

Human Nutrition Programmes

What is Human Nutrition?

Nutrition is the science of food: its nutritional components and how they function within cells. Our programmes focus on the impact of nutrition on health and disease from the cell and molecular level, through to people and populations. Understanding how nutrition influences health and disease is achieved through the interdisciplinary study of physiology, biochemistry, molecular biology, and microbiology.



Join our nutrition and food experts to explore the links between food production, consumer choices, nutrients within the diet, and health. Use your knowledge to find solutions to the food-related problems that society is facing today. The nutrition programmes include a year-long optional work placement to boost your awareness of industry and employability skills.

Personalised Nutrition: Food4Me project

"Researchers at Newcastle are interested in how our genetic make-up influences our response to diet. The personalised nutrition approach is based on the idea that by individualising advice and support, each of us can, and will be motivated to, make the dietary changes necessary for our individual needs."

Our programme...

- 3-year programme with the option of a placement year
- Professional work placement opportunities in major food companies
- Final year research project with world-leading researchers
- Option to attend a national conference where you'll hear from global experts in nutrition

"I chose to study at Newcastle as it's a good academic university in an amazing city. The most enjoyable part of my course was the variety in modules throughout the 3 years from learning about farm to fork, marketing, biochemistry, sports nutrition, food technology and many more. There was a mixture of both practical modules in the labs as well as lectures. I also loved the fact that we had the opportunity to take a year out in industry and I was back with my same course mates in year 4". **Sophie Copping, Trading Manager.**

Read more on our website:

<https://www.ncl.ac.uk/bns/study-with-us/nutrition/>

