



Dr Caroline Childs sought a solution to enhance the MSc Public Health course to encourage students to learn and effectively implement accurate dietary assessment methods and came across myfood24® during a presentation. Since then, myfood24 education has been implemented by the University to support student learning.

Why myfood24®?

I found myfood24 through a presentation and once tested I was quite pleased with the results. myfood24 has detailed nutrient information and I liked that it had portion sizes. It's pretty intuitive to use, so I was confident other people could use it to.

"It's provided students with a useful experience on being able to navigate around a large dataset."

- Dr Caroline Childs

Would you recommend myfood24®?

I would recommend myfood24 education, and I'm also using myfood24 for research on the effect of diet and nutrition on the immune system.

About myfood24® Education

myfood24 education is a leading solution designed to support students by conveying key nutrition principles practically and reinforce the importance of using robust dietary assessment methods.

Developed with academic rigor and evidence-based methodologies to ensure accurate, trusted results, students can use myfood24 to self-complete diaries and analyse their own nutritional intake, whilst teachers can compile the whole class data with feedback reports to stimulate class discussions.

How does myfood24® support student learning?

We use myfood24 for practical workshops to show students how to input information, how to spot if portion sizes are incorrect using the nutritional excel output following previous year results, and within the widening participation medicine course for students.

Students are asked to write a nutrition report where they analyse their own diet using myfood24 and reflect on their own eating behaviours. They log a food diary for four days and analyse their diets using the reports and data feedback results.

What has impressed you most about myfood24®?

Students have enjoyed using it and they were surprised about the amount of nutrient information that was available. It's provided students with a useful experience on being able to navigate around a large dataset and provided a challenge for students to learn from and overcome how to manipulate data. It also gives students the opportunity to reflect on their own eating behaviours at university. It's important to note that some students may have disordered eating behaviours, and this can be an opportunity for signposting to support.



Dr Caroline Childs is a lecturer in Nutritional Sciences, Human Development and Health and Programme Lead of the BM6 Programme within Medicine. Dr Childs' particular research interests are investigating the effect of nutrition upon the immune system.