Welcome to Nutrition and Dietetics at Newcastle University
Newcastle

• Voted Best Student City
• Home to 50,000 Students
• Newcastle University campus located in City Centre
• Affordable, friendly and diverse city
• Close to the coast and Northumberland

Never too far from Home!
• <3hrs to London - 2hr30 to Manchester 1hr30 to Leeds via train
• Newcastle International Airport also has flights to UK destinations
Teaching Excellence Framework (TEF) Gold Award

- Consistently outstanding teaching, learning and outcomes for students from all backgrounds
- Investment in high quality facilities
- Commitment to enhancing students’ employability
Future investment in new state-of-the-art Teaching Facilities

- Lecture theatres
- Seminar rooms
- Social spaces
- Computer and IT clusters
- Food and Nutrition Teaching facilities including a sensory analysis suite, training kitchen and a human studies suite

Scheduled for completion
December 2019
Degrees Covered

- BSc Honours Food & Human Nutrition with Placement (B4D6), 4 Years
- BSc Honours Food & Human Nutrition (B46D), 3 Years [FHN]
- BSc Honours Nutrition with Food Marketing with Placement (BD46), 4 Years
- BSc Honours Nutrition with Food Marketing (BD64), 3 years [NFM]
- BSc Joint Honours in Psychology and Nutrition (C8B4), 3 years [P&N]

- BSc Honours Dietetics (B401), 3 years (New for 2020 entry, Subject to full university approval)
Example for B4D6 (FHN)

- **A levels**: AAB, two science subjects preferably including Biology or Chemistry. Home Economics/Food Technology will be considered instead of Biology at A Level.

- **GCSE Maths** (minimum Grade B/6) if not offered at A or AS level.

- **IB 34** with Biology and Chemistry at Higher or Standard Level, respectively, both with Grade 5 or above. Standard level Mathematics or Mathematical Studies required at grade 5 if not offered at Higher Level.

- **Dietetics** entry requirements still to be confirmed but probably AAA-AAB, IB 35 points

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50 places available on Nutrition programmes, including Joint Honours with Psychology

Other qualifications are accepted. Please contact biomed.ugadmin@ncl.ac.uk
Nutrition Teaching at Newcastle

• Long standing reputation with employers
• NFM created to keep up with demands from industry. First graduates in 2016!
• P&N allows you to study two inter-related subjects together which provides an understanding of the psychological aspects of nutrition
• Excellent facilities for teaching and research
• Our nutrition and food degrees at Newcastle rank in the top 8 universities in the UK (The Complete University Guide 2018)
What do our programmes offer?

• FHN and NFM accredited by the Association for Nutrition [P&N application in preparation]
• NFM accredited by the Chartered Institute of Marketing, the world’s leading professional marketing body
• P&N accredited by the British Psychological Society
• Placement opportunities
  • leading to Licentiateship of the City and Guilds Institute, London
• Good career prospects
• International reputation
How we support our students

• Each student is assigned a personal tutor
  • Meet with tutor at start of course and at least once a semester after that
  • First point of contact throughout the degree programme for any problems
  • Can change tutor on request

• Each stage of study has two Academic advisors to provide advice on academic matters

• Each student is assigned a peer mentor
  • Mentors are Stage 2 and 3 Nutrition students
  • Introduced before the university term starts
  • Run timetabled support sessions and even take students out for a snack!

• Additional specialist help available from a study skills adviser
How we support our students - Academically

- Teaching material (lectures, module guides, extra reading etc) provided on the University Virtual Learning Environment - Blackboard.

- We ask all staff to ReCap their lectures. This is an automated event recording and delivery system that enables the audio and visual material from events such as lectures/seminars to be made available through Blackboard.
The Academic Year

2 semesters per year - 120 credits per year

**Semester 1: September–January**
- 1 Week Induction
- 12 Weeks Teaching
- 2 Weeks Examinations

**Semester 2: February–June**
- 12 Weeks Teaching
- 3 Weeks Examinations

Typical *average* contact hours per week
- Stage 1 - total contact hours = 20 contact hours/week
- Stage 2 - total contact hours = 25 contact hours/week
- Stage 3 - total contact hours = 15 contact hours/week
Teaching Methods

- Lectures
- Laboratory practicals
- Seminars & tutorials
- Directed reading & learning
Nutrition is a broad subject!

- From Cells to Populations
- From the farm to the plate to health

Nutrition advice *must* be evidence-based!
Newcastle offers training in food and nutrition, meeting professional standards for delivering nutrition advice.

This is underpinned by evidence from high quality research.
International Nutrition

Sustainable Nutrition

Personalized Nutrition

food4me.org

Global Food Security
Sustainable, healthy food for all
Research in the Human Nutrition Research Centre

www.ncl.ac.uk/hnrc

Human Nutrition Research Centre

About     Research     Study     International     Business     Alumni     Staff & Students

About Us

Research

Prof. John Mathers
Director, Human Nutrition Research Centre
Honours Projects (1/3 of final year)

• Enable students to get a real feel for research
• Enable students to be both self-reliant and to work as a member of a team
• Develop a number of research skills:
  • reading the literature                   planning experiments/studies
  • working safely in the laboratory      working with volunteers
  • criticising data                      writing protocols
  • presenting data                      spreadsheets, statistics
Perspective: A Definition for Whole-Grain Food Products—Recommendations from the Health grain Forum

Alastair B Ross,¹ Jan-Willem van der Kamp,² Roberto King,³ Kim-Anne Lê,³ Heddie Mejborn,⁴ Chris J Seal,⁵ and Frank Thielecke,⁶ on behalf of the Health grain Forum

¹Chalmers University of Technology, Gothenburg, Sweden; ²Netherlands Organisation for Applied Scientific Research TNO, Zeist, Netherlands; ³Nestlé Research Centre, Lausanne, Switzerland; ⁴Technical University of Denmark, Lyngby, Denmark; ⁵University of Newcastle, Newcastle upon Tyne, United Kingdom; and ⁶Thielecke Consultancy, Basel, Switzerland

ABSTRACT

Whole grains are a key component of a healthy diet, and enabling consumers to easily choose foods with a high whole-grain content is an important step for better prevention of chronic disease. Several definitions exist for whole-grain foods, yet these do not account for the diversity of food products that contain cereals. With the goal of creating a relatively simple visual aid, and can be applied across all product categories, the Health grain Forum, established a working group to gather input from academics and industry representatives.

Dove, 2017 graduate
"Investigating the impact of replacing refined grain foods with whole grain foods on nutrient intake in the UK population"

Best Student 2017
Nutrition Society Student Conference presentation 2017
Working with the Food Industry to enhance the nutritional composition of commonly consumed foods. 

Case Study: Sunshine Egg Project

Recent reformulation and launch of Noble Food’s leading egg brand Happy Egg, containing nearly **30% more vitamin D** than standard eggs at no additional cost to the consumer.

The brand is the UK’s **market leader** in free-range eggs with **15% of the market share!**
‘New wine in old bottles’ Emerging research on diet and health in the very old

Examples of BSc projects from the Newcastle 85+ Cohort Study

Marie-Louise Farag: Meat intake in very old adults
Brianna Durnien: Dairy food intake in very old adults
Sam Lee: Mediterranean diet score and diabetes in the very old
Beth Hall: Mediterranean diet and CVD in the very old
Selected Topics in Food and Human Nutrition (NUT3004)

- Divided into 2 components:
  1. Exam taken at end of Stage 3 (70%)
  2. Individual written report on a chosen topic at a conference (30%)

Small number of lectures which will focus on ‘hot topics’

**Overall Purpose:**

To assess the student’s ability to integrate material from two or more modules and to develop coherent answers to complex problems
Our Stage 3 Nutrition students make the annual trip to Food Matters Live, a conference and exhibition of industry stars and academic leaders.
Diet and Diabetes Research informs teaching in NUT3001 Nutrition in Health and Disease module

Prof Roy Taylor, Human Nutrition Research Centre, Newcastle University
Assessing people’s diets using online technology
Students gain first hand experience using this technology in practical work (NUT2001- Experimental Nutrition)
What does it take to be able to do this?
How do you advise a novice runner or an elite athlete to prepare for the Great North Run?

SES2002 Applied sports and exercise nutrition
How do consumers choose their food?

ACE3202 Communication and behaviour change

How do food manufacturers create new products?

ACE2073 New food product development
The Placement Year

- Optional [but strongly encouraged]
- Lasts a minimum of 31 weeks [although most last full year]
- Must be ‘relevant’ to degree programme
- Worldwide
- Assessed pass/fail [skills portfolio, presentation, provider assessment]
- Skills portfolio can be eligible for submission for a Licentiateship of City & Guilds Institute of London
The Placement Year

- Product Development
- Research and development
- Technical
- Retail
- Marketing
- Research
Being able to do a work placement in my 3rd year was of huge benefit, it prepared me both for my final year but most importantly it enabled me to get the experience necessary to secure a good job once I had graduated.

Jamie
BSc (Hons) Food and Human Nutrition
Performing well during placement can secure a job after you graduate!

Thanks for your email - yes my placement is going brilliantly thank you. I've finished my 6 month half at M&S with them offering me a role after I've graduated, I'm now doing until mid June at the supplier. I've only just finished my 2nd week but really enjoying it so far! No areas of concern, everything is going really well & I'm really happy.

Natalie, Nutrition and Food Marketing Graduate
93.4% of Newcastle University’s graduates had progressed into work or study 6 months after graduation – national figure was 90.3%

More than three-quarters (78.7%) of those in jobs achieved a graduate level position

In the top 15 for graduate career prospects in all the major university league tables
Skills from a Nutrition Degree

Specific skills

- Great deal of subject knowledge
- improves the depth and range of your personal transferrable skills and allows you to develop:

Transferable skills

- good analytical and problem-solving skills as well as an ability to interpret data critically
- practical work helps your communication and team-working skills, sharpening your attention to detail and ability to accurately record results
- projects give you experience of planning and organising your time (and that of others) and of researching and gathering information
## Employment...

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<thead>
<tr>
<th>Job title</th>
<th>Employer</th>
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<tbody>
<tr>
<td>New Product Development Technologist</td>
<td>Tanfield Food Company</td>
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<tr>
<td>Nutritionist</td>
<td>Danone Ltd</td>
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<tr>
<td>Research Assistant</td>
<td>Newcastle University</td>
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<tr>
<td>Eat for Life – Project Evaluator</td>
<td>East End Health</td>
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## Further Education, courses...

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<th>Course</th>
<th>Institution</th>
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<tr>
<td>PgDip Dietetics</td>
<td>Leeds Metropolitan University</td>
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<tr>
<td>MSc Public Health and Health Services Research</td>
<td>Newcastle University</td>
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<tr>
<td>MSc Clinical and Public Health Nutrition</td>
<td>University of London</td>
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Extra-Curricular Opportunities

• Laboratory Assistant Posts
  (Part-time paid work in research labs in year 2)

• Student Mentor Posts

• Employability Ambassador

• Language Modules

• SOLAR

• Street Scientist

• Ncl+ Award
BSc (Hons) Food and Human Nutrition & BSc (Hons) Food and Human Nutrition with Placement

2018 Graduation
Any further questions?

Prof Tom Hill, Nutritional Sciences Division Lead
Email: tom.hill@ncl.ac.uk

Dr Gerard O’Brien, Degree Programme Director
Email: Gerard.O’Brien@ncl.ac.uk

Dr Kirsten Brandt, Admissions tutor
Email: kirsten.brandt@ncl.ac.uk

Dr Helen Mason, Senior Tutor for Nutrition
helen.mason2@ncl.ac.uk

https://www.ncl.ac.uk/biomed/nutrition-food/