We all need to eat, and 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: Food Science and Nutrition.

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 for the Food Science pathway. High school biology, physics and statistics are helpful but are not essential. Note that high school food technology is not required because it is not really related to Food Science at University.