

# What Can I Do With My Major?

## Foods And Nutrition



# Table Of Contents

## **Slide Content**

3. Why Study Foods and Nutrition?
4. Career Possibilities
- 5 & 6. Top Transferable Skills
7. Foods and Nutrition Related Resources
8. Credits

# Why Study Foods And Nutrition at UPEI?

Foods and Nutrition focuses on studying the chemical and biological components of food and the ways in which these ingredients affect our health. Students study the role of foods and nutrients in health promotion and disease treatment as well as the psychological and cultural factors that influence our food choices. UPEI also offers an accredited internship program that third-year students can apply to that paves the way to becoming a dietitian.

Adapted from [www.upei.ca/programs/foods-and-nutrition](https://www.upei.ca/programs/foods-and-nutrition)



# Career Possibilities

Some careers may require further education

- Dietician
- Chef/Cook
- Food Service Associate/Manager
- Food Scientist/Technologist/Researcher
- Health Coach/Educator
- Home Care Assistant
- Naturopathic Doctor
- Nutritionist
- Personal Trainer
- Public Health Administrator



# Top Transferable Skills

**Communication skills** require the ability to communicate abstract concepts, translate information, explain complex issues, report findings/results, processes and data interpretation.

**Interpersonal skills** require communication with colleagues, peers and clients will require adaptive strategies to create stronger relationships. Self-reflection and awareness is part of building this skill.



# Top Transferable Skills

**Organization skills** can help manage multiple priorities and help apply theoretical knowledge strategically in practical settings. Finding individual methods of organization that work are integral to mastering this skill.

**Scientific/Technical writing** is a specific writing style used to communicate information or solutions to other scientists in a clear, concise and precise manner. Examples include journal articles, research proposals, and scientific reports.



# Foods And Nutrition Related Resources

[Canadian Foundation for Dietetic Research](#)

[Canadian Nutrition Society](#)

[Canadian Society of Nutrition Management](#)

[Dietician Central](#)

[Dietitians of Canada](#)

[Explore Health Careers](#)

[International Food Information Council](#)

# Thanks For Reading!

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