



Be inspired with a career in food

Careers are as diverse as the food we eat!

From farm to fork – careers that feed the nation



Producing

Agriculture	Aquaculture and fishing
Agromony (soil and crop science)	Forestry and land management
Animal husbandry	Horticulture



Processing

Food safety and quality	Nutrition
Food science	Packaging
Ingredient purchase and sales	Primary processing and manufacturing
New product development	Technology and engineering



Providing

Events management	Professional cookery
Hospitality and catering	Retailing

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Advising

Dietetics	Health care
Environmental health	Nutrition



Educating

Research	Teaching
Resource production	Training



Communicating

Advertising	Food styling
Campaigning	Food writing
Designing	Marketing

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www.foodafactoflife.org.uk/whole-school/careers





Careers in Food

Do you ever wonder why some foods give you a burst of energy, why the healthy eating pyramid exists or how food affects a human body? If you have a hunger for this type of knowledge you might be suited to a food science and nutrition degree.

Now more than ever, there is a strong demand for fresh, tasty and healthy food. You only need to open Instagram to see people across the world showcasing their favourite 'nutritional' trends (think turmeric lattes, almond milk, or plant-based diets).

As we become more conscious of our health, studying a food science and nutrition course will provide an insight into these trends and how to pick fact from fiction. A degree will give you the power to educate consumers and encourage new ways of thinking, drive important discussions and create healthier communities.

With a food science and nutrition degree your career choices are limitless. Your degree could lead to careers in food marketing, procurement, sports nutrition, quality assurance, media or even education.

By studying food science and nutrition, you will be immersed in a world that relies on technology and science to develop new food products, improve food systems and protect the integrity and safety of the global food supply chain.

Day to day you could be experimenting with colour, flavour, texture and storage life of a food product by conducting biological, chemical and physical tests. Or you might even be part of a team contributing to the promotion of healthy and responsible food to prevent chronic diseases or illnesses contributed to poor diet and lifestyle.

Every day we are surrounded by new and exciting foodie developments generated from plant-based products, marine greens (think seaweed) to eco-conscious packaging created from biodegradable materials such as prawns, mushrooms or corn-starch.

Studying a food science and nutrition degree will see you test and discover new foodie concoctions, improve on existing inventions and challenge your thinking around food education, food resourcing and more. You may even find yourself being part of a team that discovers or creates something revolutionary. The world really is your oyster!

Jobs directly related to Food include:

- Animal nutritionist
- Chef
- Food technologist
- Nutritional therapist
- Nutritionist
- Product/process development scientist
- Quality manager
- Regulatory affairs officer
- Scientific laboratory technician
- Technical brewer

Jobs where Food would be really useful include:

- Catering manager
- Dietitian
- Health service manager
- Herbalist
- Personal trainer
- Procurement manager
- Product/process development scientist
- Production manager
- Research scientist (life sciences)
- Teacher
- Toxicologist

Typical employers

You could work for a multinational food manufacturer or retailer, or for a manufacturer of animal feeds. In international development, employers include government or non-government aid agencies and international charities. If you're looking for a career in sports nutrition, employers can include sport and leisure companies, sports clubs or sport professional associations.

In public health, typical employers include local authorities, government departments (such as the Department of Health or the Department for International Development) or the NHS. In community work,

your employer is likely to be a voluntary organisation or a small not-for-profit community interest company.

For a career in research, you could work in a university, for a research body or for a large company. There are also opportunities to work as a self-employed nutritionist.

Skills for your CV

Studying food develops a good mix of subject-specific and technical skills, alongside transferable core skills, such as:

- analytical and problem-solving skills
- the ability to research and interpret data
- effective communication
- teamworking skills
- attention to detail
- rigorous scientific research
- giving presentations
- accurate record keeping and report writing
- numerical and statistical awareness
- IT skills
- project-management skills
- time management.

Studying Food at university

Example course modules:

- Food science
- Food industry in practice
- Food nutrition
- Food business financial management
- Food processing and preservation
- Quality management
- Food standards and quality

What employers like about this subject

A food degree provides students with an in-depth understanding of how food and drink should be sourced, prepared, stored and presented. While this might seem rather specific, it does sharpen qualities such as attention to detail, which is looked for in a number of contexts. Meanwhile the elements of the course which involve managing individuals and premises draw on your communication skills and ability to respond to problems quickly as they arise.

