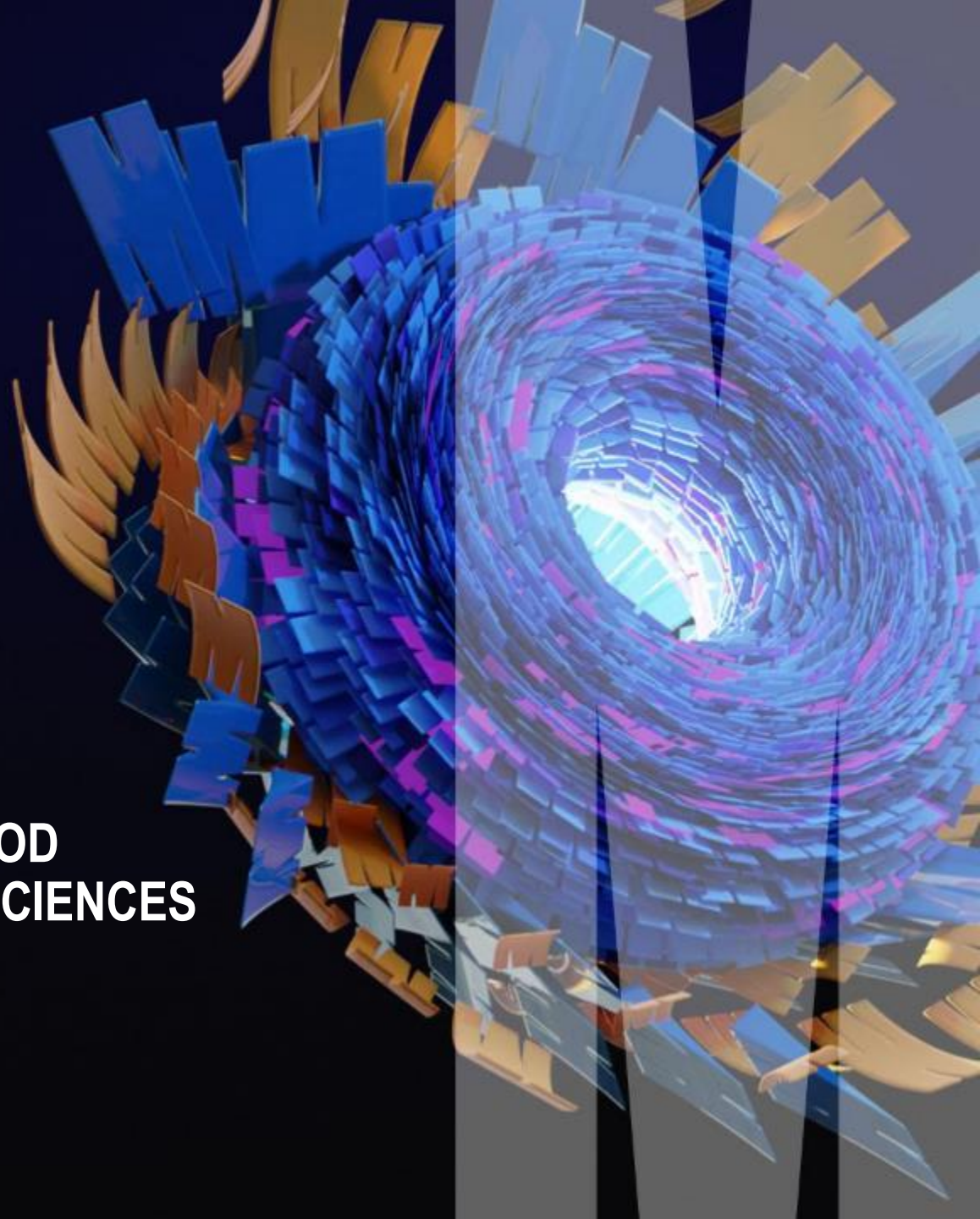


Careers in Nutrition: Sorting fact from fiction

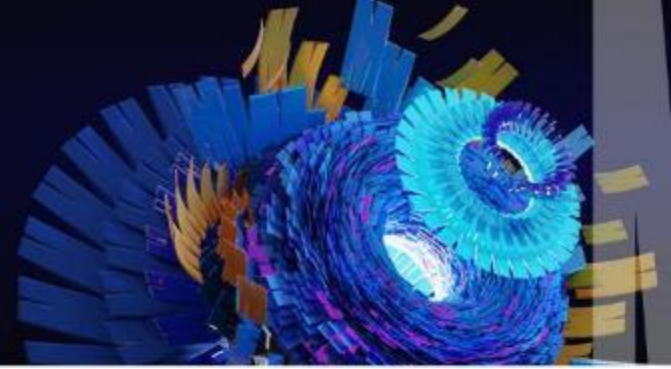
Dr Julia McCartan & Dr Nicole Kellow

**DEPARTMENT OF NUTRITION, DIETETICS AND FOOD
FACULTY OF MEDICINE, NURSING AND HEALTH SCIENCES**

DATE: 13 JUNE 2023



Acknowledgement of Country



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.



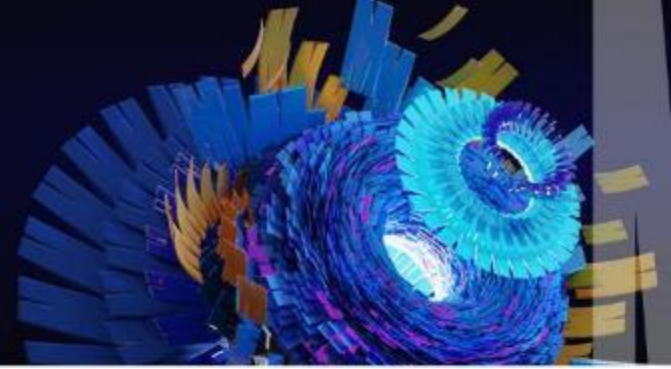
Cultural Healing by Mandy Nicholson

Session overview

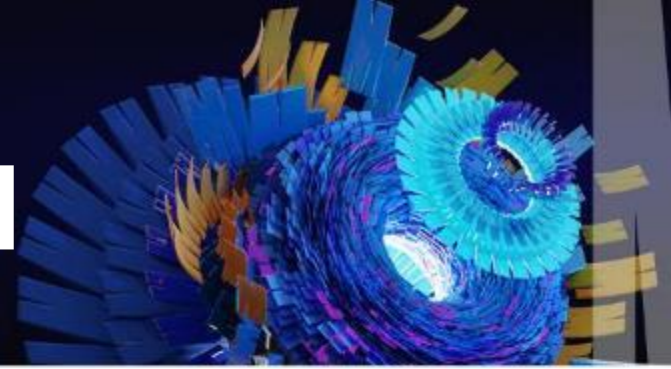
- Why nutrition science?
- Overview of Bachelor of Nutrition Science program at Monash University
- Entry requirements
- Career opportunities and further study options
- Nutrition facts or fiction quiz
- Q&A



WHY NUTRITION SCIENCE?



NUTRITION SCIENCE AT MONASH



Graduate from an
internationally
accredited program

Specialise your
nutrition science
training

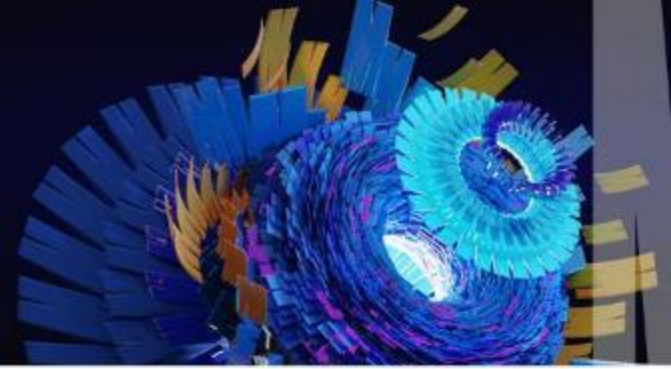
Hands-on approach
to learning

Employability focus

Taught by award-
winning educators
and industry
leaders

Accelerated
pathway to
becoming a dietitian

Bachelor of Nutrition Science



COURSE STRUCTURE

YEAR 1

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

YEAR 2

Health across the lifespan
Food: science, composition and skills
Applied research methods in nutrition
Nutritional physiology
Nutritional biochemistry

YEAR 3

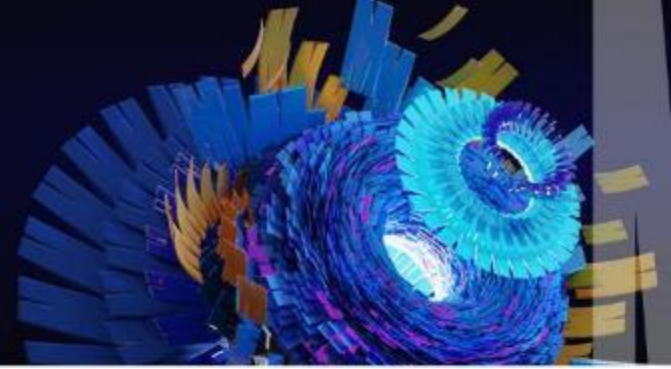
Food sustainability systems
Biochemistry, genetics and molecular nutrition
Public health nutrition
Nutrition, activity and health in chronic disease
Elective

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



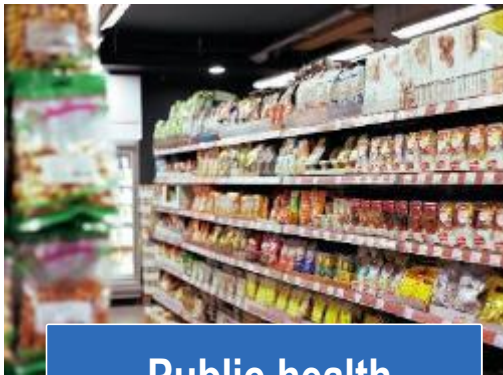
Food supply industry



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.

CAREERS IN NUTRITION SCIENCE



Chloe Swiney

Lead Dietitian
Yakult Australia

“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.”

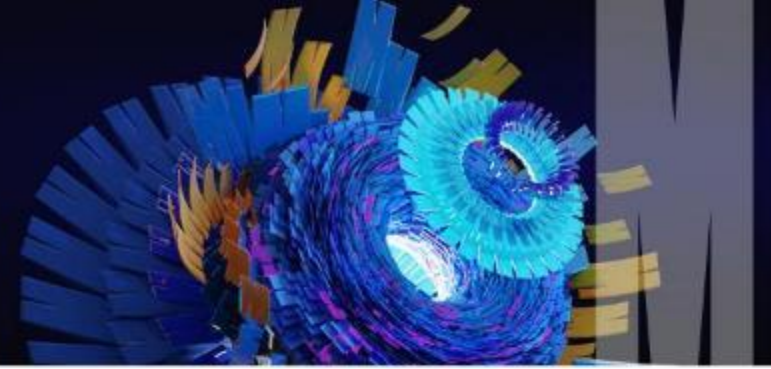


Sarah Budhiwianto

Public Health Nutrition Officer
Health and Wellbeing Team
Monash University

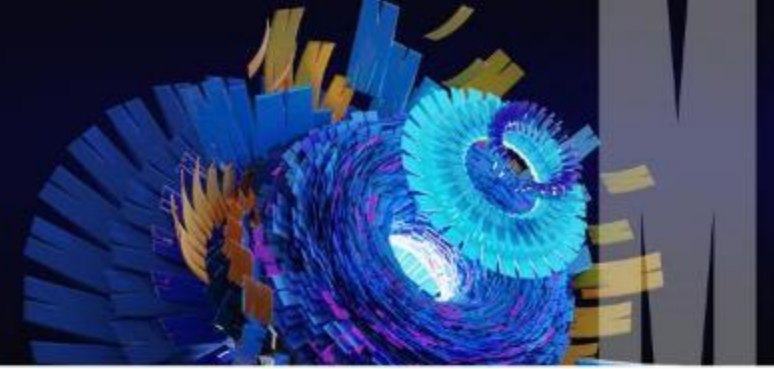
“I joined Monash University as an international student from Indonesia and it has been my absolute pleasure to be part of such a vibrant, innovative and caring community. I love nutrition science because there are just so many opportunities for us to give back and progress the communities we are living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

Nutrition facts or fiction quiz



Join at **menti.com** Use code: **8868 7900**

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

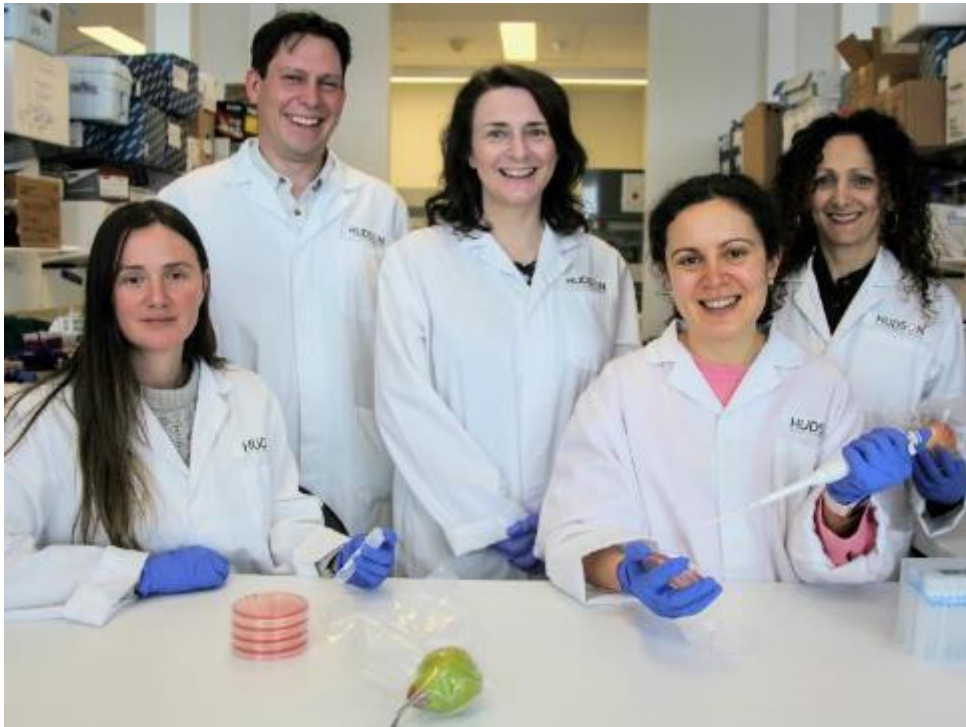
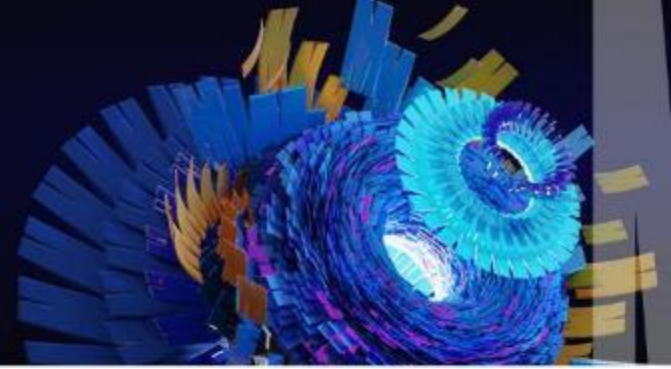
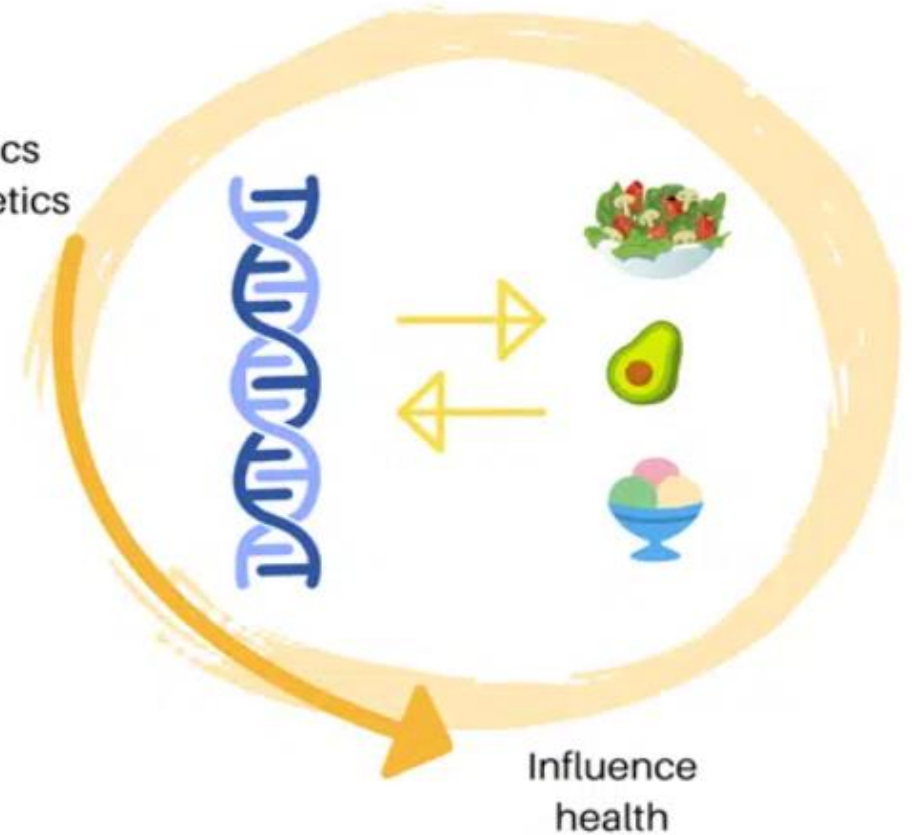
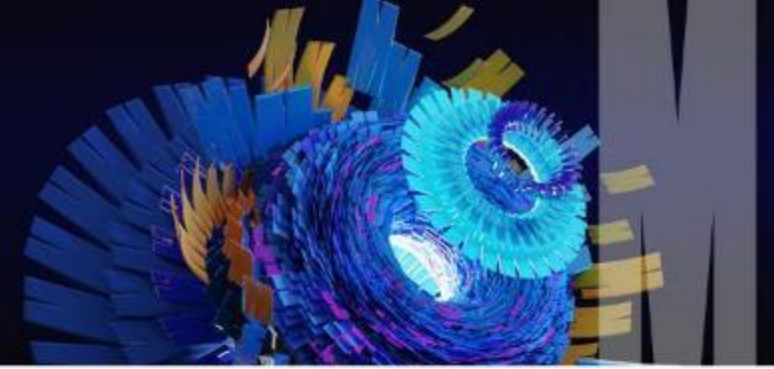


FIG Study trial team (L-R): Tamblyn Thomason (Research assistant), Dr. Sam Forster (Principal investigator), Dr. Nicole Kellow (Principal investigator), Emma Saltzman (PhD student), Dr. Marina Iacovou (Principal investigator)

Nutrigenomics
and nutrigenetics



Nutrition facts of fiction quiz



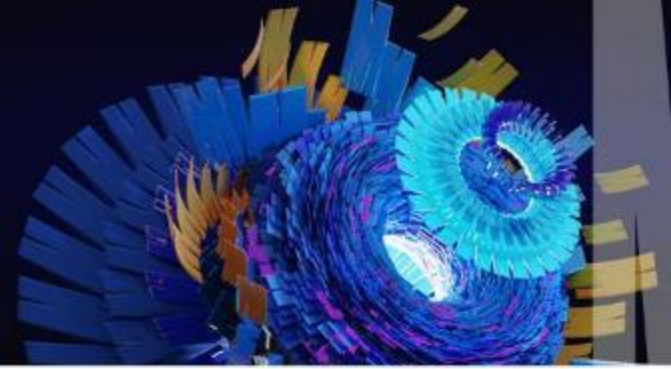
Join at **menti.com** Use code: **8868 7900**

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



NUT3006 - Food sustainability systems - S1 2023

Dashboard / Units / Faculty of Medicine, Nursing and Health Sciences / Nutrition and Dietetics / 2023 / S1 / NUT3006 S1 2023

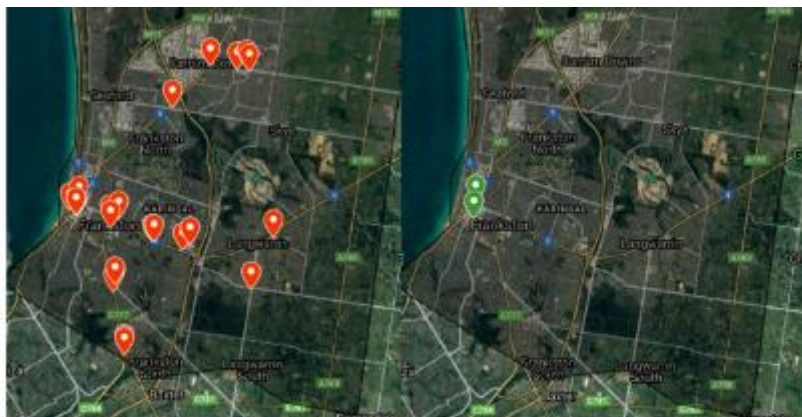
General

[Student Academic Integrity statement for Moodle \(CLICK TO ANSWER\)](#)

Welcome and Unit Informa...	Forums	ASSESSMENT TASK 1: Su...	ASSESSMENT TASK 2: Fo...	ASSESSMENT TASK 3: Pla...	Week 1: Our food system...	Week 2: Agricultural Prods...
Week 3: Food Processing	Week 4: Food Distribution	Week 5: Food Retail	Week 6: Consumption	Week 7: Food Waste	Week 8: Drivers - Australia...	Week 9: Drivers - Safe Foo...
Week 11: Challenges - GIL...		Week 12: Exam Briefing, U...		Stealth mode links to quiz...		



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

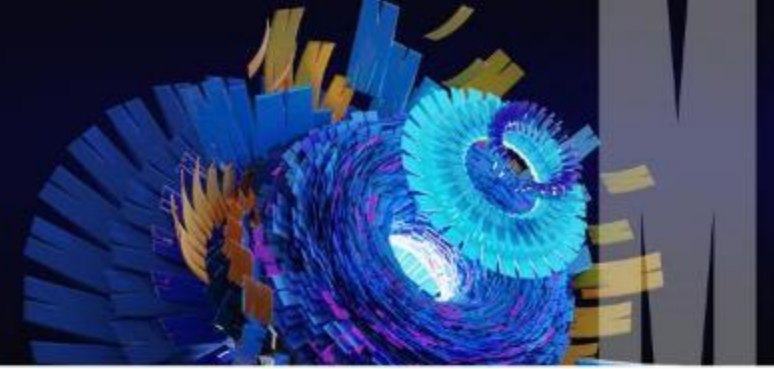


LGA food system audit practical assessment task

Figure 3. The comparison of fast food outlets to greengrocers in Frankston.

NUT3006 students volunteering at the Little Food Festival at Federation Square

Nutrition facts of fiction quiz



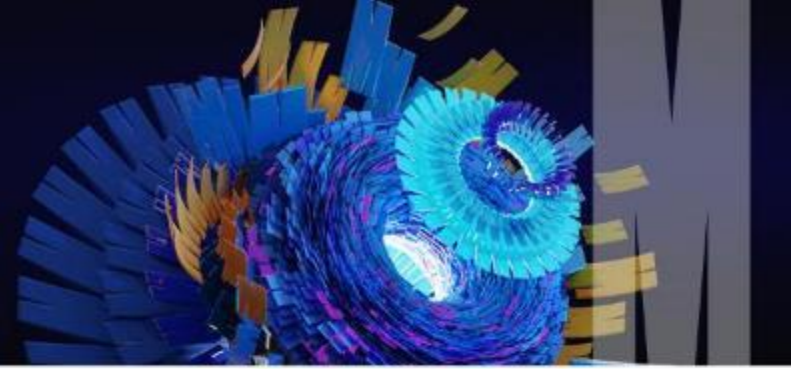
Question: Under what circumstances does a commercial sports drink offer more performance advantages than drinking water only?

Join at **menti.com** Use code: **8868 7900**

- 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

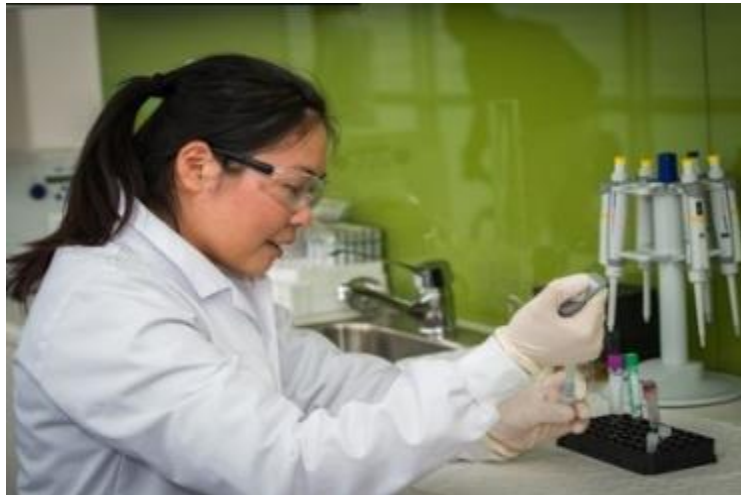


Related learning and teaching

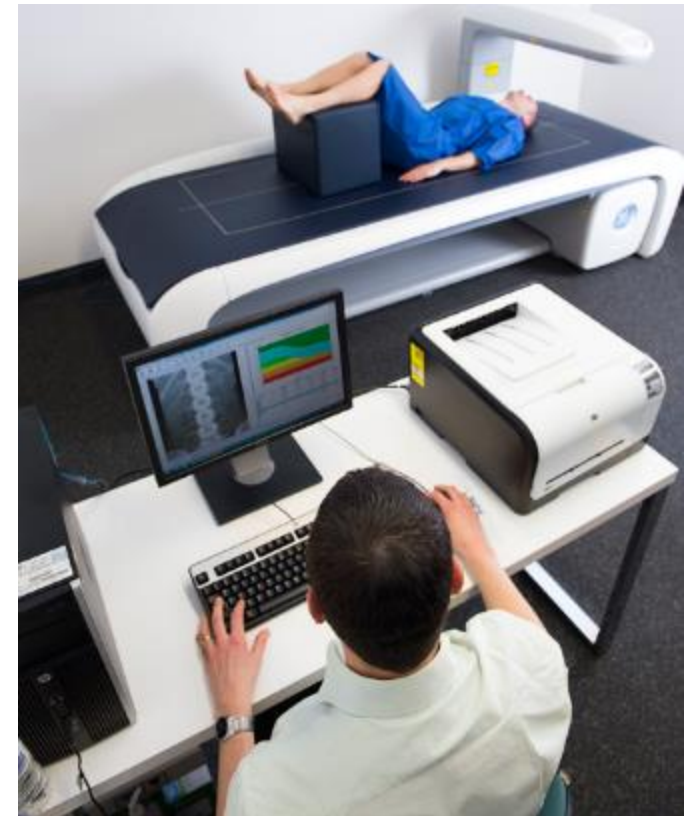


Body composition assessment

Sports nutrition testing laboratory



Research laboratory



Nutrition facts of fiction quiz

Join at **menti.com** Use code: **8868 7900**

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%)



[Dashboard](#) / [Units](#) / [Faculty of Medicine, Nursing and Health Sciences](#) / [Nutrition and Dietetics](#) / 2022 / [NUT3082 S2 2022](#)

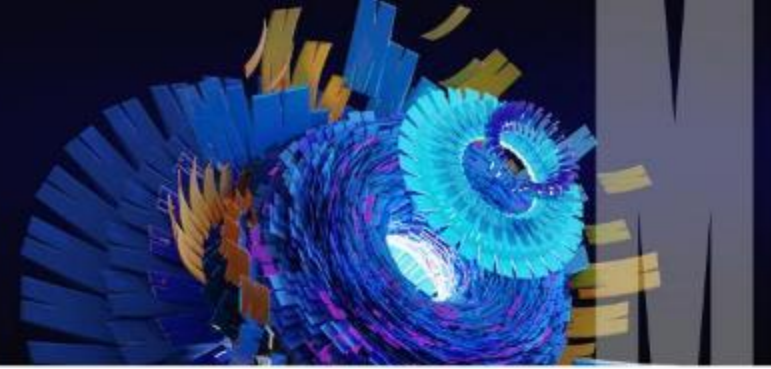
Gukwonderuk - Indigenous Health

We are committed to:

- [illegible]

Fore sight
Obesity System Map

Nutrition facts of fiction quiz



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

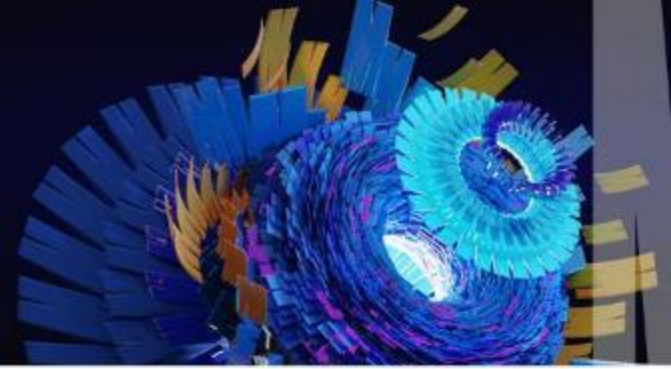
- A: They eat more total kilojoules than day workers
- B: They have disturbed body clocks
- C: They are less active than day workers
- D: They eat junk food at night to stay awake



Join at **menti.com** Use code: **8868 7900**



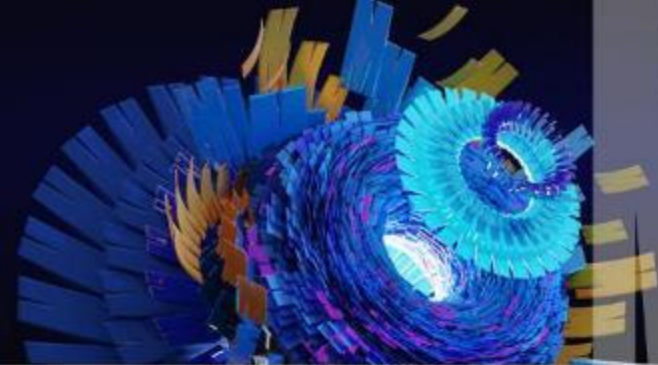
Related learning and teaching



SWIFT STUDY

Shifting weight in night shift workers

Sorting fact or fiction: Evaluating the evidence



Belle Gibson



Joanna
McMillan



Rosemary
Stanton



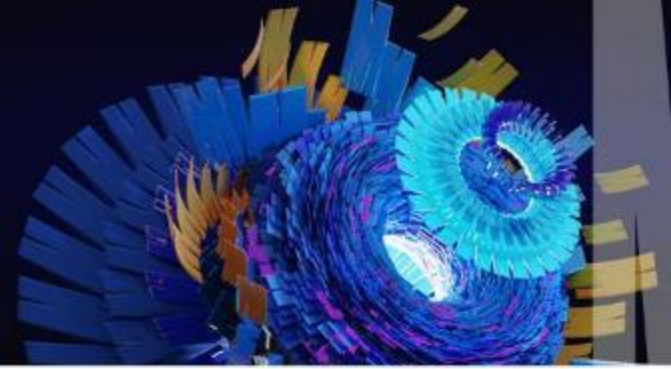
Pete Evans

Vs



Jamie Oliver

Any Questions?



Commercial kitchen for food science practicals



Research
laboratory



Nutrition clinic