

## Nutrition Presentation Reflection

This reflection looks at the nutrition presentation which was completed as part of the nutrition module. I will be using the Gibbs model of reflection (Oxford Brookes University 2016) to do this.

The presentation was based on a dog food we had been given in a group. We analysed the feed to find the nutritional content of the food and ours was adult weight control. We then had to make an advertisement video to market our feed to the public and make packaging. At first I was worried about this as I have limited technical ability to produce a video, it being a large task and working in a group I hadn't previously worked in. However, as the task went on I became more relaxed as my group were very proactive and we worked well together. The advantage of our group is we started designing a brand and packaging as soon as we knew it was a dog feed. This allowed us to be ahead giving us more time to make our video after we had analysed our feed. The only bad part of the task was that only one person in the group knew how to make videos, which meant this left her with a lot of work. This task allowed me to find that I can work well in a group, even with people who I wasn't friends with initially. It has also been shown that working in a group in the scientific field is essential (Tanner, Chatman and Allen, 2003). I do not feel there was anything we could have done better as my group worked well together and worked hard to have the presentation completed well before the due date.

In future, I will continue to start assignments as soon as they are set as this allows the process to be less stressful, and in future I would happily work with new people in a group.

Tanner, K., Chatman, L. and Allen, D. (2003). Approaches to Cell Biology Teaching: Cooperative Learning in the Science Classroom--Beyond Students Working in Groups. *Cell Biology Education*, 2(1), pp.1-5.

Oxford Brookes University (2016) Reflective writing: About Gibbs reflective cycle [online]  
Available at: <https://www.brookes.ac.uk/students/upgrade/study-skills/reflective-writinggibbs/> [Accessed on: 24<sup>th</sup> June 2017]