

A Tasty Career in Nutrition Science



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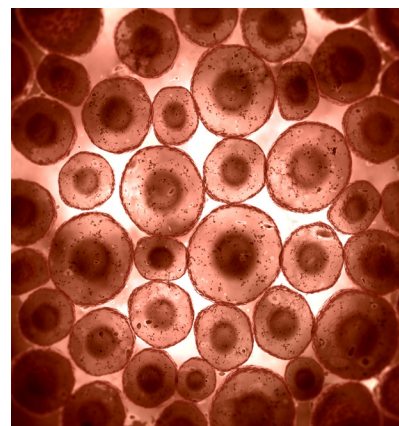
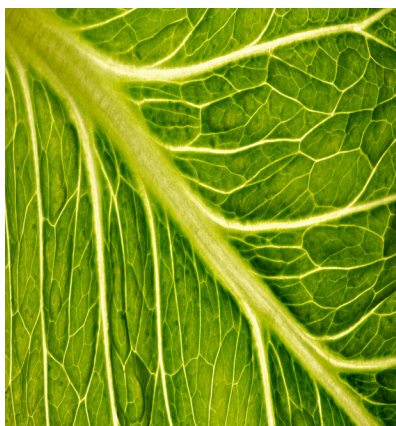
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Nutrition science investigates the interactions between the nutrients in foods, how the body uses these, and the relationship between diet, health, environment and disease, and as a science covers both humans and animals.

#NutritionIsAScience

What types of nutrition science degrees are there?



Bachelors of Science (BSc Hons)

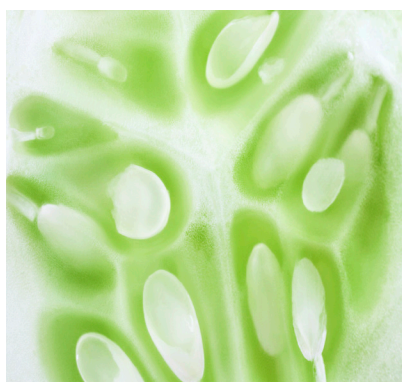
Usually three years full-time study. Most will have a general first year, specialising in the second and third years where you can normally choose modules in areas that interest you the most.

Sandwich Degrees

Some degrees offer a 'sandwich' placement, so you spend a year in between the second and third year of your degree either working abroad or in your sector gaining valuable hands on work experience.

Combined Degree

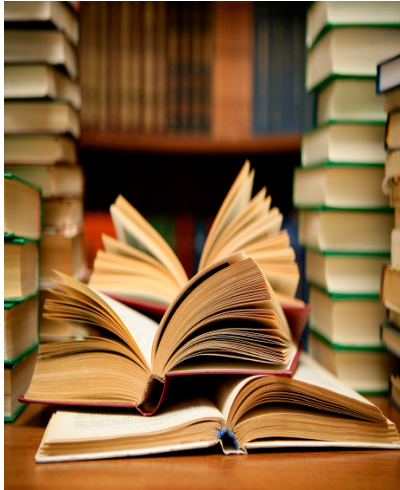
Combined degrees, such as nutrition and psychology is when your studies are divided between two subjects. The division will differ between universities and is important to check if this is a route you are considering



Masters Degrees

Usually one year full-time or two-years part-time study. These are typically only available to individuals who already have a biological sciences undergraduate degree (BSc Hons) and are generally focused towards a specific area of nutrition science, such as global health, sports nutrition or food science.

What qualifications do I need to study nutrition science?

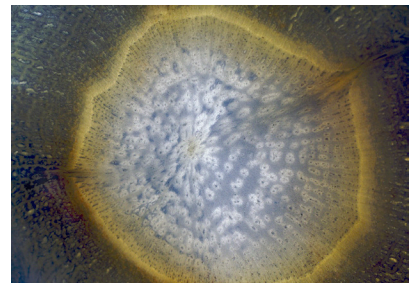


Typically the most common route to entering a nutrition science degree is to complete A-levels, or equivalent, in biology and chemistry. Some universities will accept maths as a substitute for one of the sciences, but do check each university's entry requirements before applying.

You can find up to date lists of the university degree programmes that have been independently quality assured and awarded AfN Accredited Degree status on the AfN website.

Not studied science at A-Level?

We would recommend speaking to the Programme Leaders on the degrees you would like to consider studying on, as some universities offer a Foundation Year or Access Courses for individuals without the relevant science A-Levels.



Mature Student?



If you are considering nutrition science as a possible new career, we would advise you contact the Programme Leader on the Nutrition Science Degree you are exploring to discuss your individual circumstances. If you have a previous science degree you might be eligible for a post-graduate Masters in nutrition science.

If you are a mature student and do not have any science qualifications, you may find it useful to look into an 'Access to Science' course via your local Adult Education college to help you gain the skills and qualifications needed to access university.

Becoming Registered after you graduate



Graduates from AfN Accredited Degrees can apply for registration on the UKVRN (UK Voluntary Register of Nutritionists) as Registered Associate Nutritionists (ANutr) via the Direct Entry pathway. Individual's who complete non-accredited degrees in nutrition science can apply for registration via the submission of a portfolio application.

Following completion of your nutrition science degree, a period of professional work experience and continual professional development, you can then progress to apply to transfer to become a Registered Nutritionist (RNutr) with one or two specialist areas of competence; Public Health, Food Science, Animal Nutrition, Nutrition Science or Sports and Exercise Nutrition.

(The UKVRN is the Register held by AfN and is recognised by Public Health England, NHS Choices, NHS Careers and many employers as the quality assurance mark of highly qualified and competent Nutritionists)

A nutrition science degree will provide you with many transferable skills. After a nutrition science undergraduate degree you could continue in academia and study for a Masters degree or PhD

(a good option to consider if you would like to work in academia, research or industry)



What about if I decide I want a break from science – what could I do next?

If you finish your studies and decide you want a break from science, you can utilise the many transferable skills you will have learnt in a wealth of different careers, from accountancy to event organising or even circus performance!

Transferable Skills

Your transferable skill set will be extremely valuable to employers and can be useful both for employment and volunteering during your studies and after graduation, both in nutrition science and in the wider job market.



Analytical Skills

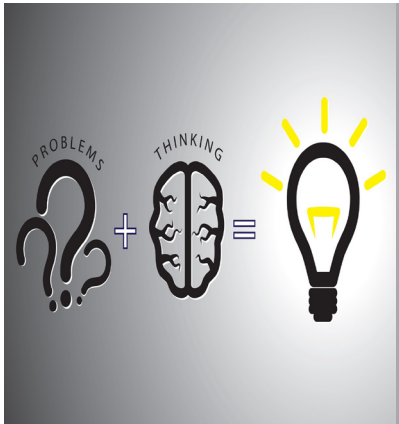


Numeracy and Maths

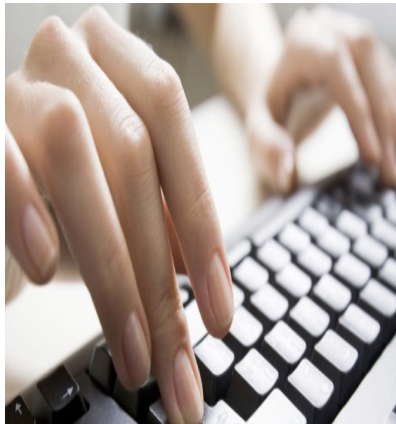


Presentation Skills

Problem Solving



Communications Skills



Planning



Team Working

IT Skills

Time Management



Report Writing

Observational Skills

Jobs in Nutrition Science

A nutrition science degree opens up the opportunity of working in a wide variety of environments, including:



Hospitals

Supporting individuals often alongside healthcare colleagues such as Dietitians



Food Industry

Ensuring the food available is safe and the most nutritious it can be



Animal Welfare

From racing horses to combatting obesity in dogs or optimising milk production in cattle



Charity

Ranging from sustainability and work overseas, to highlighting particular health concerns



Freelancing

From working one-to-one with individuals or groups to supporting businesses, big and small and even aid work



Universities

Supporting future generations of nutrition scientists and undertaking research



Government

Advising on the science and supporting the implementation of public health projects



Technology

Using technology to aid health, such as online shopping for individuals with allergies



Research Laboratories

Discovering more about the interactions between food and health



Community

Supporting individuals in the community to follow evidence-based nutrition advice



Health Promotion

Promoting disease prevention and health promotion through diet and lifestyle choices



Sports

Aiding individuals to achieve their full potential from recreational and amateur through to professional level



Association
for **Nutrition**

Regulating Professionals – Raising Standards – Improving Health