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# Lesson Plan: Could You Be a Dietitian?

Target Group: Year 9/10

Duration: 1 hour

Subject Area: PSHE / Careers / Health & Social Care / Science

Theme: Exploring the Role of a Dietitian

## Learning Objectives

* Understand what a dietitian does and where they work.
* Identify key skills and qualities needed to become a dietitian.
* Recognize the importance of diet in managing health conditions.
* Engage with real-life scenarios and food labeling tasks.
* Reflect on their own interests and potential career paths.

## Lesson Breakdown

### 0–10 mins: Starter – Baseline Knowledge

* Activity: Think-Pair-Share
* Questions: What do you think a dietitian does? Who do they work for? What skills do they need? Is it a job you’ve considered?
* Resource: Slide 3
* Outcome: Students begin to connect prior knowledge with the topic.

### 10–20 mins: Introduction to Dietitians

* Discussion: Could you be a dietitian? What is a dietitian? Who needs one?
* Prompt: Think of someone who might need dietary support (e.g., allergies, diabetes).
* Resource: Slides 4–6
* Outcome: Students understand the scope and importance of the profession.

### 20–30 mins: Interactive Task – Spot the Allergens

* Activity: Look at food labels and identify allergens.
* Discussion: Are allergens easy to spot? Why is this important?
* Resource: Slides 7–8
* Outcome: Students develop awareness of food safety and labeling.

### 30–40 mins: Traffic Light Label Task

* Activity: Use a recipe or fast food meal to create a traffic light label.
* Extension: Link to patients who might benefit from these changes.
* Resource: Slide 9
* Outcome: Students apply nutritional knowledge to real-world examples.

### 40–50 mins: Real-Life Scenario – Coeliac Disease

* Activity: Review a school menu (real or sample).
* Discussion: Can someone with coeliac disease find suitable options? How could the menu be adapted?
* Resource: Slide 10
* Outcome: Students empathize with dietary needs and understand the dietitian’s role.

### 50–55 mins: Skills & Career Pathways

* Discussion: What skills do dietitians need?
* Activity: Self-reflection – Could you be a dietitian?
* Resource: Slides 11–14
* Outcome: Students reflect on their own strengths and interests.

### 55–60 mins: Wrap-Up & Resources

* Summary: Recap key points.
* Share: Useful websites for further exploration.
* Resource: Slides 15–17
* Outcome: Students leave with actionable next steps and resources.

## Materials Needed

* Projector or screen for PowerPoint
* Printed food labels or digital examples
* Sample school menu (optional)
* Paper and pens for traffic light task