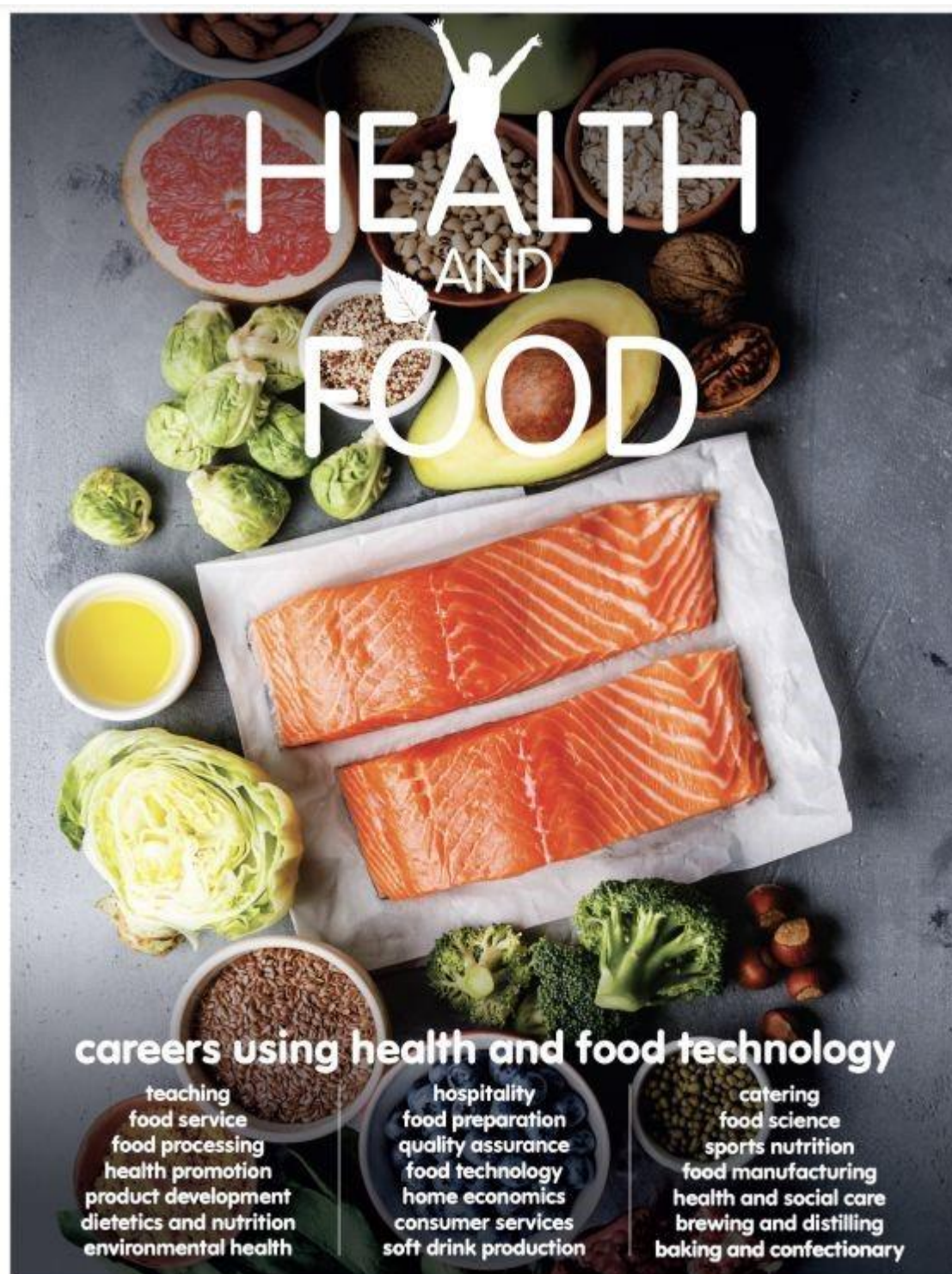


# Careers in Food & Nutrition



**HEALTH AND FOOD**

**careers using health and food technology**

- teaching
- food service
- food processing
- health promotion
- product development
- dietetics and nutrition
- environmental health

- hospitality
- food preparation
- quality assurance
- food technology
- home economics
- consumer services
- soft drink production

- catering
- food science
- sports nutrition
- food manufacturing
- health and social care
- brewing and distilling
- baking and confectionary



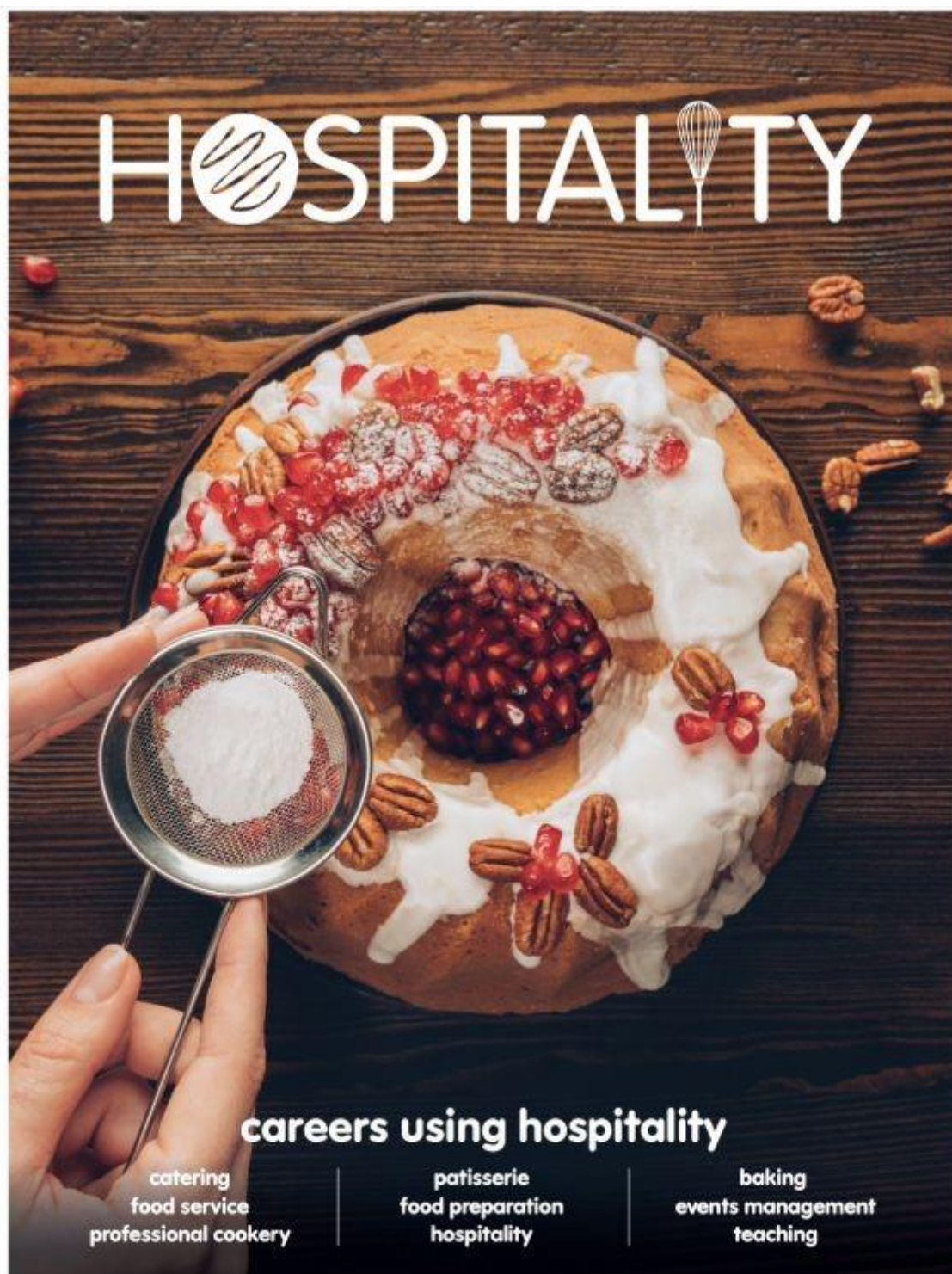
find out more at

[planitplus.net](http://planitplus.net)



gateway

# Careers in Food & Nutrition



## HOSPITALITY

### careers using hospitality

catering  
food service  
professional cookery

patisserie  
food preparation  
hospitality

baking  
events management  
teaching



find out more at [planitplus.net](https://www.planitplus.net)





# Be inspired with a career in food

Careers are as diverse as the food we eat!

## From farm to fork – careers that feed the nation



### Producing

Agriculture  
 Aquaculture and fishing  
 Agronomy (soil and crop science)  
 Forestry and land management  
 Animal husbandry  
 Horticulture



### Processing

Food safety and quality  
 Food science  
 Ingredient purchase and sales  
 Nutrition  
 Packaging  
 Primary processing and manufacturing  
 Technology and engineering  
 New product development



### Providing

Events management  
 Hospitality and catering  
 Professional cookery  
 Retailing

## From farm to fork – careers that inform the nation



### Advising

Dietetics  
 Environmental health  
 Health care  
 Nutrition



### Educating

Research  
 Resource production  
 Teaching  
 Training



### Communicating

Advertising  
 Campaigning  
 Designing  
 Food styling  
 Food writing  
 Marketing

Read inspiring career journeys here:   
[www.foodafactoflife.org.uk/whole-school/careers](http://www.foodafactoflife.org.uk/whole-school/careers)



## Careers in Food & Nutrition

Do you ever wonder why some foods give you a burst of energy, why the healthy eating pyramid exists or how food affects a human body? If you have a hunger for this type of knowledge you might be suited to a food science and nutrition degree.

Now more than ever, there is a strong demand for fresh, tasty and healthy food. You only need to open Instagram to see people across the world showcasing their favourite 'nutritional' trends (think turmeric lattes, almond milk, or plant-based diets).

As we become more conscious of our health, studying a food science and nutrition course will provide an insight into these trends and how to pick fact from fiction. A degree will give you the power to educate consumers and encourage new ways of thinking, drive important discussions and create healthier communities.

With a food science and nutrition degree your career choices are limitless. Your degree could lead to careers in food marketing, procurement, sports nutrition, quality assurance, media or even education.

By studying food science and nutrition, you will be immersed in a world that relies on technology and science to develop new food products, improve food systems and protect the integrity and safety of the global food supply chain.

Day to day you could be experimenting with colour, flavour, texture and storage life of a food product by conducting biological, chemical and physical tests. Or you might even be part of a team contributing to the promotion of healthy and responsible food to prevent chronic diseases or illnesses contributed to poor diet and lifestyle.

Every day we are surrounded by new and exciting foodie developments generated from plant-based products, marine greens (think seaweed) to eco-conscious packaging created from biodegradable materials such as prawns, mushrooms or corn-starch.

Studying a food science and nutrition degree will see you test and discover new foodie concoctions, improve on existing inventions and challenge your thinking around food education, food resourcing and more. You may even find yourself being part of a team that discovers or creates something revolutionary. The world really is your oyster!

### **Jobs directly related to Food include:**

- Animal nutritionist
- Chef
- Food technologist

- Nutritional therapist
- Nutritionist
- Product/process development scientist
- Quality manager
- Regulatory affairs officer
- Scientific laboratory technician
- Technical brewer

### **Jobs where Food would be really useful include:**

- Catering manager
- Dietitian
- Health service manager
- Herbalist
- Personal trainer
- Procurement manager
- Product/process development scientist
- Production manager
- Research scientist (life sciences)
- Teacher
- Toxicologist

### **Typical employers**

**You could work for a multinational food manufacturer or retailer, or for a manufacturer of animal feeds.** In international development, employers include government or non-government aid agencies and international charities. If you're looking for a career in sports nutrition, employers can include sport and leisure companies, sports clubs or sport professional associations.

In public health, typical employers include local authorities, government departments (such as the Department of Health or the Department for International Development) or the NHS. In community work, your employer is likely to be a voluntary organisation or a small not-for-profit community interest company.

For a career in research, you could work in a university, for a research body or for a large company. There are also opportunities to work as a self-employed nutritionist.

**If food technology is among your favourite subjects, then one of these apprenticeships may be for you**

**<https://apprenticeshipguide.co.uk/apprenticeship-category/subject/food-technology-apprenticeships/>**

## Skills for your CV

Studying food develops a good mix of subject-specific and technical skills, alongside transferable core skills, such as:

- analytical and problem-solving skills
- the ability to research and interpret data
- effective communication
- teamworking skills
- attention to detail
- rigorous scientific research
- giving presentations
- accurate record keeping and report writing
- numerical and statistical awareness
- IT skills
- project-management skills • time management.

## What employers like about this subject

- A food degree provides students with an in-depth understanding of how food and drink should be sourced, prepared, stored and presented. While this might seem rather specific, it does sharpen qualities such as attention to detail, which is looked for in a number of contexts. Meanwhile the elements of the course which involve managing individuals and premises draw on your communication skills and ability to respond to problems quickly as they arise.

# Catering. Hospitality. Fun.

**NEED TO KNOW**  
Catering and hospitality careers are about making people happy every day. You get great career progression, a really strong sense of being part of a fun-loving family, and there are lots of areas you can work in - from tourism and travel to hotels and restaurants.

**JOB TRENDS**  
Average pay for catering managers: £27,040  
Average weekly pay: £520  
Average hourly pay: £9

**DID YOU KNOW?**  
You can do Management Degree Apprenticeships with McDonald's.

**FACTS**  
Big money potential  
Keep your options open  
Opportunity for travel  
Loads of variety

**MYTHS**  
Is it just a job, not a career that can take you places?

**ROUTES IN**  
GCSEs and A LEVELS  
BTECs  
T LEVELS  
Traineeships  
Apprenticeships  
Degree Apprenticeships  
Degrees

**USEFUL SKILLS**  
Enjoys working in a team  
Persuasion and sales skills  
Polite and friendly  
Ready to solve customer problems  
Flexible  
Willing to try to be organised and on time  
Open to new experiences

**WHAT COULD YOU DO?**  
An A-Z of Apprenticeships  
Restaurant Supervisor  
Flight Attendant  
Chef  
Hotel Manager  
Concierge  
Events Manager

**EXAMPLES OF USEFUL WORK EXPERIENCE**  
Basic digital skills  
Dealing with customers  
Handling money  
Helping out with events

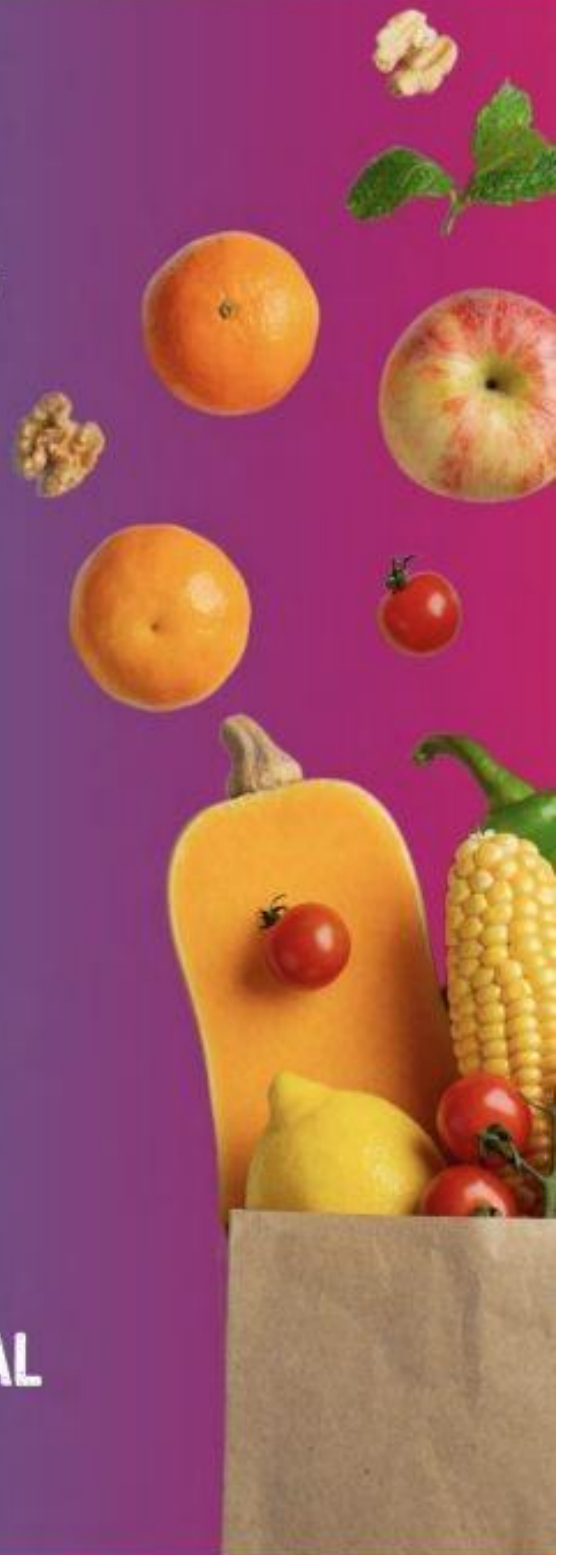




[youthemployment.org.uk/catering-careers](https://youthemployment.org.uk/catering-careers)

# APPRENTICESHIPS LINKED TO FOOD TECHNOLOGY

- BAKER
  - BUTCHER
  - CHEF DE PARTIE
  - COMMIS CHEF
  - DAIRY TECHNICIAN
  - DIETITIAN
  - FISHMONGER
  - FOOD & DRINK ENGINEER
  - FOOD TECHNOLOGIST
  - HOSPITALITY MANAGER
  - HYGIENE SPECIALIST
  - PACKAGING PROFESSIONAL
- AND MANY MORE!**



Interested in apprenticeships, but not sure what to do next? Take a look at our 'What Now?' guide...  
[www.amazingapprenticeships.com](http://www.amazingapprenticeships.com)

SCAN ME



  
**Amazing**  
Apprenticeships