

Girl Scout Presentation



Skill Area: Community

Competencies: DI 2.3, DI 3.2, DI 3.5, HD 3

What I learned: This assignment was a great way to practice the skill of public speaking. In addition, it gave me an opportunity to work with children for the first time. The girl scouts that I presented to were between ages 9-11

years old and were all very smart and energetic. To my surprise, the presentation went flawlessly and the only challenge was keeping the young girls focused and on track for the activities planned.

Reflection to assignment: This assignment was a great way for me to experience what it is like to be a team player as well as work with an audience that may be challenging to keep focused. Tasks for this assignment were divided between me and another intern. We each did an excellent job devoting much time to the project and making sure to contribute an equal amount of work to the presentation. Since we were aware of the age group we were in charge of presenting to ahead of time, we made sure to include activities in the presentation that would allow the girls to use their energy and expressed their creativity. In the end, the girls showed that they really enjoyed the presentation and took home some knowledge on healthy food options and nutrition.

Relevance to the profession: Nutrition education is a very important aspect of nutrition and food science as a profession. Using the skills that I learned from educating and counseling others in the area of nutrition would make any career a rewarding one for me.