School of Food Science and Nutrition
FACULTY OF MATHEMATICS AND PHYSICAL SCIENCES

UNIVERSITY OF LEEDS

FOOD SCIENCE AND NUTRITION
UNDERGRADUATE DEGREES 2018

Come and find your place
IMPORTANT INFORMATION

Information provided by the University such as in presentations, University brochures and the University website, is accurate at the time of first disclosure. However, courses, University services and content of publications remain subject to change. Changes may be necessary to comply with the requirements of accrediting bodies or to keep courses contemporary through updating practices or areas of study. Circumstances may arise outside the reasonable control of the University, leading to required changes. Such circumstances include, industrial action, unexpected student numbers, significant staff illness (where a course is reliant upon a person’s expertise), unexpected lack of funding, severe weather, fire, civil disorder, political unrest, government restrictions and serious concern with regard to the transmission of serious illness making a course unsafe to deliver. After a student has taken up a place with the University, the University will look to give early notification of any changes and try to minimise their impact, offering suitable alternative arrangements or forms of compensation where it believes there is a fair case to do so. Offers of a place to study at the University will provide up to date information on courses. The latest key information on courses, entry requirements and fees can be found at www.leeds.ac.uk/courses. Please check this website before making any decisions.
The study of food and nutrition is a fast-moving discipline, full of practical, technical and intellectual challenges. It draws on knowledge from a range of disciplines including chemistry, biology, physics, psychology, business, and even geography!

At Leeds we have an active research environment which enables us to offer exciting courses taught by experts who are leaders in their fields.

Your degree from the University of Leeds and the wider experience you’ll gain while you’re studying here will help you stand out from the crowd and secure that all-important graduate job.

“We are absolutely thrilled to have been named University of the Year 2017 in the Times and The Sunday Times Good University Guide. Our students can expect to receive first-rate teaching and supervision while at the same time enjoying all the great experiences that Leeds has to offer.”

DR CHARLOTTE EVANS,
SCHOOL OF FOOD SCIENCE AND NUTRITION
UNDERGRADUATE ADMISSIONS TUTOR
The best. So we’re told.
Here at Leeds, we believe there’s no better place to study food science and nutrition.

But it’s not just us who believe we’re great.
We’re consistently ranked in the top two places in the UK to study food science and nutrition in major lists such as The Guardian University Guide, The Times and The Sunday Times Good University Guide, and the Complete University Guide.

We’ve always been a leader in the teaching of food science and nutrition subjects, and have established a reputation as one of the world’s leading universities in the field.

We welcome students from across the world, demonstrating our global reputation.
BE TAUGHT BY THE EXPERTS

All our academic staff are involved in both research and teaching. This means that you’ll be taught the very latest developments by leading researchers in their fields.

We also invite external experts from industry and government to share their knowledge with you.

START AN AMAZING CAREER

We’ll do all we can to help prepare you for a rewarding career in one of the world’s largest industries. Over 96% of our recent graduates were employed or studying within six months of graduating (DLHE).

You’ll have the chance to study abroad or do an industrial placement, and you’ll also benefit from expert teaching, exceptional student support, and fantastic facilities.

All our BSc courses are accredited by the Institute for Food Science and Technology (IFST), and our BSc Nutrition course is accredited by the Association for Nutrition (AfN). This means that our courses have been recognised as providing a high-quality and industry-relevant education.

DISCOVERY MODULES

As well as the compulsory and optional modules that make up your course, you’ll also have the opportunity to choose discovery modules. There are many discovery modules to choose from, allowing you to pursue interests outside food science and nutrition during your course.

INTEGRATED MASTERS

We offer a range of three-year BSc degrees and four-year MSci, BSc Integrated Masters degrees. An Integrated Masters is a four-year degree that extends your studies to Masters level, enhancing your career prospects or setting you up to pursue a PhD.

Our MSci, BSc programmes incorporate an industrial placement, which takes place in the third year of your course.

WORLD-LEADING FACILITIES

We have all the facilities you’ll need to support and enhance your academic studies and the University is investing millions of pounds each year to ensure we maintain a first-class academic environment. From laboratories and lecture theatres to one of the largest and most impressive libraries in the UK, you’ll find everything you need for your studies right here on campus.

STUDENT SUPPORT

We take fantastic care of our students. You’ll be assigned a personal tutor to guide you through your studies with us, and can receive lots of support from fellow students through our peer mentor scheme.

Using our Virtual Learning Environment, you can access learning resources including reading lists, past exam papers, skills guides and assessment guides. You’ll also be able to play back video recordings of your lectures and download lecture notes.

JOIN FOODSCISOC

You can join the student-run food science and nutrition society, FoodSciSoc. The society brings students together to help each other with problems, have fun through social events such as cinema trips and pub quizzes, and take part in activities such as cooking demonstrations. There are also many other food and drink-related societies that you could join.
Food science and nutrition at Leeds covers the whole spectrum of food, from the molecular level to how food affects our body and how our diet is influencing our health. We were one of the first universities to think about researching in the area of food science and nutrition and we’ve always aimed to be at the forefront of development. We continue to move from strength to strength.

Leeds is a fantastic place to study food science and nutrition because we have some of the best academics and researchers in the world. The group I work in has been selected by the World Health Organization to form the first collaborating centre for nutritional epidemiology in the world, so you can see that others have chosen us as the best as well. Students are taught and supervised by world-class academics and the projects they do are related to real-life problems in food and health. Every lecture reflects our own research and expertise.

We aim to do research that has a positive impact on society. An interesting example is where we demonstrated that caffeine consumption in pregnancy has an impact on birth weight of children. That work has been taken forward by government into policy and recommendations for women during pregnancy.

In the group that I lead here, we’ve been developing some exciting new technologies, including a new online dietary assessment tool. This will help us to understand more about what people are eating and is something we will involve our students in.
The School of Food Science and Nutrition has three main areas in which we have a world-class reputation. These are food colloids (foods such as chocolate, ice cream, etc), polyphenols (beneficial compounds found in many plant foods) and nutritional epidemiology (analysing large datasets to find correlations between diet and health).

In each of these areas we have focused on the fundamentals from soft matter physics to cellular interactions and complex statistical methods. We collaborate widely with other world-leading researchers and we work closely with industry and regulators to ensure that our research is translated into products or guidance.

My research is focused on trying to understand how food structure can improve health by lowering risk factors for metabolic diseases such as type 2 diabetes. I am interested in how fast food is broken down and what strategies you can use in the design of foods to slow the absorption of nutrients such as sugars and fats.

Dietary fibre has a big role to play in this and we use a range of methods, from human studies to simulations of digestion, to understand the mechanisms involved. I use MRI to look at what happens to food in the stomach and microscopy to look at how food behaves in the intestine. I also work with physicists to understand the forces involved in digestion.
Food Science is a far-reaching discipline that applies pure science subjects, such as chemistry, biology, nutrition, biochemistry, and microbiology, to studying the nature, properties and composition of foods and changes which occur during processing and storage.

Our Food Science course is specifically designed to relate scientific principles to practical and commercial applications relevant to the food industry. The programme will give you an in-depth understanding of food processing, food texture, flavour, food formulations, product development and food safety. You’ll investigate operations that are applied to preserve foods, as well as special procedures which are used to produce everyday commodities. You’ll also study the effects food and drink can have on our health and wellbeing.

In year 1 you will be introduced to scientific principles related to the composition of foods, the sources of nutrients in the diet, and essential chemical and physical behaviour of foods during processing and storage. You will also study key processing technology.

In year 2 you will deepen your understanding of food texture, flavour and taste. You will be introduced to the theory behind food formulation and new product development.

On the BSc programme, there is an optional placement year between the second and final year. You can choose to undertake an industrial placement or spend a year studying abroad. On the MSci, BSc degree, you’ll undertake an integrated industrial placement with a food-related organisation, which replaces your third year. During your placement, you’ll carry out an extended project, which will further develop your knowledge. You’ll also improve your practical transferable skills, such as team working and problem-solving.

In your final year, you’ll apply your knowledge and skills to designing new foods, from concept, through formulation and processing to sensory evaluation, packaging and marketing. Your team project based on new product development will explore the role of food scientists in developing and marketing new healthy food ranges for food manufacturers. You’ll also undertake an individual research project, where you’ll be given a choice of topics to investigate, which will relate to the research activity in the School. Students on the MSci, BSc programme will also study Masters-level modules.
Nutrition is a fast-moving discipline that focuses on understanding the role of diet in maintaining a healthy human body and the prevention of disease.

Our Nutrition course is designed to develop understanding of the science underpinning the relationship between food, health and wellbeing, taking into account the scientific, social and ethical considerations that inform the nutrition profession.

In year 1 you will be introduced to scientific principles related to nutrient structure and function, sources of nutrients in the diet, and essential elements of physiology and biochemistry.

In year 2 you will deepen your understanding of the scientific basis of nutritional recommendations for the whole population. The relationship between nutrition and energy metabolism will also be explored in the context of the global obesity crisis.

On the BSc programme, there is an optional placement year between the second and final year. You can choose to undertake an industrial placement or spend a year studying abroad. On the MSci, BSc degree, you'll undertake an integrated industrial placement with a food-related organisation, which replaces your third year. During your placement, you'll carry out an extended project, which will further develop your knowledge. You'll also improve your practical transferable skills, such as team-working and problem-solving.

In your final year, you'll explore nutrition policy and public health, discussing the role of scientists, industry, government and consumers in the policy-making process. You'll also examine the concept of personalised nutrition. A team project based on new product development gives you the opportunity to explore the role of industrial nutritionists in developing and marketing new healthy food ranges for food manufacturers. You'll also undertake an individual research project. Students on the MSci, BSc programme will study Masters-level modules.

Food Science and Nutrition course provides a balance between the scientific aspects of food science and nutrition and the wider implications of diet on our health and wellbeing. It addresses key issues concerning both producers and consumers, including aspects of manufacture, marketing, legislation, labelling and retail.

In year 1 you will be introduced to scientific principles related to nutrient structure and function, sources of nutrients in the diet, the concept of ‘a balanced diet’ and essential elements of physiology and biochemistry. You will also gain a practical understanding of food materials and the importance of food as a carrier of nutrients.

In year 2 you will develop your understanding of the links between diet and health outcomes. You'll examine food texture, flavour and taste and the elements and concepts of food allergy.

On the BSc programme, there is an optional placement year between the second and final year. You can choose to undertake an industrial placement or spend a year studying abroad. On the MSci, BSc degree, you'll undertake an integrated industrial placement with a food-related organisation, which replaces your third year. During your placement, you'll carry out an extended project, which will further develop your knowledge. You'll also improve your practical transferable skills, such as team-working and problem-solving.

In your final year, you will work on a team project based on new product development, exploring the role of food and nutrition scientists in developing and marketing new healthy food ranges for food manufacturers. You will also develop your understanding of ‘functional foods’ and how you can use food and diets to prevent diet-related disease. Students on the MSci, BSc programme will study Masters-level modules.
STAFF SPOTLIGHT

ANWESHA SARKAR  
LECTURER IN FOOD COLLOIDS

Leeds has an international reputation for food science and nutrition research. It is one of the top-ranked schools offering research-based and research-led food science and nutrition courses at undergraduate level in the world. We are highly regarded for doing fundamental research that can be implemented to design foods that enhance health with optimal quality, nutritional properties and consumer acceptability.

Leeds is particularly recognised for its globally leading research activity in my area of work, food colloids. Research in this area is led by Professor Eric Dickinson, who is internationally regarded as a pioneer of food colloid research and is now an Honorary Professor in our School. Our research uses world-class techniques to measure interactions at nanoscale to micron scale.

The kind of education we provide at Leeds is research intensive, which is one of the reasons why Leeds is a world-leading university in food science and nutrition. I am proud to say that I have published research articles with undergraduate final-year project students as co-authors in reputed journals, based on their research results. This clearly shows how research is embedded in our School from a very early stage.
REWARDING CAREERS

Employability is high on our agenda, and 96% of our recent graduates have successfully secured employment or gone on to further study within six months of graduating (latest Destinations of Leavers from Higher Education survey).

Throughout your time with us you will not only be supported by our dedicated Food Science and Nutrition Employability Officer, but you will also be able to access additional employability support from the wider Employability Team, which includes a qualified Careers Consultant and a faculty-wide Employability and Placements Officer.

CAREERS AND EMPLOYABILITY SUPPORT

We support you from your first year through to your final year with a series of employability and careers activities.

We'll help you through the career decision-making process, support you in your applications for work experience and graduate jobs, and bridge the gap between you and employers.

You’ll benefit from:

- Professional development modules: giving you an opportunity to develop essential skills required for a career in food science and nutrition
- Timetabled employability sessions at all stages of your course
- Practical help with developing a CV, making applications, and preparing for interviews and assessment centres
- Networking opportunities
- One-to-one guidance or coaching appointments to focus on you and your future
- Support with seeking summer, international and volunteering opportunities.

We have an annual Food Science and Nutrition Employability Fair where students can network with a range of alumni and employers to find out about careers and access opportunities. Companies represented recently include Kellogg's, PepsiCo, Nestlé and Mondelez International.

In addition to this programme-specific fair, our Careers Centre and Employability Team organise an annual STEM Careers Fair, giving you many opportunities to meet graduate recruiters and gain an insight into a range of career paths.

The University of Leeds is a top-five university targeted by employers (High Fliers 2017). Some recent employers on campus targeting students have included Mars, ASDA, Associated British Foods, Iceland Foods, Kerry Group and Warburtons.
INDUSTRIAL PLACEMENT

All of our degree programmes include the option to complete a placement year in industry, which would be the third year of your course.

Our Integrated Masters programmes incorporate an industrial placement as standard, but we offer flexibility so if you’re not yet sure if a placement year is for you, you can always make your mind up when you are here, normally at the start of your second year.

A placement year is a great opportunity to learn new skills and knowledge while putting those that you have already developed at university into practice. This is a great way to enhance your employability whilst getting a real understanding of what working in the industry will be like, ultimately helping you decide what kind of career you might like to follow after university.

Throughout the year, our Food Science and Nutrition Employability Officer promotes industrial placement opportunities to students. This supports you in applying to work in a range of large and small organisations across one of the world’s largest industries.

In recent years, our students have gained work experience with some of the biggest and most well-known organisations in the industry, including:

- Asda
- Sainsbury’s
- Aunt Bessies
- Co-op
- Marks and Spencer
- Mondelez International
- MyProtein (The Hut Group)
- The Walt Disney Company

On successfully completing your placement year, you will be awarded the ‘industrial’ variant in your degree title to demonstrate your unique expertise to future employers.

“My placement allowed me to apply the technical knowledge I had learnt from my degree in the real world. I had a great experience and made lots of connections with people in the food industry. The placement was really beneficial as I learnt a lot about the technical side of the food industry and developed new skills which I applied during the final year group project.”

KATE BENNET,
INDUSTRIAL PLACEMENT AT ICELAND FOODS LTD

STUDY ABROAD

Our BSc courses give you the chance to study abroad as part of your degree.

You would typically spend your third year studying at a partner institution and then return to Leeds for your final year. Spending a year living and studying abroad is a unique prospect. You’ll have the chance to immerse yourself in another culture and gain unforgettable experiences.

You’ll also gain an overseas education and develop new skills that will impress future employers.

We have relationships with many international universities, representing some of the best places to study abroad across the world.

“My study abroad allowed me to experience a different culture and academic system, which gave me more insight into my interests surrounding my degree and future aspirations. Putting myself out of my comfort zone provided me with invaluable life skills, in addition to making life-long friends and connections around the world. I was also able to travel quite a lot and as a result have an incredible collection of memories, which I will cherish forever.”

DINA EL-HADDADH,
STUDY ABROAD YEAR IN WATERLOO, CANADA
Leeds the city

Leeds is a large city which offers the best of both worlds. As well as being a vibrant, affordable and multicultural city, it’s also surrounded by some of the most beautiful, accessible countryside in the UK.

At the University of Leeds we guarantee an offer of accommodation for your first year, providing you apply by the deadline.

We offer a wide variety of quality accommodation, from modern, purpose-built developments to more traditional residences in a variety of locations from the heart of campus and city centre to leafy suburbs.
ARTS AND CULTURE

Leeds has been described as a ‘hotbed of creative cultural talent’ and enjoys a reputation for producing spectacular and innovative shows. It’s the only UK city outside London to have its own opera and ballet companies and boasts several theatres.

SPORT

Leeds has a great sporting tradition and was chosen as the host city for Le Grand Départ, the start of the 2014 Tour de France. The city is home to some great sporting teams, including Leeds United Football Club and Leeds Rhinos rugby league and Yorkshire Carnegie rugby union teams. Leeds is also home to Yorkshire County Cricket Club and international Test Match cricket.

SHOPPING

The opening of the new Victoria Gate shopping centre makes Leeds one of the largest shopping destinations in the UK outside London. From the beautiful architecture of the Victoria Quarter and the Grand Arcade to the stunning domed roof of Leeds Corn Exchange, Leeds is a true haven for anyone who wants to shop.

FOOD AND DRINK

You’re never far from a fantastic restaurant, café or pub, whether you’re in the city centre or one of the popular student suburbs. Many have special deals for students or early-bird menus, ideal for a student budget.

NIGHTLIFE AND MUSIC

Leeds’ nightlife is legendary, with clubs and bars offering music to suit all tastes. There are lots of live music venues in the city, including the 13,500 capacity First Direct Arena, the O2 Academy and Brudenell Social Club.

EXPLORING YORKSHIRE

At the heart of Yorkshire, Leeds is one of the greenest cities in Britain and within easy reach of traditional towns and cities such as York, Ilkley, Harrogate and Saltaire, as well as Yorkshire’s stunning coastline. The spectacular countryside surrounding Leeds – including the Lake District, the Peak District, the Yorkshire Dales and the North York Moors – provides the ideal environment for University groups and societies taking part in everything from climbing, caving and kayaking to cycling and walking.

CONTACT US

If you require any more information about our courses, modules, or any other aspect of studying food science and nutrition at Leeds, please contact our Undergraduate Admissions Team.

Tel: +44 (0)113 343 2958
Email: foodug@leeds.ac.uk

www.food.leeds.ac.uk
THE APPLICATION PROCESS

ENTRY REQUIREMENTS

Our entry requirements range from AAA to ABB at A-level depending on which course you choose. For all of our courses, your A-levels must include at least two science subjects (except for BSc Food Science and Nutrition where your A-levels must include at least one science subject) and must include at least one of chemistry, physics, biology or mathematics. Where an A-level science subject is taken, we require a pass in the practical science element, alongside the achievement of the A-level at the stated grade. Excludes A-level General Studies or Critical Thinking.

We also accept a variety of alternative qualifications (check our website for details).

ENGLISH LANGUAGE REQUIREMENTS

GCSE English Language grade C (or above) or an equivalent recognised English language qualification, e.g. IELTS 6.0 (6.5 for MSci courses) overall with no less than 5.5 (6.0 for MSci courses) in each element.

ACCESS TO LEEDS

We’re committed to identifying the best possible applicants, regardless of personal circumstances or background.

Access to Leeds is an alternative admissions scheme which accepts applications from individuals who might be from low income households, in the first generation of their immediate family to apply to higher education or have had their studies disrupted.

For more details visit www.leeds.ac.uk/a2l

HOW TO APPLY

All undergraduate applications should be made through the Universities and Colleges Admissions Service (UCAS).

Full instructions on how to apply are available at www.ucas.com

APPLICANT DAYS

Suitable applicants will be invited to an applicant day, which gives you the opportunity to meet our academic staff and students, enjoy a tour of our facilities, view student accommodation and find out more about your course.

SCHOLARSHIPS

The University of Leeds has a long-standing history of helping students to manage their finances while at University, with a comprehensive range of bursaries and scholarships available.

For more information, visit www.food.leeds.ac.uk/undergraduate/scholarships.html

CONTACT US

If you require any more information about our courses, modules, or any other aspect of studying food science and nutrition at Leeds, please contact our Undergraduate Admissions Team, go online, or follow us on twitter (@scienceleeds).

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