

Where can studying Food & Nutrition take you?



Food Technologist



The role of a Food Technologist is to develop and oversee the production of food stuffs. Using scientific skills, Food Technologists research the different compounds of food and work out how best to reproduce them with nutritional value and a good shelf life. This could be working on new products or refining existing products. Food Technologists also work on monitoring and improving hygiene and food safety measures, from the raw material stage to the finished packaged product. A typical day could involve a mixture of work environments—researching in an office, testing in a laboratory or developing and tweaking recipes in a kitchen.

Nutritionist



Nutritionists use their food science knowledge to help individuals and groups to make the right choices about what they eat. Nutritionists often work within community settings or local authority public health teams, focusing primarily on health promotion. Nutritionists can specialize in several areas including sports and exercise nutrition, public health nutrition, nutrition science, food science/industry, animal nutrition and sports organisations. These duties are usually carried out in non-clinical settings in both the private and public sectors including educational and research institutions, food retailers and manufacturers, local authorities, the National Health Service, overseas aid and health charities or sports organisations.

Restaurant Manager



Restaurant Managers have responsibility for the restaurant's business performance, quality standards, and health and safety, as well as customer satisfaction. They plan and co-ordinate menus, working closely with the head chef. They co-ordinate the operation of the restaurant ensuring that kitchen, bar and waiting staff are working as a team. They also meet and greet customers, organize table reservations and offer advice about the menu and wine choices. Types of restaurant you can work for varies significantly ranging from high-end, fine-dining restaurants to casual dining and fast food service outlets.

Dietician



A Dietician is an expert in food and nutrition. They give dietary advice to promote healthy eating habits and develop specific diets for people. They can treat the individual or work with population groups; working by both prevention and treatment. Day to day work of a Dietitian includes calculating individual's nutritional requirements using standard equations based on assessments of blood chemistry, temperature, stress, mobility and other relevant factors. Devising eating plans and manipulating recipes.

Chef



As a chef you can work in restaurants, pubs, hotel restaurants, cruise ships, the Armed Forces and in contract catering. Responsibilities can vary depending on your specific role and the type of cuisine you produce and the nature of where you work but typically a chef oversees a restaurant's kitchen by managing other members of the food preparation team, deciding what dishes to serve and adjusting orders to meet guests' requests. You can work at the following levels: Commis (Junior) Chef, Chef de Partie, Sous Chef, Head Chef.

Food Writer



Food Writers are writers who specialise in writing reviews and critical essays on specific food, restaurants, bars and other food related establishments. Many food writers work for magazines, websites or publications and visit restaurants and bars to try new dishes or specific foods to write about. In many cases Food Writers are freelance writers who write for various publications but specialise in writing about food. Food Writers should not only be good writers, but they should also understand about culinary traditions and techniques from different countries in order to decipher the authenticity of a dish.