Careers in Nutrition: Sorting fact from fiction

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FACULTY OF MEDICINE, NURSING AND HEALTH SCIENCES

DATE: 13 JUNE 2023
We wish to acknowledge the people of the Kulin Nation as the Traditional Custodians of the land we are presenting today. We pay our respects to their Elders, past & present.
Session overview

- Why nutrition science?
- Overview of Bachelor of Nutrition Science program at Monash University
- Entry requirements
- Career opportunities and further study options
- Nutrition facts or fiction quiz
- Q&A
WHY NUTRITION SCIENCE?

Every country in the world is affected by malnutrition.

Six of the top nine risk factors to global health are now related to diet.
Graduate from an internationally accredited program

Specialise your nutrition science training

Hands-on approach to learning

Employability focus

Taught by award-winning educators and industry leaders

Accelerated pathway to becoming a dietitian
# Bachelor of Nutrition Science

## Course Structure

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<th>YEAR 1</th>
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<th>YEAR 3</th>
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| Personal and professional perspectives in nutrition  
Human nutrition: an introduction to nutrients  
Science foundations  
Evaluating the evidence: nutrition and population health  
Food science  
Human biology for nutrition | Health across the lifespan  
Food: science, composition and skills  
Applied research methods in nutrition  
Nutritional physiology  
Nutritional biochemistry | Food sustainability systems  
Biochemistry, genetics and molecular nutrition  
Public health nutrition  
Nutrition, activity and health in chronic disease  
Elective  
Choice of: Evidence-based nutrition  
Work placement  
Exercise physiology and sports nutrition  
Nutrition controversies |

To find out more about what you’ll study, visit monash.edu/study/course/m2001
ENTRY REQUIREMENTS

- Secondary school – Chemistry/Biology and English at year 12 level
- Prerequisites: English and Chemistry/Biology
  - Units 3 and 4
    - a study score of at least 30 in ESL or 25 English
    - study score of at least 25 in Chemistry/Biology or equivalent
- Subject bonus applies for high results in Chemistry & English and for Biology, Food & Tech, H&HD, PE (max 5 bonus pts)
- Expected ATAR mid to high - 70s
- Approximately 110 places
- Scholars program – high ATAR (< 90) – guaranteed pathway to the Dietetics program
Bachelor of Nutrition Science

PRACTICAL EXPERIENCE

As part of your degree, you’ll have the opportunity to get hands-on industry or research experience.

You’ll conduct nutrition-focused laboratory practicals inside our new Biomedical Learning and Teaching Building. You’ll also visit childcare centres to study infant nutrition or conduct a food sustainability audit.

In your third year, you’ll put your research skills into practice and work on a real-world nutrition research project, paired with one of our expert supervisors. You also have the opportunity to apply to undertake an 11-week placement in the food industry or public health sector with one of our placement partners.

SCHOLARS PROGRAM

High achieving students may be eligible for the Bachelor of Nutrition Science Scholars Program. This program will guarantee entry and open the door to the Master of Dietetics, where graduates are eligible to become members of Dietitian’s Australia (DA).
CAREERS IN NUTRITION SCIENCE

Food supply industry
Sport & exercise
Research
Public health
Education

CAREER OPPORTUNITIES

Studying a Bachelor of Nutrition Science can lead to a range of rewarding careers, including:

- Nutrition adviser
- Food technologist
- Product development coordinator
- Applications technologist
- Health promotion officer
- Food safety officer
- Nutrition researcher
- Dietitian (further study required)

Our degree is also the only course in Australia accredited with the UK Association for Nutrition (AfN), allowing graduates to register as an Associate Nutritionist in the UK.
“Without the food regulation experience and the great understanding of gut health I gained from my degree, I would never have been able to work effectively within this job.”

“I joined Monash University as an international student from Indonesia and it has been my absolute pleasure to be part of such a vibrant, innovative and caring community. I love nutrition science because there are just so many opportunities for us to give back and progress the communities we are living in.”
FURTHER STUDY OPTIONS: MASTER OF DIETETICS

• **Duration of 18 months** on completion of the Bachelor of Nutrition Science degree at Monash University
• Prerequisites automatically taught during Bachelor of Nutrition Science
• Will meet all requirements to become an Accredited Practising Dietitian (APD)
• Clinical, food service, community placements
• Accredited with Dietitians Australia
Question: The ratio of human cells to bacterial cells living on and in our bodies is.....

A: 1:1
B: 1:10
C: 1:100
D: 1:1000
Related learning and teaching

FIG Study trial team (L-R): Tamblyn Thomason (Research assistant), Dr. Sam Forster (Principal investigator), Dr. Nicole Kellow (Principal investigator), Emma Saltzman (PhD student), Dr. Marina Iacovou (Principal investigator)
Nutrition facts of fiction quiz

Question: The food system is responsible for what proportion of global greenhouse gas emissions?

A: 5%
B: 20%
C: 35%
D: 45%
Related learning and teaching

LGA food system audit practical assessment task

Dr Julia McCartan and Dr Liza Barbour pictured with Craig Reucassell (centre) host of ABC TV’s 4-part series War on Waste

NUT3006 students volunteering at the Little Food Festival at Federation Square
Nutrition facts of fiction quiz

Question: Under what circumstances does a commercial sports drink offer more performance advantages than drinking water only?

A: Only in olympic-level athletes
B: Only in day-long marathon events
C: Only if physical activity lasts >1 hour
D: Any time physical activity is undertaken
Related learning and teaching

Sports nutrition testing laboratory

Body composition assessment

Research laboratory
Nutrition facts of fiction quiz

Question: According to the National Health Survey 2017-18, how many Australian adults met the dietary guidelines for fruit and vegetables?

A: One in two (50%)
B: One in four (25%)
C: One in ten (10%)
D: One in twenty (5%)
Related learning and teaching

Gukwonderuk - Indigenous Health

We would like to acknowledge the Traditional Owners of the land we are on. We pay our respect to Elders past, present and future.

We are committed to:

- A human rights approach to health equity for Indigenous people
- Quality education in Indigenous health equity
- Developing more Indigenous people to become healthcare providers, educators, researchers and leaders

Associate Professor Julie Brimblecombe from Monash Nutrition is leading several high impact healthy food retailing projects
Nutrition facts of fiction quiz

Question: Night shift workers are at greater risk of developing obesity than day workers because:

A: They eat more total kilojoules than day workers
B: They have disturbed body clocks
C: They are less active than day workers
D: They eat junk food at night to stay awake
Related learning and teaching

SWIFT STUDY
Shifting weight in night shift workers
Sorting fact or fiction: Evaluating the evidence

Pete Evans Vs Belle Gibson

Vs

Joanna McMillan

Jamie Oliver

Rosemary Stanton
Any Questions?

Commercial kitchen for food science practicals

Research laboratory

Nutrition clinic