

Food Science, Nutrition and Wellbeing

Abertay University

Content

Embark on a fascinating journey to learn how food, nutrition and exercise impacts on our wellbeing and health. Explore the role of fitness and nutrition in promoting public health, and consider food and consumer choices from a safety, quality, and nutritional perspective.

Working in the state-of-the art labs, you'll master analytical techniques and learn how to test food professionally. You'll understand consumer food behaviour and how to influence and implement change to improve the nation's health.

You will learn about the fundamentals of food, nutrition and exercise, including:

Food handling skills; The functionality of raw and cooked food ingredients; The key social issues in nutrition, sport and exercise; How nutrition, metabolism and digestion relate to diet and health; How to analyse food and drink using a range of scientific techniques; The nutritional needs throughout an individual's lifespan.

Start Date

September

Qualification

Degree

Study Method

Full time

Award Title

BSc Hons

UCAS Code

D610

Course Length

4 years

Faculty

Faculty of Social and Applied Sciences

Department

Built Environment and Life Sciences

Entry Requirements

2026 entry requirements

Standard entry: 4 Highers at BBBC plus English and Maths or Applications of Maths at National 5.

Widening access entry: 3 Highers at BBC plus English and Maths or Applications of Maths at National 5.

For entry to second year, you must have 3 Advanced Highers at BBB including Biology or Chemistry and Health and Food Technology.

SCQF Level

10

Progression Routes

«ProgressionRoutes»

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

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Website

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