

Department of Food
and Nutritional Sciences



FOOD AND NUTRITIONAL SCIENCES

Securing a safe, nutritious and quality food supply for our future



UNDERGRADUATE and POSTGRADUATE

Food and Nutritional Sciences underpin one of the biggest industries in the UK and the world – people will always need to eat, and expect their food to be safe and of good quality. Increasingly though consumers are also becoming aware of the effects their food choices have on their health and well-being.

CHOOSING A DEGREE IN FOOD OR NUTRITIONAL SCIENCES

Healthy eating messages, food as part of a healthy lifestyle, and the production of safe, nutritious and convenient food are issues that constantly have a high public profile. Our degrees provide you with the scientific background to make a difference to the way that food is made and the benefits it confers to the population. It is a diverse and constantly evolving subject, always in demand by industry and education, and always moving forward as exciting discoveries are made. Our graduates are in great demand by a wide range of employers and our alumni have risen to the very top in their subsequent careers.

The Department of Food and Nutritional Sciences at Reading has an excellent reputation for the quality of its teaching and research and is the leading department of its kind in the UK. We have modern facilities for food manufacture and processing, microbiological and molecular analyses, sensory evaluation and human trials, all under one roof. This ensures that we have an integrated approach to our teaching and research, to the benefit of our students and our industrial partners.

OUR COURSES

We offer a range of degree programmes in both three- and four-year formats, with the latter including a paid year in industry, taken during the third year of the programme. All of our degrees are science-based, multidisciplinary and designed around a thematic structure which runs through each year of your degree. The emphasis of each reflects the diversity of careers within food and nutritional sciences. Both our degree programmes and the facilities available for practical work are considered of a high standard by our students.

BSc COURSES

BSc Nutrition and Food Science

BD46, 3 years full-time

BDK6, 4 years full-time including Professional Training Year

This course is accredited by the Association for Nutrition and students can become Registered Nutritionists following graduation. This course is also accredited by the Institute of Food Science and Technology.

Nutrition and Food Science encompasses the scientific study of health

and chemical aspects of the food we eat.

In industry, nutritionists with training in food science are at the forefront of new product development, packaging design and relaying health messages to the consumer. Our degree provides graduates with the expertise to work in nutrition education and promotion, and within government departments concerned with public health issues.

BSc Nutrition with Food Consumer Sciences

B4D6, 3 years full-time

B4DP, 4 years full-time including Professional Training Year

This course is accredited by the Association for Nutrition and students can become Registered Nutritionists following graduation. This course is also accredited by the Institute of Food Science and Technology. This degree programme combines academic training in nutritional sciences with psychological aspects of cognition and consumer choices. This enables students to better understand consumer behaviour and how to influence it. Nutrition with Food Consumer Sciences students will work at the interface between companies, health professionals, policy makers, and the consumer to assess the clarity and scientific merit of the advice and food on offer, and to analyse the consumer's response to it. This degree programme provides a strong academic training in the science of nutrition with related areas of food science and consumer studies.

BSc Food Science

D610, 3 years full-time

D615, 4 years full-time including Industrial Training Year

This course is accredited by the Institute of Food Science and Technology and students are recognised as professional Food Scientists following graduation. The safety, flavour and nutritional quality of food are topical issues in food science that impact on the quality and enjoyment of our daily lives. The food industry has a constant demand for food scientists possessing strong scientific skills, combined with an understanding of how to manage the industry's response to consumer issues concerning food safety and nutrition.

This degree course provides multi-disciplinary academic training covering areas of science including chemistry, biochemistry, microbiology and human nutrition. Our Food Science graduates are able to pursue successful careers in the food industry, government departments concerned with food production and safety, and in education.



BSc Food Science with Business

D690, 3 years full-time

D691, 4 years full-time including Industrial Training Year

This course is accredited by the Institute of Food Science and Technology and students are recognised as professional Food Scientists following graduation. A Food Science with Business degree will enable you to respond to the pressures of food sustainability, the impact of food on health and the global food market. This programme is run in collaboration with both Henley Business School and our Food Economics and Marketing colleagues in the School of Agriculture, Policy and Development. As a Food Science with Business student, you will have the opportunity to develop your business skills alongside scientific expertise.

Our programme was developed in consultation with our Industry Advisory Board, enabling us to shape a curriculum that reflects current professional practice. Therefore, graduates from this course are well qualified to enter directly into the food industry in a managerial, commercial or technical position.

BSc Food Technology with Bioprocessing

D622, 3 years full-time

D621, 4 years full-time including Industrial Training Year

This course is accredited by the Institute of Food Science and Technology and students are recognised as professional Food Technologists following graduation. The study of Food Technology with Bioprocessing emphasizes food engineering and the role of food chemistry and microbiology on the manufacture of safe and high-quality end products. Our Food Technology with Bioprocessing graduates have an in-depth knowledge of food raw materials and how they can be handled, processed and/or packaged to offer the consumer safe, convenient and healthy end products.

Our course will develop your technological expertise and underpinning scientific knowledge to provide you with the skills needed for a career in the food industry or related sectors.

WHY STUDY AT READING?

→ A RANGE OF DEGREE COURSES

that equip our graduates with the skills needed for a career in the food industry.

→ SUPPORT FOR UNDERGRADUATES

Our dedicated Head of Industrial Training helps you secure a year-long placement in companies such as GlaxoSmithKline, Tesco, Bakkavor, Mondelez and Mars.

→ MORE THAN 90% OF OUR GRADUATES

are in work or further study six months after graduating.¹

→ FANTASTIC FACILITIES

Facilities for nutrition intervention trials, sensory work, microbiology and food processing under one roof – leading to an integrated degree programme giving you excellent training.

→ CUTTING-EDGE RESEARCH FACILITIES

that are available to students as part of their undergraduate or postgraduate study.

→ A COURSE STRUCTURE

that is relevant to your chosen degree from the start.

→ MODULES AVAILABLE

such as new product development or entrepreneurship, with an industry-led remit.

→ VIBRANT STUDENT SOCIETY

RUFANS (Reading Undergraduate Food and Nutrition Society), offering industry visits, lectures, social events and a supportive network across all years in the Department.

→ STUDENT SUPPORT

Highly-ranked system of student support including your own personal tutor.

→ TEACHING METHODS

Variety of teaching methods including practical work, farm and industry visits, seminars, lectures, debates and student-led presentations.

→ RESEARCH PROJECT

An individual final-year research project where you will be part of one of our research groups engaged in real scientific research.

[1] DLHE survey, 2016-17. For more details about our survey results, ask us at www.reading.ac.uk/question



MSc COURSES

Our MSc courses are all 12-month, full-time modular courses starting at the end of September. The programmes consist of discipline specific and problem-based learning modules (September – April) and a dedicated research project (May – September) in collaboration with industry or based in one of our world-leading research teams. They are heavily over-subscribed so you are encouraged to apply early, preferably by the end of May of the year you wish to start.

Using the same dedicated facilities and staff as our undergraduate programmes, Reading, as one of the largest departments of its kind in the UK, attracts students from across the world. We currently offer three different but related programmes:

- **MSc Food Science** This programme is focused on the chemical nature of food and its relevance to quality, sensory and product development.
- **MSc Food Technology – Quality Assurance** This programme is focused on food quality and safety management both within a factory setting and from a national perspective.
- **MSc Nutrition and Food Science** Using our strength in nutrition, this programme provides the opportunity to study in depth issues relevant to the nutritional and health impact of food. The programme is accredited by the Association for Nutrition and graduates can become Registered Nutritionists.

All our MSc graduates have expertise and skills which are valued by the food industry around the world.

POSTGRADUATE RESEARCH OPPORTUNITIES

We currently have more than 70 PhD and MPhil students, who each belong to one or more of our three research groups.

Visit our website www.reading.ac.uk/food to identify a potential supervisor whose research matches your interests and to view current PhD opportunities.

BSc Nutrition

B5D7, 3 years full-time

We intend for our BSc Nutrition course to gain accreditation by the Association for Nutrition and Institute of Food Science and Technology (IFST), and we are in the process of applying for this. This accreditation will enable you to become an Associate Nutritionist (ANutr) after graduation, and a Registered Nutritionist (RNutr) with approximately three years of professional experience.

As consumers grow more aware of the importance of healthy eating, nutritionists become increasingly important to the food industry and society as a whole. This applied Nutrition degree programme will ensure that you have the skills to work at the interface between companies, health professionals, policy makers and the general public. After graduating you will have the ability to assess the clarity and scientific merit of the advice and food available, and to analyse the consumers' response to it. Your career could be creative, if you choose an area like product development or marketing, or it could be highly analytical, in the fields of quality testing or nutrition. Alternatively, you may choose to move into other areas, such as teaching or environmental health.

ENTRY REQUIREMENTS

Please see our website www.reading.ac.uk/food for up-to-date entry requirements.

FOOD AND NUTRITIONAL SCIENCES

 For more information visit reading.ac.uk/food

Ask us your questions at reading.ac.uk/question

 /FoodatReading

 @UniRdg_FNS

