Food Science and Nutrition

About this area of study

As a field of study, nutrition and food science is primarily concerned with understanding the nature of foods and the importance of nutrition for health. Graduates find work in areas focusing on particular diseases and the impact of nutrition on their prevention and management, the nutritional and health implications of food composition and the development of new food products. Graduates find employment in private, business, government, industry or community settings.

When applying for a Nutritionist job it is recommended that you call yourself a Tertiary Qualified Nutritionist. Or, for higher recognition of your qualifications you can contact the Dieticians Association of Australia to become an Accredited Nutritionists.

Be aware that as a Nutritionist or Food Scientist you cannot work in a hospital or be referred to by doctors and you cannot claim Medicare or Health Fund rebates. These can only be done if you are a Dietician. To qualify as a Dietician it is necessary to complete the Master of Dietetics. To be eligible to apply, students should include biochemistry, biochemistry metabolism and food composition in their undergraduate studies. This course is a three semester professional training program designed to meet the accreditation requirements of the Dieticians Association of Australia.

Courses offered by Deakin University include

- Bachelor of Food Science and Nutrition
- Bachelor of Health Sciences (with Nutrition major)

Labour market information

Grads online has information regarding graduate salaries and where graduates go after completing their course www.gradsonline.com.au

Job Outlook has information about the labour market outlook http://joboutlook.gov.au

Note: Much of the labour market information available for Nutritionists and Food Scientists is combined with other allied health professions such as Dieticians, so please take this into account when viewing the information.

Related occupations

- Food technologist
- Food development researcher
- Food and nutrition policy officer

- Food product development officer
- Food microbiologist
- Food product marketing officer
- Food quality assurance officer
- Health officer
- Nutritionist
- Sports nutritionist
- Product buyer

An industry career profile, salary and other employment information can be obtained from the My Future website www.myfuture.edu.au

Descriptions of occupations can be found at The Job Guide www.jobguide.thegoodguides.com.au

Employers

National Foods www.natfoods.com.au

Nestle www.nestle.com.au

Sanitarium www.sanitarium.com.au

APS Food and Nutrition www.apsfood.com

CSRIO www.foodscience.afisc.csiro.au

Vic Health www.vichealth.vic.gov.au

Woolworths www.woolworths.com.au

Jenny Craig www.jennycraig.com.au

Lite'n'easy www.liteneasy.com.au

Meat and Livestock Association www.mla.com.au

Heart Foundation www.heartfoundation.org.au

Wellbeing Magazine www.wellbeing.com.au

Sensient Technologies Australia www.sensient-tech.com

For specific employment opportunities

Deakin University Jobshop www.deakin.edu.au/jobshop

Health and community jobs www.hacjobs.com.au

Science Alert www.sciencealert.com.au

Victorian government health jobs www.health.vic.gov.au/jobs

New Scientist Jobs www.newscientistjobs.com/jobs

Graduate Opportunities www.graduateopportunities.com

Uni Grad www.unigrad.com.au

Seek www.seek.com.au

My Career www.mycareer.com.au

Career One www.careerone.com.au

Professional associations

Nutrition Australia www.nutritionaustralia.org

Nutrition Society of Australia www.nsa.asn.au

Dieticians Association of Australia www.daa.asn.au

Australian Institute of Food Science and Technology www.aifst.asn.au