

Mātai Pūtaiao Kai me Taioranga Kai

Undergraduate Food Science and Nutrition



There is a wealth of science behind the food we eat, how it's made, and how it affects our health. This science is part of a fascinating subject that is highly relevant to the lives of everyone.

What you will learn

Food Science and Nutrition is the science behind the food we eat. From the effect food has on our behaviour and wellbeing, to new applications in food development, processing, compliance and food safety.

When studying this subject at the University of Auckland, you choose between two distinct pathways: Food Science or Nutrition.

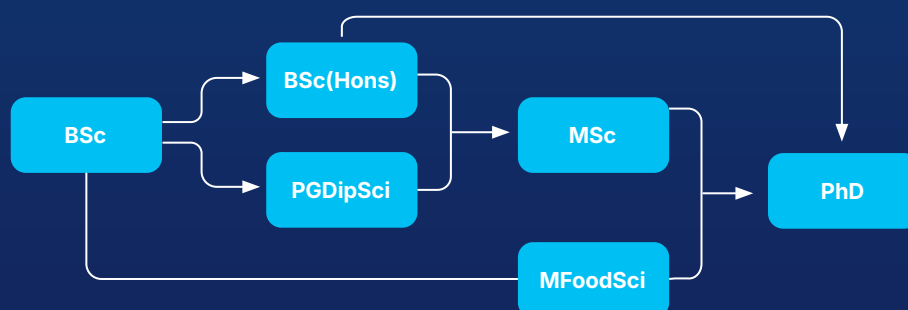
If you choose the Food Science pathway, you'll study topics like food manufacturing, processing and production, food components and their properties, food safety, and product development.

If you choose the Nutrition pathway, you'll study topics like human nutrition, the health and wellbeing of individuals and populations, and the environmental, social, economic and cultural influences on eating behaviours.

Food Science and Nutrition includes courses from Biological Sciences, Chemistry, Medical Science and Population Health, to answer questions like:

- › What constitutes a healthy diet?
- › Is there a way to engineer food to improve its nutritional value?
- › How does the human body break down food to provide us with the energy we need?

Food Science and Nutrition involves many scientific disciplines. You'll find it useful to have a broad science background, including high school chemistry and mathematics. High school biology, physics and statistics are helpful but are not essential. Note that high school food technology is not required.



Career opportunities

Food Science

The food and beverage industry and food research institutes need well-trained Food Science graduates who can help to ensure safe, innovative and high-quality food production. Industry is constantly striving to meet consumer demands for foods that are not only safe but healthy, sustainable, natural, convenient and have good sensory properties to maintain wellbeing. Your day-to-day work could include research, food and ingredient manufacturing, food safety, product development and food analysis.

Nutrition

With an increasing awareness of the role of the foods we eat and their effect on health, our nutrition graduates are equipped to work in health promotion in the community, health policy in government, research, nutrition consulting as a registered nutritionist, nutrition information services, food industry, and the health and fitness industry. You could also choose to undertake specialised postgraduate training in order to register as a dietitian.

Our Food Science and Nutrition graduates can be employed in many aspects of the Food, Nutrition, and Health industries. Some examples are:

- › Danone, and Danone Nutricia Specialised Nutrition, Nestle, Bronson & Jacob and other large food multinationals;
- › Heinz-Watties, Synlait, Westland Milk, Fonterra, Ceres and many classic NZ food companies;
- › Retail health consultant, Auckland Clinical Studies;
- › Ministry of Primary Industries, The Ministry of Health and other regulatory and policy government roles;
- › Registered Nutritionist at companies such as Radix Nutrition, Zespri;

- › Public health positions at The Heart Foundation, Healthy Auckland Together, Health Promotion Agency, and Healthy Families NZ;
- › Plant and Food Research and other research organisations;
- › Many laboratory and testing companies.

What you can study

If you follow the Food Science pathway, your study will include:

- › A consolidation of chemistry, biology and mathematics subjects in first year
- › Taking foods apart to look at the individual food components, their functionalities and nutritional quality
- › Food microbiology, food processing, food preservation, emerging technologies and their benefits
- › Product development

If you follow the Nutrition pathway, you'll study topics such as:

- › Human anatomy and physiology
- › Biochemistry and metabolism
- › Population health
- › The many factors influencing eating behaviours



Find out more about how your degree will be structured and what courses you need to take at

auckland.ac.nz/science/ug-food-nutrition

Applications close on 8 December.



"I have always had a passion for creating food; from reading cookbooks, being hands-on in the kitchen doing little experiments and watching how it's made via video online. But really keeping it all together by understanding all the processes that goes on behind bringing these products to life. My ultimate dream was to see something that I created on a supermarket shelf and being enjoyed by consumers, and a part of that started off with doing this degree."

Bonnie Lam

BSc in Food Science and Nutrition (Food Science pathway).

Kuhua ki tō mātou hāpori, ā, Kimihia tōu Pūtaiao.
Join our community and find your Science.



Disclaimer: The information in this document is a general guide only for students and subject to alteration. All students enrolling at the University of Auckland must consult its official Calendar, to ensure that they are aware of and comply with all regulations, requirements and policies. [2025]

Have any questions?
Contact the Student Hub

auckland.ac.nz/student-hubs