Educational Apps on Early Childhood Development' (2019) Journal of Educational Technology 18:521-527.*
- *Isabella Bennett, Parker K, Scott R, Turner B, 'Assessing the Effectiveness of Physical Activity Interventions in School Settings' (2021) Journal of Physical Activity and Health 14:421-426.*
- *Isabella Bennett, Fisher J, Martinez A, Baker R, 'Effects of School Gardening Programs on Children's Vegetable Consumption' (2021) Journal of Nutrition Education 17:635-640.*
- *Carter L, Patel R, Isabella Bennett, 'Influence of Parental Habits on Adolescents' Dietary Preferences' (2020) Journal of Adolescent Health 22:837-842.*
- *Isabella Bennett, Harris M, Turner S, Martinez A, 'The Influence of Peer Relationships on Adolescents' Fast Food Consumption' (2019) Journal of Youth and Adolescence 23:881-886.*

REFERENCES

References available upon request