



Dietetics with Dr Tamara Cohen and Alysha Deslippe

Talking points

Knowledge

1. What is PLAYTE?
2. What are three key features of PLAYTE?

Comprehension

3. What is food literacy and why is it important?
4. Why did Tamara and Alysha decide to focus on teenage athletes?
5. What is the difference between a dietitian and a nutritionist?

Application

6. How could you use PLAYTE, or a similar resource, to improve your food literacy and make healthier choices?

Analysis

7. What did Tamara and Alysha discover when they interviewed teenagers about food literacy?
8. How do you think nutrition and food literacy affect your mental well-being?
9. How do you think affordability affects the decisions people make around food?

Evaluation

10. How well do you understand nutrition? What could you do to improve your food literacy?

Creativity

11. Imagine that you are working on PLAYTE with Tamara and Alysha. What new features would you add to improve the app and support users?

Activity

In pairs, act out a scenario where one of you is a dietitian and the other is a new patient at the clinic who wants help with their eating habits.

First, the patient should provide some information around their nutritional goals, current exercise patterns and daily routines. Perhaps they are a teenage long-distance runner, a middle-aged powerlifter, or someone who has just developed a new food allergy?

Next, the dietitian should create a week-long meal plan, detailing briefly what the patient should eat and when, as well as which food groups they should focus on. Keep in mind that Tamara and Alysha mentioned that it can be challenging as a dietitian to get patients to change their eating habits. Do you imagine the patient will struggle to implement the meal plan? How can they be eased into change, and what techniques could a dietitian use help them?

Swap roles when you have finished. The new patient should create a new scenario.

After you have both played each role, compare notes and give each other feedback on the diet plans you created. What do you think your character would find challenging about the meal plan you were given? Were the meals affordable, sustainable and easy make after a busy day? How did the two plans compare to each other, considering the different goals and habits of each patient?

More resources

- Explore the Academy of Nutrition and Dietetics (eatright.org) and the Dietitians of Canada (dietitians.ca) websites for useful information about dietetics.
- Learn more about the PLAYTE app: healthresearchbc.ca/award/co-design-a-gender-inclusive-nutrition-education-intervention
- Check your local library's catalogue to see if you can find the following books recommended by Tamara and Alysha:
 - *Nutrition: Concepts and Controversies* by Frances Sizer
 - *The Science of Nutrition* by Rhiannon Lambert