

Enhancing Student Education and Skills Development

Online nutritional analysis software for lecturers and teaching professionals to support their students

New Customer: Imperial College London

Dr Zeinab Mulla at Imperial College London wanted a modern, validated tool that could be used within their Masters degree courses to help teach students about the importance of accurate dietary assessments. We spoke to her about why myfood24: education was an appropriate solution.

Why did you decide to use myfood24?

We decided to use *myfood24* because it is a modern, validated tool which has been shown to be just as accurate as the gold standard method. It is easy to use and cost effective.

We hope to get students well versed in the use of dietary assessment ”

Nutrition assessment is now practical and feasible with a tool such as *myfood24*. ”

How will myfood24 be used to support student learning?

We will be using *myfood24* in our Masters degree courses: Public Health, and Epidemiology. Specifically the nutrition teaching software will be used in the Research Methods and Epidemiology modules and will be used to introduce students to the measurement of diet and as an example of a modern validated assessment tool.

myfood24 will also be used to support student research projects as a tool to collect dietary data to investigate diet in relation to health outcomes.

About myfood24: education

myfood24 supports student education and development of practical skills in an online class situation. Students and teaching staff are able to explore class feedback graphs together, in real time, without needing to aggregate information elsewhere.

What do you hope myfood24 will bring?

We hope to get students well versed in the use of dietary assessment and to include it in their research roles going forward wherever relevant. Even if they are not nutrition experts to encourage them to collaborate with nutrition professionals by showing them that nutrition assessment is now practical and feasible, with a tool such as *myfood24*. In this way we can better understand the role of diet in many public health problems.

About Dr Zeinab Mulla

[Dr Zeinab Mulla](#) is a Teaching Fellow in Public Health in the Department of Primary Care and Public Health at Imperial College London, where she organises and teaches the Masters in Public Health. Dr Mulla's main interests are in dietary assessment, Nutritional Epidemiology: Lifecourse dietary intake and chronic diseases, Dietary intake and ageing.