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Isabella Bennett

London, United Kingdom, 23 July 2024

Dear Head of Department,

I am writing to express my enthusiastic interest in the Lecturer position in the Department of Nutrition and Food Science at London University, as recently advertised on the university's employment portal.

With a Doctoral degree in Nutrition and Food Science from the University of West London, complemented by extensive research experience, industry expertise, and a well-rounded teaching portfolio, I am eager to contribute to your esteemed institution's efforts in advancing research, education, and public engagement in nutrition and STEM fields.

During my PhD studies, I concentrated on the impact of dietary patterns on metabolic syndrome, which led to significant findings on the role of specific micronutrients in managing inflammation. This work was published in prominent journals such as *The British Journal of Clinical Nutrition* and *Nutrition Reviews*, reflecting my commitment to advancing knowledge in nutrition science. In addition to my academic research, I investigated the effectiveness of nutrition education in schools and the critical role parents play in shaping children's eating habits. This work provided valuable insights into how family and educational environments can support healthier dietary behaviors in children, contributing to broader public health initiatives.

Furthermore, I have actively engaged in teaching undergraduate and graduate courses related to nutrition, food science, and public health as a Teaching Assistant at SOAS University. Over the course of my PhD studies, I progressively gained more responsibility in teaching and mentoring students. My teaching philosophy emphasises integrating current research with practical applications, thereby equipping students with a comprehensive understanding of the subject matter. This approach has fostered a collaborative learning environment and encouraged students to engage critically with emerging issues in nutrition and STEM.

I am excited about the opportunity to contribute to such an innovative environment and collaborate with leading experts in the field. I am confident that my expertise in nutrition and food science, combined with my passion for teaching and public outreach, would make a valuable addition to your team.

Thank you for considering my application. I look forward to the opportunity to discuss how my background, skills, and ambitions align with the goals of your department.

Sincerely,
Isabella Bennett