

What's Next?

Nutrition & Health Science

Bachelor of Science (Honours)
in Nutrition & Health Science

The BSc (Hons) in Nutrition & Health Science prepares you to progress into roles with a focus on nutrition and food in relation to health. A Nutritional Sciences degree will have provided you with technical competency in the design, development, production, analysis and upgrading of products that are involved in the maintenance, restoration and promotion of human health and wellbeing.

Graduates will be able to apply their understanding of human nutrition and its role in health and disease to various sectors of the food and health industry and to identify and address nutrition related problems in individuals and populations. Employment may include roles in the food and nutrition industry, public health promotion, research institutes and nutrition IT companies. Graduates may also choose to work in animal nutrition. Graduates can also choose to pursue further postgraduate studies in Clinical Nutrition/Dietetics, Education and Sports Nutrition.



Transferable Skills

Organisation & Planning

Attention to detail

Time Management

Research & Analysis

Responsibility

Communication & Interpersonal skills

Problem solving & Decision making

Information Technology

Presentation skills



Degree-specific Skills

Strong foundation in biological science such as microbiology, biochemistry, biotechnology as well as human nutrition, nutritional analysis methodologies and food and health science.

Knowledge of specialized topics such as nutrition communication, nutritional epidemiology, clinical nutrition, functional foods, food regulation and innovation, food and health care chemistry, toxicology and microbiology.

Knowledge of factors affecting human health and wellbeing

Public health policy and implication

Food production

Data handling, report writing and ability to convert complex information into effective communication and strategic planning.

Core Skills

Career Options



Opportunities in Nutrition and Health are diverse which gives you lots of flexibility and a wide range of options. Your work placement during your studies will hopefully have given you insights into the sector and helped you to make connections and identify your areas of interest.

Watch out for talks by relevant employers on campus during the year; Check our websites's job page and follow us on social media for regular job alerts

<http://www.mycit.ie/careers>

Register with gradireland to get email alerts on employment opportunities as well as job search advice: www.gradireland.com

Pick up free copies of the **Gradireland Directory** for Ireland (north and south) and, 'Ireland's 100 Leading Graduate Employers', which is available at CIT's Careers Service.



Examples of Careers in the Food & Healthcare Industries include:

Any sector of the food, human and animal nutrition and health industries, nutraceutical or healthcare sectors in the areas of production, new product development, food safety and regulation, quality assurance, nutrition communication, public health nutrition, nutrition data analysis. Graduates will also be qualified to work in sectors such as medical devices, cosmetic, pharmaceutical, and veterinary.

Examples of roles include:

Research Scientist in food and related healthcare industries, New Product Development, Production and Marketing in food and health sector, Food Safety and Food regulation in industry and governmental agencies, Nutrition communication in food information organisations, Quality Assurance.

Examples of employers in this sector:

FHI Food for Health Ireland, Food Safety Authority Ireland, Teagasc, Glanbia, Ornuu, Pharma Nord (Denmark), BioAtlantis, Immcell Neutraceuticals, Bioshell Teo, KelAda Pharmachem

If you are interested in working in industry, the Enterprise Ireland website has lists of Irish employers across all industry sectors, including up-to-date sector profiles. Check out: www.enterprise-ireland.com. Click on 'Source a Product or Service from Ireland' and 'Sector and Company Directories'.

The Industrial Development Agency (IDA) has a comprehensive list of all multi-national companies in Ireland. Companies who have potential to employ Nutrition\Food Science graduates. Check out: www.idaireland.com.

Click on 'Business in Ireland', select from the list of sectors and then click on 'Search Company Database' for a full list of companies.



Where are CIT graduates working?

Company

Teagasc
Oak Park Foods
Lakeland Dairies
CAmida
Helkel Ireland/DPL Recruitment
Further Studies

Job Role

Laboratory Technician
Quality Assurance
Quality Assurance Supervisor
Sourcing Specialist
Quality Control Technician
UCC Masters Taught Level 9



Starting Your Job Search

Job search takes focus, effort and commitment. It is essential that you create a strong online presence. You need to have a LinkedIn profile and work at building your network. If you blog or have a website, be sure to include links in LinkedIn on your CV. Don't wait for jobs to be advertised, actively look for roles that interest you. Invite relevant people to connect with you on LinkedIn, such as recent graduates from your course and those in jobs and organisations that interest you.

Graduate Programmes are a great career starting point as extra training is provided. A Level 8 degree is the minimum for entry to most programmes. For career opportunities in Nutrition\Dietetics in the UK see www.targetjobs.co.uk

Professional Groups & Associations



Membership of a professional association is a useful way to meet new people in your field and will look good on your CV. Many professional bodies have jobs boards and these roles may not be advertised elsewhere. Relevant professional bodies include:

Registered Associate Nutritionist (ANutr)

Graduates (from 2022 onwards, 2018 entry date) of the BSc (Honours) in Nutrition & Health Science from CIT are automatically eligible to register as Registered Associate Nutritionists (ANutr) through the Association for Nutrition (AfN, a professional body that holds the UK Voluntary Register of Nutritionists – UKVRN) and work in the field. See www.associationfornutrition.org for more information on the organisation.

CIT graduates can apply for Associate Nutritionist status with the UKVRN via the 'direct entry' process. The following link has full details on the application process; <http://www.associationfornutrition.org/Default.aspx?tabid=222>

To progress to a Registered Nutritionist, an Associate Nutritionist must have gained at least three years professional experience (within the five years prior to applying for registration).

While the term 'Nutritionist' is not protected, 'Registered Associate Nutritionists' (ANutr) are governed by the Association for Nutrition Registration with the Association for Nutrition as Associate Nutritionists.

Postgraduate Study



This course can be a step to either further studies through short add on courses or a more structured post graduate degree such as a Master of Science and PhD programmes. A Masters Degree will enable you to specialise and build further expertise, it enables you to gain further, more specialised knowledge including a range of key skills such as: research, analysis, evaluation and written communication. Popular postgraduate opportunities pursued by graduates of the Nutrition and Health Science programme include Dietetics, Brewing and Distilling, Food Microbiology and Sports Nutrition.

The BSc Hons in Nutrition and Health Science does not qualify the graduate to practice as a Dietician. Master Degrees over 2 years in public health and nutrition, nutritional sciences and dietetics are offered in UL, UCD, UCC and others. For further and up to date information look at MastersPortal.com. There are a number of 2 year conversion courses for graduates in the UK – see www.bda.uk.com/edpostgrad.html for a list. Normally, applicants for these courses need a degree in a related subject, which contains biochemistry and human physiology. For details of the financial support that may be available for these courses, see www.nhscareers.nhs.uk/details/Default.aspx?Id=1923

For further information, go to the 'Further Study Options' section on the Career Information page of <http://www.mycit.ie/careers>. You can also use www.qualifax.ie or www.gradireland.com/further-study to search for courses in areas of interest to you.

Post grad options abroad can also be explored without the travel, through online fairs at www.targetpostgrad.com/online-fairs.

Want to go abroad?



In the UK see:
www.targetjobs.co.uk;
www.gradjobs.co.uk and
www.graduate-jobs.com

Jobs across the EU can be seen on the EURES websites & Financial supports are available for relocating <https://ec.europa.eu/eures-searchengine/page/main?lang?=en/search> If you wish to work in the USA, Canada, or Australia, checkout work visa requirements first. There are graduate work visas available to the USA, a great opportunity to gain global experience in your field.